



Fryent Country Park

Saturday 19th February 2022

Thanks to Brent Council for permission to hold the event.

FINAL DETAILS (Additional to the information published earlier).

Planner's comments

The area has not previously been used for orienteering. It was surveyed by Martin Bagness. The map scale is 1:7,500 with 5m contour interval. The area comprises a mix of parkland and woodland and is fast, especially the parkland, so times will be quick for the distance covered. However, you might be distracted by the great views over Wembley stadium, Harrow and North towards Edgware and Watford.

The parkland is made up of ancient hedgerows and hay meadows which were created in medieval times and are now managed organically. They are criss-crossed with paths which are mapped to show summer conditions with long grass and distinct paths. The grass has been cut, so some paths across the meadows are now indistinct but still visible. Some of the meadows are wet, muddy and slippery in places so you are advised to wear studded shoes.

The woodland is mostly mature having been designed by Humphry Repton and was planted in 1793. There are a lot of brambles, but courses have been planned to avoid them and there is a dense path network in the woodland.

Course details:

<u>Course</u>	<u>Distance</u>	<u>Climb</u>	<u>Number of controls</u>
Yellow	2.3 km	45m	13
Orange	3.0 km	65m	12
Green	4.7km	85m	11
Blue	7.1 km	140m	21

Blue has two road crossings each with a 2-minute timeout to cross Fryent Way using the traffic-light-controlled crossing. This is a two stage crossing (eg the button on the west side only works for traffic heading north to allow crossing to the central reservation where there is another button to stop traffic heading south). There is also no sound. Please take care and take your time crossing the road. The other courses do not cross the road.

There is a path which has recently been blocked by felled trees. This only affects the blue course and is marked on the map as an uncrossable boundary. It is not on the most direct route and is easily avoided by taking paths to either side of the blockage.

Both blue and, to a lesser extent green, criss-cross the area somewhat, so take care to ensure that you go to the correct next control. The blue course uses the final control for all other courses, but this is not the final control for blue so blue runners should not follow the tapes to the finish at this point.

Control descriptions will be on the map and loose control descriptions will be available at the start.

The park is used by lots of members of the public and is especially popular with dog walkers, so please give way to them.

Start

The start won't be busy so you should be able to start when you get there. Don't worry if you are earlier or later than your "booked" start time. It is a punching start. The start is just 100 metres South of the car park.

Finish and Results

The finish is 150 metres West of the Car Park. It is a punching (dibbing) finish, even if you are using a SIAC. Please go straight to the download tent once you've finished. We aim to upload results to the web every two minutes. Just point your phone camera at the QR code on your splits to see them. RouteGadget and WinSplits will be available in the evening.

Facilities

There will be a tent housing download and enquiries. Hire SI cards can be collected there.

Bags, clothing and car keys can be left at the tent.

There will be a First Aid kit at the tent.

There will be a single Portaloo in the car park.

There are cafes and shops near Kingsbury tube station.

Last minute entries

We have printed a few extra maps. Email the organiser about late entries.

ORGANISER David Rosen (LOK): enquiries to 07870 653321 chairman@londonorienteeing.co.uk

PLANNER Charles Spence (LOK)

CONTROLLER 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.