



Greater London Orienteering Summer Series (GLOSS) 2018

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 courses: 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 between 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 £7 depending on area; juniors and families on 'yellow' course £3. £1 for hire of electronic timing 'tag'

<i>Date</i>	<i>Venue</i>	<i>Nearest rail station (mins walk)</i>	<i>Club</i>
Sun 24 Jun	Hornchurch Country Park	Hornchurch on District Line (20 mins)	HAVOC
Sun 1 July	Addington Hills	East Croydon mainline, then tram route 3 to Coombe Road (5 mins)	LOK
Sat 7 July	Ellenbrook Fields	Hatfield mainline from Kings Cross, then bus UNO641 to UH de Havilland Campus	HH
Sun 15 July	Wimbledon Common	Putney from Waterloo, then 14/85/37 bus to Putney Heath/Green Man (5 mins)	SLOW
Sun 22 July	Beddington Park	Hackbridge mainline from Victoria (10 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 how well you perform against your ranking points as at June 2018

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

Contact for GLOSS series: catherine.galvin@pergament.co.uk (07968 162 273) V1.1

