



**Tuesday 7<sup>th</sup> June 2022**

## **Waterlow Park**

**Race 3 in the London Park Race Series**

**2022 [www.parkrace.org](http://www.parkrace.org)**

**A beautiful park on the slopes of Highgate Hill.**

The race is suitable for beginners.

The competition is run under the rules and guidelines of, and sanctioned by, British Orienteering

### **Event Centre**

**The Brendan the Navigator pub 90 Highgate Hill London N19 5NQ.**

**Travel:** The pub is just 7 minutes walk up Highgate Hill from Archway station (Northern Line High Barnet branch)

**Facilities:** Toilets, post-race food and drink.

The start and finish will be just over the road in the park.

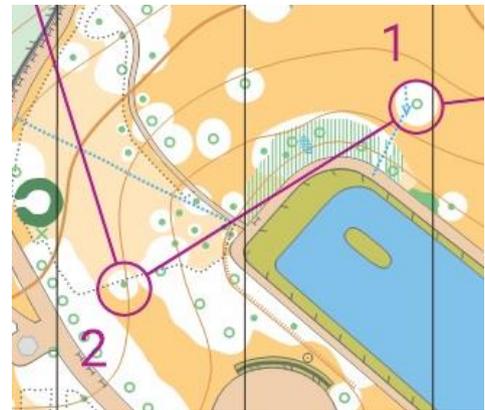
### **Entry**

Registration: Between 1800 and 1915.

Start Times: Between 1815 and 1930

Courses close 2030.

Entry by [this Google Form](#), preferably by Tuesday 31<sup>st</sup> May. 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: Adult BOF members

£5

Adult non-members

£7

Students and Juniors

£3 (including SI card hire if needed)

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.

£30 will be charged for hired SI cards that are lost or not returned.

**Courses:** Long 4 km Short 2 km

Juniors must do the short course. Under 16 in pairs and Under 13 with an adult.

Planner: Anthony Flick (LOK)

**Map:** 1:2500 2.5m contours The park is traffic-free.

If you have any questions please email 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.

**Join LOK and BOF and get reduced entry fees:** <https://www.britishorienteering.org.uk/join>