



Mole Valley Orienteering Club

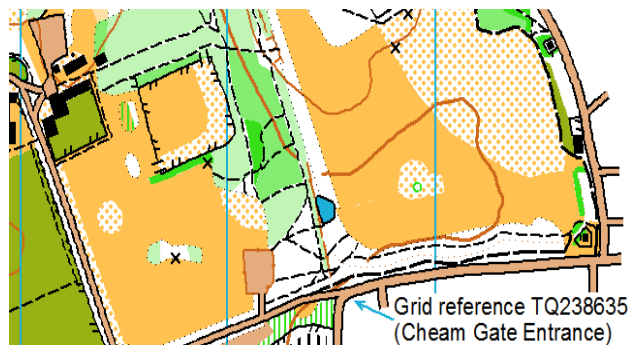
Try Orienteering Series Nonsuch Park

Try your hand at orienteering in this series of four free introductory events in Nonsuch Park. The courses have been specially designed for newcomers and there will be help on hand to introduce you to orienteering and help you improve throughout the series.

When

- **Saturday 24th September 2011**
- **Saturday 8th October 2011**
- **Saturday 22nd October 2011**

Courses 2 km and 3 km courses; as well
as a 5 km permanent course



Where

For the Saturday events meet in the car park at the Cheam Gate entrance, from Ewell Road, 100 m north of Nonsuch High School, grid reference TQ238635. Nearest railway station is Cheam, 1 mile from the Park. Look out for the Mole Valley Orienteering Club banner.

Entry

Turn up between **10am and 2pm on 11th September** and **10am to 12 noon on the other days** to give it a go, no booking is required. No equipment is required except a pair of trainers, a compass is not an essential but can be useful. You will be given an electronic dibber for use on the day and a specially prepared orienteering map of Nonsuch Park to take away.

Toilets and food are available in the park.

Cost

Orienteering is run by volunteers and is non-profit making. These events are being provided free to non-orienteering club members thanks to a grant from British Orienteering. Members run for £2. You will be able to purchase copies of the permanent orienteering course map and leaflet for £1

Results

Event results will be posted on the club website, shortly after the event.

Every participant will be entered into the series league and prizes will be awarded to the best:

- Adults (male and female)
- Juniors (boys and girls) and
- Those with the greatest progression or effort throughout the series

Further information is available from Peter at publicity@mvoc.org.