



MOLE VALLEY ORIENTEERING CLUB

(Affiliated to the British Orienteering Federation)

LIMITED DISTRICT EVENT

The Nower, Dorking
Monday 26th May 2008

(being run in conjunction with the 31st Surrey Hill Races
– see www.sloweb.org.uk for details)

- Venue:** Small but interesting area of mostly runnable woodland, with many paths. 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 - maps are overprinted but not bagged.
- Registration:** 10.00am - 12.00pm Entry on the day only.
- Starts:** 10.30am - 12.30pm Courses close 2.30pm
- Courses:** Yellow, Orange and Green only.
The event will be using SportIdent electronic punching (hire charge £1).
- Fees:** Seniors £4.00 Juniors £2.00
- Facilities:** Squash, toilets. Dogs welcome.
- Officials:** Organiser - Neil Lewer (07878 722256)
Planner -
- 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**