

The London Orienteering Klubb presents
London Park Race Series 2016
Waterlow Park, Highgate
 Thursday 23rd June

- Race 6 in the London Park Race Series organised by various London orienteering clubs.
- Intense fast orienteering within a compact and visible urban parkland of primarily grass with areas of tree cover.
- 1:2500 scale map produced for the LOK 2015 London Ultrasprint. All significant trees are marked.
- Suitable for beginners and juniors.



WHERE	Registration at The Old Crown pub at Highgate Hill / Hornsey Lane road junction beside Waterlow Park. Address: 90 Highgate Hill, Highgate, North London N19 5NQ. Public transport: Archway Underground (Northern Line) followed by 10 mins walk northwards up Highgate Hill. Alternatively buses 271, 143, W5, 210 go from Archway up the Hill (5 mins). Some free parking on surrounding streets (eg Cromwell Avenue).
WHEN	Registration 6.15–7.15pm . Start times 6.30–7.30pm. Course closes 9.00pm.
FEES	£4 for BOF members with own SportIdent dibber. £5 for non-BOF members and/or those wishing to hire a SportIdent dibber.
COURSES	Long course (just under 4km / 125m climb). Short course (2km / 70m climb). The courses are suitable for Juniors and beginners.
CLOTHING	Suitable for standard training shoes, T-shirt and shorts (if not sensitive to long grass).
AFTER THE RUN	We are grateful to The Old Crown for permission to use their premises, and hope you will stay behind to try out their food and drink.



Map is 1:2500 scale with 2.5 metre contours.
 Planner: J Chandler (London Orienteering Klubb). Controller/Organiser: D Rosen (LOK).
 Check website for updates www.londonorienteering.co.uk / email: chairman@londonorienteering.co.uk
 Competitors take part at their own risk. Note that if you have completed in three orienteering events registered with British Orienteering and are not a member of a British Orienteering registered club then you are not covered by LOK's public liability insurance.