



Greater London Orienteering Summer Series (GLOSS) 2016

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'

Day	Date	Venue	Nearest rail station (mins walk)	Club
Sunday	3 July	Nonsuch Park	Cheam station from Victoria (10 mins)	MV
Saturday	9 July	Haberdashers' Aske's	Elstree & Borehamwood station from King's Cross, then 107 bus to East Public House stop (25 mins ¹)	HH
Sunday	17 July	Lloyd Park	East Croydon station, then Tramlink to Lloyd Park stop (5 mins)	DFOK
Sunday	24 July	Barnes Common	Barnes station from Waterloo (5 mins)	SLOW
Sunday	31 July	Alexandra Palace	Finsbury Park from King's Cross, then W3 bus to AP & Park stop (5 mins)	LOK

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. Handicapping system for 2016 based on ranking data as at June 2016

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

Contact for GLOSS series: catherine.galvin@pergament.co.uk (07968 162 273)



¹ No pavement but it is workable. Under 16s should be escorted.