



## **Mole Valley Orienteering Club**

(affiliated to British Orienteering)

*invites you to*

# **Nonsuch Park Frolics and Try Orienteering**

**Sunday 8 July 2012**

The “Frolics” is an annual handicap competition between South East Orienteering Clubs in which all club members run the same course and the handicapping system means that it is very unlikely that the fastest runner will win!

You will also enjoy this event if you are new to orienteering. Please come along and try a course designed for newcomers with help on hand to show you the ropes.

**Event centre: Nonsuch Park, Cheam.** Parking, shared with the public, is inside the Cheam gate on a sharp bend of the A232. OS grid reference TQ 233640. Nearest rail station is Cheam (½ mile). Toilets may be available in the Park at the Mansion House.

**Registration and entry fees:** Entry on the day only. Open from 10am to noon near the car park. Seniors £3, Families and Juniors £2. SI electronic punching will be used and dibbers for this will be available for hire from registration for £1 (lost dibbers £30).

**Map:** 1:10000 scale, overprinted and waterproof. Please take care crossing any roads within the Park.

### **Courses:**

**Light Green Frolics course** c4km with optional extension c2km - for experienced orienteers

**Orange course** for beginners c3km

**Yellow course** for beginners and families c2km

**Starts:** 10.30 to 12.30. Courses close at 14.30. Start and Finish are close to registration.

**Courtesy to others:** Nonsuch Park is popular and well used by local residents. Please show them kind consideration.

**Event Officials:** Organiser: Bill Alexander [alexbill@btinternet.com](mailto:alexbill@btinternet.com) .  
Planner: Jackie Olive  
General information: [info@mvoc.org](mailto:info@mvoc.org)

**Results:** Will be available at the MV Web site as soon as possible after the event  
[www.mvoc.org](http://www.mvoc.org)

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