



MOLE VALLEY ORIENTEERING CLUB

(affiliated to British Orienteering)

LIMITED COLOUR-CODED EVENT

The Nower, Dorking
Sunday 16th May 2010

(being run in conjunction with the 33rd Surrey Hill Races
– see www.sloweb.org.uk for details)

- Venue:** Lovely area which would be suitable for Badge/Regional event if larger. Mostly runnable woodland, with many paths. Due to the earlier date and cold winter, bracken should not be a problem this year. All facilities are close together, and there is an ideal grassy area to have a picnic on after your run (weather permitting!)
- 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.
- 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:** White (1.2km), Yellow (2.2km), Orange (2.6km), Very Short Green (2.6km), Green (4.6km)
- Fees:** Seniors £5.00 Juniors £2.00
The event will be using SportIdent electronic punching (hire charge £1).
- Facilities:** Squash, toilets. Well-behaved dogs welcome.
- Official:** Organiser/Planner – Ian Ditchfield (ditchi56-flyer@yahoo.co.uk)
- MV Website:** <http://www.mvoc.org/>
- Safety:** Whistles recommended.

IN THE INTEREST OF SAFETY ALL COMPETITORS MUST REPORT TO DOWNLOAD
Competitors participate in this event at their own risk