



Fryent Country Park

Saturday 19th February 2022

Thanks to Brent Council for permission to hold the event.

LOK invite you to a Regional orienteering event suitable for beginners as well as more experienced orienteers.

CAR DIRECTIONS

Off Fryent Way (A4140), (400m north of HA9 9JH) TQ195877
What3words event.sparks.digs. Lat/Long 51.57501725,-0.27410162

PUBLIC TRANSPORT

Kingsbury is the nearest underground station on the Jubilee Line. Exit Kingsbury Station, turn left and walk 200m to the roundabout. Turn left up Fryent Way for one km and cross using the traffic-light-controlled crossing to the car park on the right. 15 minutes easy walk.

TERRAIN

Open parkland and some wooded areas on a steep slope. Note that the slopes can be muddy so studded shoes are advised. The area is fast, especially the parkland, so times will be quick for the distance covered.

MAP

1:7,500. Pre-marked waterproof. Newly surveyed by Martin Bagness. The area has not previously been used for orienteering.

COURSES (Provisional lengths)

Blue	7.0 KM	135m ascent	Orange	3.2 KM	65m ascent
Green	4.6 KM	85m ascent	Yellow	2.4 KM	45m ascent

Start and Finish close to Parking. The Blue course includes two 2-minute timeouts to cross Fryent Way using the traffic-light-controlled crossing.

TIMES

Starts: 10:00 – 12:00
Courses close: 13:30 .

PUNCHING

SI electronic contactless punching will be used. Contact punching can also be used.

ENTRY AND FEES

Pre-Entry only via Fabian4 www.fabian4.co.uk by 23:59 Wednesday 16 February.
Entries open in early January.
Seniors (21+) £6 (British Orienteering members);
Under 21 and everyone on Yellow £3
£2 supplement for non-members
SI dibber hire (not contactless) £1 (£35 if lost)
You must comply with the [Covid-19 British Orienteering Code of Conduct](#)

TOILETS

Portaloo toilet available at parking.

RESULTS

www.orienteering.london

ORGANISER PLANNER CONTROLLER

David Rosen (LOK): enquiries to 07870 653321
Charles Spence (LOK)
Ronan & Julie Cleary (LOK) Assistant: Neil Brooks (LOK)

Orienteering is an adventure sport. 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.