



Tuesday 18th June 2019

Highgate Wood and Queen's Wood

A race in the London Park Race Series 2019 www.parkrace.org

Beautiful historic woodlands.

The race is suitable for beginners.

Event Centre

[The Woodman](#), 414 Archway Rd, Highgate, London [N6 5UA](#).

Travel: The pub is just a few yards from Highgate Underground Station (Northern Line High Barnet branch).

Facilities: Toilets, post-race food and drink. [Menu](#)

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 5 km Short 2.5km

Planner: Jon Chandler (LOK)

Map: 1:5000 5m contours Updated April 2019 by Martin Bagness

The area is largely traffic-free. There is one timed-out road crossing controlled by traffic lights.

If you have any questions please email David Rosen at 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.