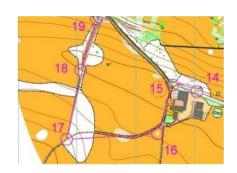
Mole Valley Orienteering Club

(affiliated to British Orienteering) invites you to



Polesden Lacey Bookham







The event will be more of a Try O with predominantly path and track running and a few fields to cross, but with short trips into the woods to get to the controls in holes. The hills speak for themselves.

Members of Mole Valley Orienteering Club will be on hand to give help and advice.

NO PREVIOUS EXPERIENCE OR EQUIPMENT NEEDED

Parking: National Trust car park at Polesden Lacey (House post code RH5 6BD)

Registration: National Trust car park at Polesden Lacey. Entry on the day only.

Toilets available close to registration

Fees: Seniors £5 (£4 British Orienteering members), Juniors £2. SI electronic punching will

be used and dibbers are available to hire (£1) from registration

Map: 1:7500, 5m contours, surveyed between 2013 and 2017 - maps will be overprinted on

A3 waterproof material

Courses: Short 3.7km, medium 5.1km and long 8.3 km for people who like a good run.

The event will be using SportIdent electronic punching.

Registration: 18.00 – 19.15. **Starts:** 18.15 - 19.30pm. **Courses close 20.15pm**

Results: Will be available at the MV Web Site as soon as possible after the event at

www.mvoc.org

Please reserve your map by emailing chair@mvoc.org.

Event Officials: Planner – Philip Gristwood (MV). Organiser – Deborah Sullivan (MV).

You are recommended to carry a whistle in case of emergency. Leg covering is recommended. As a safety check, you must report to Download. Please note that if you have competed in three or more orienteering events registered with British Orienteering and *not* joined an orienteering club which is a member of British Orienteering then you are not covered by their public liability insurance

You are responsible for your own safety and you take part in this event at your own risk