



Mole Valley Orienteering Club

(affiliated to British Orienteering)

www.mvoc.org

SUMMER EVENING SERIES 2019 NONSUCH PARK Tuesday 7th May

This is the 1st of a series of 6 Summer evening Orienteering events MVO are organising during May, June and July. The first 4 will all be at Nonsuch Park, Cheam, with the remainder at Nork Park near Epsom Downs. Following on from the successful MVO Winter Street O series, for Nonsuch variations of the popular *Score format will be retained, but will differ by using orienteering controls and kites instead of written answers. Each should provide an enjoyable and challenging evening's orienteering for families, newcomers to off-street orienteering as well as experienced orienteers.

□ At each event there will also be a no-obligation, introductory coaching exercise for those new to the sport, which will also support the development of a specific orienteering skill.

□ Both areas in this series are essentially traffic free, apart from Park staff and visiting vehicles, so children under 16 may take part without adult supervision.

Registration/ Start location: Ye Olde Red Lion pub, 17 Park Road, Cheam SM3 8QB. MR TQ243638. The start location will be in Nonsuch Park taped from Registration. Further specific, information about this event, plus help and advice for all newcomers, will be available at Registration. This will include an example of a typical Orienteering control.

Parking: There is a large public car park accessed off Park Road opposite the pub, free after 6.30pm, or use side streets.

Public transport: Trains: Registration is closest to Cheam Station approx. 600m; West Sutton Station approx. 1Km
Buses to Cheam: 151 from Wallington or Worcester Park; 213 from Kingston or Sutton; 470 from Colliers Wood or Epsom

Map Updated in Spring 2019 by Mike Elliot and printed on waterproof paper. Scale is 1:10,000 with 5 metre contours.

Apart from an elevated area in the east of the map, the Park is relatively flat with woodland dividing large areas of grassland and around it's perimeter. The parkland areas contain small copses, thickets, scattered trees, ponds and accessible fenced enclosures. The whole area, including the woodland, contains an extensive path network and is generally very runnable.

Equipment required: Watch; Si dibber (loaned to those who don't have one, and an explanation of how to use it will be available); compass (if able to use one) would be useful but not essential; a whistle to summon help if required but not mandatory. **Clothing:** Shorts may be worn but full leg cover is advised as nettles/brambles may be encountered if deviating away from the paths. Otherwise wear whatever is comfortable to walk or run in, including rainwear if appropriate.

Entry Fee: £3 all BOF seniors, £2 all BOF juniors (U21) and students, £5 non-BOF seniors; £3 non-BOF juniors (U21) and students. Pairs, groups and families can take part at the senior rate, plus £1 for each extra map they require. Competitors can retain the map afterwards as a memento.

Entry system: To ensure enough maps are available please register your interest and reserve a map by emailing the organiser, David Fisher, at: davidfisher99@virginmedia.com by **Friday 3rd May latest** please. For the benefit of familiarising newcomers in particular with the Nonsuch orienteering map, a blank version (without controls) will be sent out with the acknowledgement for entering.

Starts: Starts between **6.00pm and 7.30pm**. This is a **1 hour *Score** event. Course closes at **8.45pm**

***Score Event:** "Score" just means that there is no set course. Your map will show a number of controls, but you don't have to visit them all. You get points for each control you do visit, and lose points if you take more than an hour. You simply have to "punch" each visited control box using your electronic dibber to record your visit. The number of controls you have visited, and the times you take between them, will be downloaded and a print-out produced at Registration after your run.

Safety: Unfortunately BOF public liability insurance does not cover non-British Orienteering Federation members that have taken part in 3 BOF registered events.

Last minute changes: Please visit www.mvoc.org before travelling to check for any new information about this event.

Results: Will be available on the club web site as soon as possible.

There will be a social at the pub after the event to which all are welcome.

*****You are responsible for your own safety and you take part in this event at your own risk*****