



London Park Series Race 7

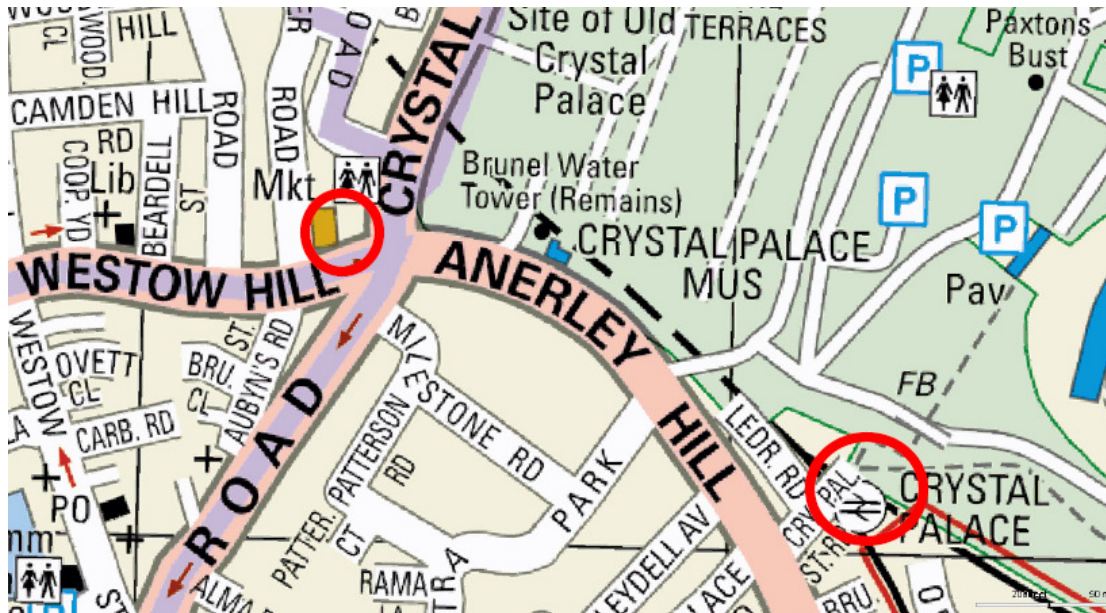
Thursday 14th July 2011

Crystal Palace Park

Directions:-

The nearest station is Crystal Palace, on lines from London Bridge and Victoria stations. Parking is free in the park car parks or in the approach road. Free after 18:30 in roads around. The start and finish are in the park adjacent to the station, with covered area if wet. SE19 2AZ

Pub for afterwards propose The Westow House at top of the hill at junction of Westow Hill and Crystal Palace Parade, SE19 1TX.



Courses - Terrain is parkland suitable for shorts and trainers

Long approx 5.0km

Short - approx 2.5km

All courses will use SportIdent electronic punching.

Registration

18:15 to 19:15

Starts

18:30 to 19:30

Courses Close

20:30pm

Fees:- Seniors £4 Juniors £2 with £1 discount for SLOW/LOK & DFOK Members SI Hire £1

Organiser:- David Dawson Tel 020 8290 6235 Email croc.ocontact@ntlworld.com

Results:- Results will be available on the DFOK website www.dfok.co.uk as soon as possible after the event.

Safety:- The courses cross over 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.