



# Addington Hills

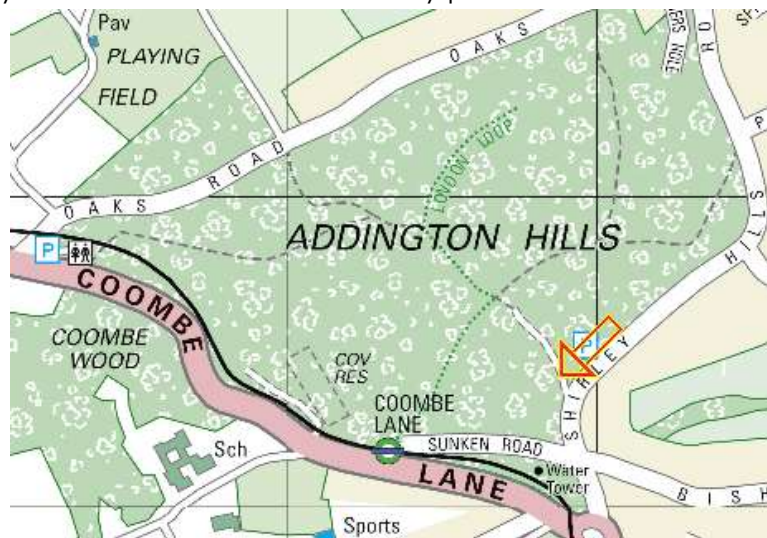
## Sunday 24th July

### Race 5 of Greater London Orienteering Summer Series (GLOSS) 2022

GLOSS is a series of races run by clubs in and around London. Beginners new to orienteering welcome – but register in advance. The GLOSS course is also the basis for an inter-club competition; best six handicapped times count for each club at each event. Handicapping system based on BOF ranking as at 23<sup>rd</sup> June 2022.

#### CAR DIRECTIONS

Off Shirley Hills Road. TQ351643. Nearby postcode CR0 5HQ



#### PUBLIC TRANSPORT

Coombe Lane tram stop is on New Addington line from East Croydon mainline railway station. Walk along Sunken Road then along Shirley Hills Road then follow signs. Buses 466 and 130 also pass close.

#### TERRAIN

Probably the most complex contoured area within M25. Mixture of open woodland and heathland with some areas of holly and more dense woods. Previous map <http://www.lok.routegadget.co.uk/rg2/#48>

#### MAP

1:5000. Full resurvey 2018 by Paul Todd with updates to 2022  
Pre-marked waterproof maps

#### COURSES

Light Green (GLOSS) 3.2km / Yellow 1.4km  
Optional GLOSS extension 1.7km. All course details to be confirmed  
See information about the Gloss Series here  
<http://londonorienteering.co.uk/gloss-2022/>

#### TIMES

Registration: 10:30 – 11:45  
Starts: 10:30 – 12:00  
Courses close: 13:30

#### PUNCHING

SI Electronic punching will be used. Contactless SIAC enabled.

#### FEES

Entries via [Fabian4.co.uk](http://Fabian4.co.uk) -  
Seniors (21+) £6 (British Orienteering members); £8 non-members  
Juniors and families (with 1 map/1 entry) £3  
SI dibber hire £1 (£35 if lost).  
Entries after midnight Sunday 17<sup>th</sup> July +£1 for seniors

	Closing date for all entries midnight Friday 22 <sup>nd</sup> July subject to map availability. No entry on the day.
<b>TOILETS</b>	None provided. Nearest public toilets at Lloyd Park Café during its opening hours – likely from 10:30. Please use facilities en-route. Note toilets shown on map except have not been open recently.
<b>RESULTS</b>	See <a href="http://www.londonorienteeing.co.uk">www.londonorienteeing.co.uk</a>
<b>OFFICIALS</b>	Planner : Richard Lloyd Organiser: Paul Todd (fixtures@londonorienteeing.co.uk) Controllers: Ronan and Julie Cleary (LOK)
	Orienteering is an adventure sport. Competitors take part in this race at their own risk. Entries and results will be processed by computer. Your entry will be taken as agreement to this. The competition is run under the rules and guidelines of, and sanctioned by, British Orienteering.

V1.1