



**Tuesday 13<sup>th</sup> June 2017**

## **Middlesex University (Hendon Campus)**

### **Race 3 in the London Park Race Series 2017 [www.parkrace.org](http://www.parkrace.org)**

**An interesting university campus in North London with closely packed buildings.**

The race is suitable for beginners.

### **Event Centre**

The Student Union, MDX House building, The Burroughs London [NW4 4BT](#).

**Travel:** The campus is just 10 minutes walk from Hendon Central Underground Station (Northern Line). From the station turn right (North West) up Watford Way to the traffic lights. Then right along the Burroughs. After 400 metres, look out for an O-sign and red/white streamers to guide you to the Student Union.

OS grid reference: T TQ227893 Lat/Long: 51.589830,-0.228971

**Facilities:** Toilets, changing and showers

Pub for post-race food and drink: [The Claddagh Ring](#) 10 Church Rd, Hendon, London NW4 4EA. This is only 50 metres from the Eastern corner of the campus.

### **Entry**

Registration: Between 1800 and 1915.

Start Times: Between 1815 and 1930 Courses close 2030.

Entry on the day only. No need to tell us in advance unless you are bringing a group. Your entry fee includes a full colour map printed on waterproof paper, which you can keep as a souvenir after your run, and a printout of your race time and splits at the end of the race.

Entry fees:	BOF members, Students and Juniors	£4
	All others	£5

Electronic timing will be used. SIACs can be used in contactless mode. If you do not have your own SI card, then you can hire one for the event for £1. A penalty of £30 will be charged for hired SI cards that are lost or not returned, and such cards will be blacklisted.

**Courses:** Long 4.0km Short 2.5km Planner: David Rosen (LOK)

**Map:** 1:2500 The campus is largely traffic-free.

If you have any questions not addressed above, please email the organiser David Rosen at [chairman@londonorienteeing.co.uk](mailto:chairman@londonorienteeing.co.uk).

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.

