Tuesday 19th June 2018

Finsbury Park

Race 5 in the London Park Race Series 2018 www.parkrace.org

A pleasant runnable park with many trees and bushes.

The race is suitable for beginners.

Event Centre

The Twelve Pins pub 263 Seven Sisters Rd, Harringay, London N4 2DE.

Travel: The pub is just a few yards from Finsbury Park mainline (Great Northern & Thameslink) and Underground Station (Victoria and Piccadilly lines).

Facilities: Toilets, post-race food and drink.

From the pub, it is a 600 metre walk through the park to the start by the café and toilets.

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 4.5 km Short 2.5km

Planner: David Rosen (LOK)

Map: 1:5000 The park is largely traffic-free.

If you have any questions please email David Rosen at chairman@londonorienteering.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.