



# Greater London Orienteering Summer Series 2022

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. 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. Beginners welcome

Everyone should pre-enter: please find link to pre-entry service on club's website. Start times are generally between 10.00 and 12.00. SIAC contactless punching enabled throughout. Adults and groups £5 to £8 depending on area; juniors and families on 'yellow' course £3. £1 for hire of electronic timing 'tag'.

Please be guided by the [British Orienteering Participant Code of Conduct](#)

Day	Date	Venue	Public transport	Club
Sun	26 June	<b>Claybury Park</b>	Woodford, Central line (+15 mins)	<b>CHIG</b>
Sun	3 July	<b>Horton Country Park</b>	Epsom station (+30 mins)	<b>MV</b>
Sun	10 July	<b>Hornchurch CP</b>	Hornchurch, District line (+15 mins)	<b>HAVOC</b>
Sun	17 July	<b>Streatham Common</b>	NB Venue to be confirmed	<b>SLOW</b>
Sun	24 July	<b>Addington Hills</b>	East Croydon + tram to Coombe Lane	<b>LOK</b>

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 according to the Ranking Scheme



Full details for the GLOSS competition at [www.londonorienteering.co.uk](http://www.londonorienteering.co.uk)  
Contact for GLOSS series: [catherine.galvin@pergament.co.uk](mailto:catherine.galvin@pergament.co.uk) (07968 162 273)



Photos: LOK and Mark Cheesman (MV)