



## Tuesday 13<sup>th</sup> June 2023

### Lordship Recreation Ground and Downhills Park

A race in the London Park Race Series  
2023 [www.parkrace.org](http://www.parkrace.org)

Interesting parks with many features. The race is suitable for beginners.

#### Event Centre

**The Westbury** 57 Westbury Ave, Wood Green, London [N22 6SA](http://www.n226sa.com)

**Travel:** The pub is just 5 minutes' walk from Turnpike Lane Underground Station (Piccadilly Line).

**Facilities:** Toilets, post-race food and drink. [Menu](#). **Note that the pub is Card Payment only**  
10 minutes' walk to the park.

#### Entry

Registration: Between 1800 and 1915.

Start Times: Between 1815 and 1930

Courses close 2030.

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: Students and Juniors £5

All others £7

£2 discount for members of British Orienteering

£2 surcharge for late entries – after midnight Sunday 11<sup>th</sup> June.

**Enter online** [HERE](#).

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 (SIAC hire £2-50). 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: Michael Wagstaff (LOK)

**Map:** 1:5000 Surveyed 2019 by Martin Bagness.

If you have queries, please email Alex Carcas & Katie Smith: [achesneycmail@gmail.com](mailto:achesneycmail@gmail.com) .

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.