



Greater London Orienteering Summer Series (GLOSS) 2017

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 £5 to £9 depending on area; juniors and families on 'yellow' course £3. £1 for hire of electronic timing 'finger'

<i>Day</i>	<i>Date</i>	<i>Venue</i>	<i>Nearest rail station (mins walk)</i>	<i>Club</i>
Sunday	25 Jun	Belhus Woods	Elm Park on District line / Rainham from Fenchurch Street, then 372 bus to St Paul's Close (35 mins); or train to Ockendon (35 mins).	HAVOC
Sunday	2 July	Alexandra Palace	Finsbury Park from King's Cross, then W3 bus to AP & Park stop (5 mins)	LOK
Sunday	9 July	Wimbledon Common	Putney from Waterloo, then 85 bus to Roehampton Vale Campus (5 mins)	SLOW
Sunday	16 July	Cassiobury Park	Watford on Met line/ Watford Junction from Euston (15 mins / 25 mins)	HH
Sunday	23 July	Morden Park	Morden South from Blackfriars / Morden on Northern Line (10 / 20 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. Handicapping system based on ranking data as at June 2017

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

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