



Greater London Orienteering Summer Series (GLOSS) 2015

Orienteering is a challenging outdoor adventure sport that exercises both the mind and the body. GLOSS is a series of races run by the clubs in and around London. Beginners new to orienteering welcome. No booking necessary - just turn up

There are two course options: the GLOSS course which is about 3½ to 4½ km (with optional extension to ~6 km) and is of moderate navigational difficulty and a 'Yellow' course which is about 2km with easier navigation

Navigate to control points - you decide the best route in order to complete the course in the quickest time

Start times are generally between 10.00 and 12.00

Adults and groups £4 to £6; juniors and families on 'yellow' course £2. £1 for hire of electronic timing 'finger'

<i>Day</i>	<i>Date</i>	<i>Venue</i>	<i>Nearest rail station (minutes walk)</i>	<i>Club</i>
Sunday	28 June	Osterley Park (new area)	Osterley station on Piccadilly Line (10 mins) Isleworth mainline station from Waterloo (15 mins)	LOK
Saturday	4 July	Cassiobury Park	Watford station on Metropolitan Line (10 mins) and mainline from Euston (20 mins)	HH
Sunday	12 July	Putney Heath	Putney mainline station from Waterloo (15 mins)	SLOW
Sunday	19 July	Shooters Hill	Falconwood mainline station from Victoria (direct) or Cannon Street (5 min)	DFOK
Sunday	26 July	Morden Park	Morden South mainline (10 mins) or Morden tube (15 mins)	MV

The GLOSS course is also the basis of an inter-club competition to win the prestigious London Bus trophy. Best six handicapped times for each club at each event score. Revised handicapping system for 2015 based on ranking data as at June 2015

Full details for each event and the GLOSS competition via
www.londonorienteering.co.uk

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