

Event Centre: Registration & download are at The Nags Head, 37 Welling High Street, DA16 1TR. The start and finish are in the park 0.6km from registration.

Directions: The nearest railway station is Welling, on the line from London Bridge and Waterloo East. Head west initially to the main road and turn left at the traffic lights along Bellegrove Rd, continuing into Welling High Street. The Nags Head is on the left hand side. Walking distance is 1km. If driving, there is ample parking in the Springfield Road public car park which is 50m from The Nags Head. The car park is on a one way system and can only be approached from the A209 (Upper Wickham Lane) turning into Springfield Road. The nearest post code for the car park is DA16 1QW. Parking is free after 6pm (50p for 30mins until then). The pub has its own car park, even closer, behind the pub and also only accessible off Springfield Road. This costs £1 per hour up to £3 (including evenings), with the cost reimbursable in full off any food or drink orders at the pub of £5 or more. Kit can be left at registration and there are toilets for changing. Last food orders at 21:30.

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.

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 British Orienteering who are using their own SI cards. 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.

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