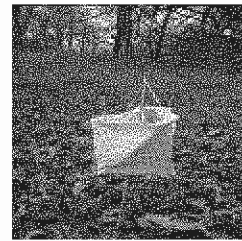




Mole Valley Orienteering Club

Introductory events on Saturday mornings during Sept and Oct



Orienteering is.....An adventure sport. Suitable for all ages. Good for individuals and families.

There are 4 events each on a Saturday morning.

Nonsuch Park, Cheam 15th September Car park on the south east side of the park, from the A232 Ewell Road. Nearest railway station is Cheam ½ mile. Toilets and refreshments in the park. A Junior coaching session will also be available following the event for anybody who wishes to attend.

Redhill Common 29th September Car park in or near St John's School off Fairlawn Drive, Redhill. Nearest railway station is Earlswood 1 mile.

Oaks Park 13th October Car park on south side of park, from the A2022 Croydon Lane. Nearest railway station is Belmont 1½ miles. Toilets and refreshments are in the park. A slightly more advanced junior coaching session will also be available following the event, anybody welcome.

Box Hill 27th October National Trust car park on top of the hill, look for the orienteering signs. Parking is free to National Trust members. A charge is payable by all others. Nearest railway station is Box Hill and Westhumble 1 mile. Toilets and refreshments are on the hill.

All Events

The courses will be short 2km and 3 km beginner's courses. There will also be a score event for experienced orienteers.

Please check the Mole Valley Orienteering Club Web site (www.mvoc.org) for any important last minute information.

What to expect on the day

There will be signs on approach roads.

Experienced orienteers from Mole Valley will be on hand on the day to help and advise those who need it.

You will be provided with a colour map of the course with locations of the points to visit and an electronic punch. After visiting all the points, you download the punch and get a printout of you time.

A full list of results will be added to the Mole Valley web site after the event. We can also post the results to anyone who requests this on the day. You can compare your total and split times with all the other competitors.

Entry Fee £1 juniors (under 20 years) and **£3 for adults** (20 years and over)

Time Turn up on the day **between 10.00 and 11.00am** there is no need to book

Dogs Are welcome

There will be prizes of Compass Sport magazines. T-shirts will awarded to all non orienteering club member winners, certificates to winners and runners up and rewards to all junior finishers.

Officials

Organisers:
Planners:

Nonsuch

Jackie Olive
Chris MacDonald

Redhill

Philip Winn
Bill Alexander

Oaks Park

Mark Rowe
Tony & Chris Schofield

Box Hill

Mark Rowe
Hazel & Dom Light

General Enquiries info@mvoc.org

COMPETITORS PARTICIPATE IN THIS EVENT AT THEIR OWN RISK