

Kent Orienteering League

2009/2010

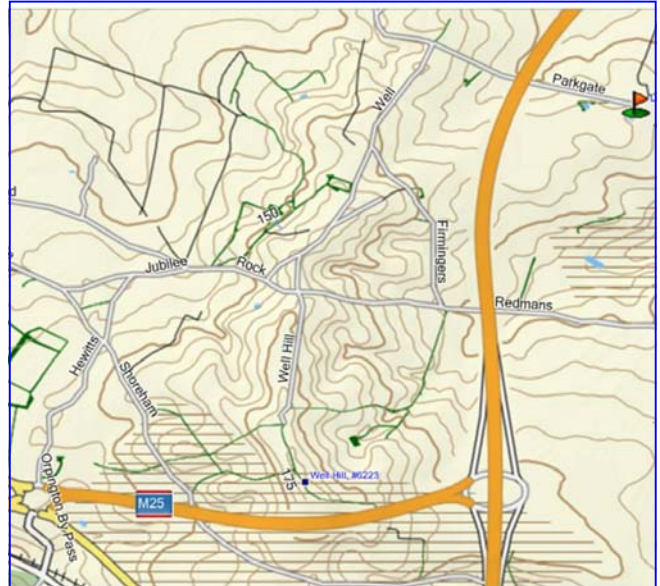
KOL 7 - Saturday 27th March 2010 (updated 5 March)
Lullingstone Country Park and Golf Club
 By kind permission of Kent County and the Golf Club

Directions to the car park: (GR: TQ 508647)

by kind permission of Lullingstone Park Golf Club (BR6 7PX). Standard road signs to golf course. Beware! All approach roads are narrow and single traffic only in places - please drive carefully! Easiest approach is from Junct 4 (M25) to Hewitt's Roundabout, leave L down Hewitt's Road to cross roads - over (Holly Bush Lane) to junction - go R (Jubilee Road), then 2nd L (Well Hill), continue until T-Junction (careful, right of way is on your L!) go R (Parkgate) until you reach barrier to car park - we are parked over on your R in overflow car park. Registration in car park, Start 500m and Finish adjacent to car park.

Map and Terrain: - 1:10000 (Course A), 1:7500 (Course B and C). Distinct areas of ancient woodland scattered over various parts of an open area the centre of which is taken up with a golf course and major re-entrant.

Club Facilities: The Lullingstone Park Golf facilities are available - toilets, bar, restaurant (great bacon and egg baps!). Please respect these and remove dirty running shoes before entering - definitely no 'spikes'!



Course Length

		XS 0-2.5km	S 2.6-5.0km	M 5.1-7.5km	L 7.6-10.0km	XL 10.1+ km
Navigational Difficulty	Very Easy					
	Easy	Course C 2.4km				
	Medium		Course B 3.8km	Course A 5.7km		
	Hard					
	Very Hard					

REGISTRATION:

10.45 - 12.15

START TIMES:

11.00 - 12.30

COURSE CLOSES: 13.30

SENIORS: £4

JUNIORS: £1

FAMILY RATE: £8
 (2 Adults, 2 children)

SI Hire: £1.00

Lost card: £30.00

Please help Registration by downloading and completing the Registration Form prior to the day and bring the correct change - many thanks.

If you are bringing a group then you must email in to advise for extra map printing - thank you.

Sportident cards (dibber) will be available for use on the day (Hire £1.00)

Newcomers of all ages are welcome. Map, basic instruction and electronic timing equipment will be provided. You don't have to be a member of an orienteering club. We recommend you email us at newcomers@dfok.co.uk so that we can arrange for someone to give you some help to get you started. Alternatively just ask one of the officials on the day.

ORGANISER/PLANNER: Phil Basford DFOK philb@ntrg.u-net.com

CONTROLLER: Chris Baker DFOK

For further information on this, and other DFOK events, check out our website www.dfok.co.uk

Your participation in this event is at your own risk

In association with **SAXONS** orienteering club

