



## Greater London Orienteering Summer Series 2019

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 around 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 £8 depending on area; juniors and families on 'yellow' course £3. £1 for hire of electronic timing 'tag'

Day	Date	Venue	Public transport (+ walk)	Club
Sunday	23 June	<b>Gunpowder Park</b>	Chingford + 505 bus (0.3k)	CHIG
Sunday	30 June	<b>Barnes Common</b>	Barnes (1.1k)	SLOW
Saturday	06 July	<b>Highfield Park</b>	St Albans (2.2k) + S1 bus (0.2k)	HH
Sunday	14 July	<b>Belhus Woods</b>	Upminster + 370 bus (2.5k)	HAVOC
Sunday	21 July	<b>Nonsuch Park</b>	Cheam (0.6k)	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 the average of your ranking points over the 12 months to June 2019



Full details for each event & the GLOSS competition at [www.londonorienteeing.co.uk](http://www.londonorienteeing.co.uk)  
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Photos: Mark Cheesman (MV)