



Mole Valley Orienteering Club

(affiliated to British Orienteering)

www.mvoc.org

TRY ORIENTEERING

The Nower, Dorking
Sunday 8th May 2011

(being run in conjunction with the 34th Surrey Hill Races
– see www.sloweb.org.uk for details)

- Venue:** Lovely area which would be suitable for a major event if larger. Mostly runnable woodland, with many paths and the bracken has been flattened by the winter's snow
- All facilities are close together, and there is an ideal grassy area to have a picnic on after your run. Indoor changing rooms and showers are available
- Car Park:** The Priory School, Dorking, Surrey. OS Map 187, at Grid Ref TQ158488
- Follow the 'Hill Race' signs from south end of Dorking one-way system
- Parking will be tight - please share transport where possible
- Dorking Main and Deepdene stations 2.2km, Dorking West station 1.5km
- Map:** 1:5000, 5m contours, printed on waterproof paper
- Registration:** 10.00am - 12.00pm Entry on the day only
- Starts:** 10.30am - 12.30pm Courses close 2.30pm
- Courses:** Two introductory courses (Yellow 2km and Orange 3km) and a Green course for more experienced orienteers
- Fees:** Seniors £5.00, Juniors £2.00 for all competitors
- The event will be using SportIdent electronic punching (hire charge £1)
- Facilities:** Squash, toilets, indoor changing, showers
- Officials:** Organiser – Tom Murphy murphythomas@sky.com
Planner – Chris McDonald
- Website:** www.mvoc.org
- Safety:** Whistles recommended
- Dogs:** Well-behaved dogs welcome – please do not bring them into the school buildings and clean up after them

**IN THE INTEREST OF SAFETY ALL COMPETITORS MUST REPORT TO DOWNLOAD
WHETHER OR NOT THEY COMPLETE THEIR COURSE
Competitors participate in this event at their own risk**