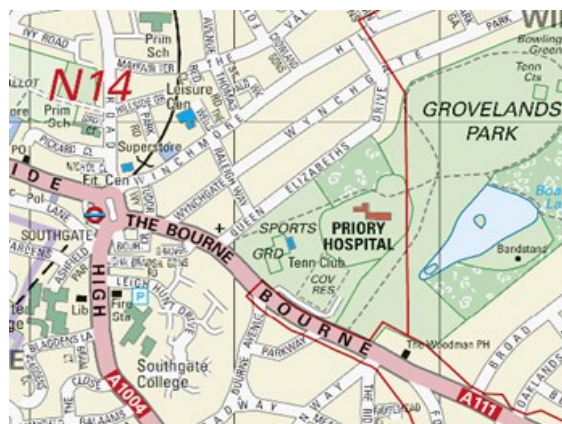


The London Orienteering Klubb presents
London Park Race Series 2016
Grovelands Park, Southgate
 Thursday 14th July

- Race 9 in the London Park Race Series organised by various London orienteering clubs.
- Orienteering in urban park with both open and wooded areas with mixed vegetation
- 1:5000 scale map
- Suitable for beginners and juniors.
- No booking necessary - just turn up



WHERE	Registration at The Woodman pub at 128 Bourne Hill, Southgate, N13 4BD Public transport: Southgate Underground (Piccadilly Line) followed by 10 mins (650m) walk along The Bourne (A111). Grid reference TQ304938
WHEN	Registration 18:00–19:30 Start times 18:15–19:30, Course closes 20:15
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 (approx. 5km) Short course (approx 2.5km) The courses are suitable for Juniors and beginners
CLOTHING	Suitable for standard training shoes, T-shirt and shorts (if not sensitive to long grass and small areas of undergrowth).
AFTER THE RUN	We are grateful to The Woodman for permission to use their premises, and hope you will stay behind to try out their food and drink.



Organiser & Planner M Hime (London Orienteering Klubb).
 Check website for updates www.londonorienteeing.co.uk / email: chairman@londonorienteeing.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.