



SOFA is an orienteering club serving the South East Hampshire/Meon Valley area.

SOFA is keen to encourage all age groups to participate in orienteering. Our members receive regular updates on events and social gatherings as well as various certificates in recognition of their efforts - this is especially important for our younger members.

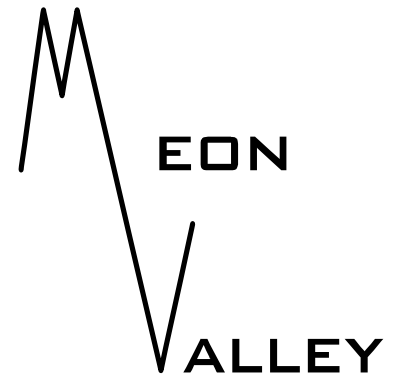
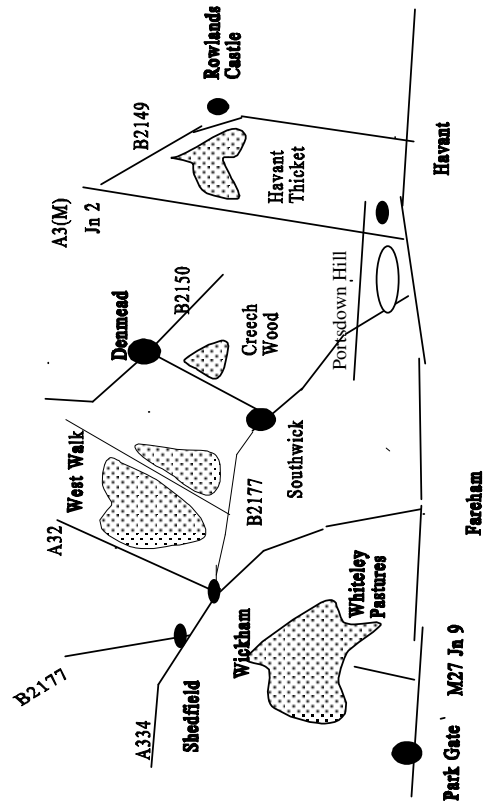
Further information is obtainable from the Secretary:

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SOFA Web Page:
<http://www.mvnet.co.uk/sofa/>



Summer Orienteering League 2010

**Walk, Jog or Run
It's great fun!**



ORIENTEERING

Orienteering is a sport where competitors navigate their way at their own pace between features marked, called controls, on a special coloured map. At each control, which is identified by an orange & white flag and a unique code, you use a needle punch or an electronic card to prove that you have visited the control. Then it's off to the next control at your own pace.

Orienteering is the sport for everyone with courses suitable for the under 10's to the over 70's. Courses vary in length (2km to 10km) and difficulty (physically and mentally). Most events are held on Sunday mornings.

Equipment

You should wear full leg cover (in case you wander off paths).

If you are participating alone you should carry a whistle.

A clear plastic bag for a map case is advisable.

A compass is not essential but could prove useful (if you can use it properly).

MEON VALLEY SUMMER LEAGUE

Courses

Yellow (2km), Orange (3km), Red (4km) and Light Green (4km).

Cost The cost is £2.50 per map.

Start Times Start times are available between 10 a.m and 11 a.m.

Finish Times All competitors should be finished by 12 noon. Orange juice is available at the finish.

Results Results can be obtained for free by: email, from SOFA web page or at the next SOFA event. Otherwise results cost 25p. Please leave your address with the organiser.

Certificates Each competitor that completes a course at 3 of the 5 events receives a certificate.

Medals Points are awarded on a sliding scale according to position.

Maximum points are: Yellow 30, Orange 40, Red 50 and Light Green 60.

Minimum of 2 and maximum of 4 best runs to count. Individual male and female Winners and Runner Up of the following classes receive a medal: 10 years and under, 11/12, 13/14, 15/16, 17 - 20, 21-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-70, 71 and over.

There are also prizes for groups that accrue more than 100 points.

LEAGUE EVENTS 2010

9th May. Upperford Copse, Wickham. Map Ref SU/593135. Signposted off the A32 North of the Roebuck Inn. Car Parking £2. (Nearest toilets in Wickham Square).

23rd May. Creech Wood, Denmead. Map Reference SU/648113. Signposted off Denmead/Southwick road. (Nearest toilets in Denmead).

6th June. WestWalk (North), Wickham. Map Reference SU 594134. Signposted off the A32 North of the Roebuck Inn. Car Parking £2. (Nearest toilets in Wickham Square).

27th June. West Walk (East), Wickham. Map Reference SU/596121. Signposted off A32 from Wickham Church. Car Parking £2. (Toilets in car park).

18th July. West Walk, Wickham. Map Reference SU/596121. Signposted off A32 from Wickham Church. Car Parking £2. (Toilets in car park).

Beginners especially welcome. Make yourselves known to Peter at the start who will advise you and point you in the right direction.