

London Park Race Series 2018

Crystal Palace Park

Tuesday 17th July

Event Centre: Registration & download are at The Bridge House Public House, 2 High Street, Penge, London SE20 8RZ .

Facilities: toilets, post race food and drink! See pub menu at: <https://www.bridgehouses20.co.uk/menu>. Last orders 10.45pm. The start and finish are in the park about 3 minutes from registration.

Directions: The nearest London Underground is Penge West, just 2 minute walk to the event centre. Also Penge East, on line from Victoria, seven minute walk to event centre. Street parking available in Thicket Rd and Anerley Park (note they are one way). Note: Crystal Palace Station is some distance from event centre at other end of park! Kit can be left at registration and there are toilets for changing.

Courses: Terrain is parkland suitable for shorts and trainers. Distances likely to be covered: Long approx 5.0km; Short approx 2.5km. All courses will use Sportident electronic punching (no contactless)

Registration 17:45 to 19:15

Starts 18:00 to 19:30

Courses Close 20:30

Fees: Seniors £5, Juniors £2.

Seniors £1 discount for Members of London Orienteering Clubs. SI Hire at no charge but a penalty of £30 will be charged if the card is lost or not returned.

Safety: The courses cross car parking areas and park roads, please take care when approaching and crossing these roads. Please respect other users of the area, including dog walkers. All participants take part in this event at their own risk, and are responsible for their own safety.

Organiser: Roman Bednarz: Tel 07861 654457

Email: romanbednarz2003@yahoo.co.uk

