

# RNAV Hold Coding Tables

## London Stansted ABBOT Hold

| Designator | Sequence Number | Path Terminator | Waypoint Name | Waypoint Co-ordinates     | Fly-over | Course/ Track °M (°T) | Magnetic Variation | Distance (NM) | Turn Direction | Level Constraint | Speed Constraint | Navigation Performance |
|------------|-----------------|-----------------|---------------|---------------------------|----------|-----------------------|--------------------|---------------|----------------|------------------|------------------|------------------------|
| ABBOT      | -               | -               | ABBOT         | 520058.00N<br>0003558.49E | Y        | 265°<br>(265.3°)      | 0.6                | 6.0NM         | RIGHT          | -F140<br>+F080   | -220             | RNAV5                  |

## London Stansted ADLOG Hold

| Designator | Sequence Number | Path Terminator | Waypoint Name | Waypoint Co-ordinates     | Fly-over | Course/ Track °M (°T) | Magnetic Variation | Time (MIN) | Turn Direction | Level Constraint | Speed Constraint | Navigation Performance |
|------------|-----------------|-----------------|---------------|---------------------------|----------|-----------------------|--------------------|------------|----------------|------------------|------------------|------------------------|
| ADLOG      | -               | -               | ADLOG         | 501925.00N<br>0004933.40W | Y        | 005°<br>(005.3°)      | 0.6                | 1.5MIN     | RIGHT          | -F260<br>+F130   | -240             | RNAV5                  |

## London Stansted BOMBO Hold

| Designator | Sequence Number | Path Terminator | Waypoint Name | Waypoint Co-ordinates     | Fly-over | Course/ Track °M (°T) | Magnetic Variation | Distance (NM) | Turn Direction | Level Constraint | Speed Constraint | Navigation Performance |
|------------|-----------------|-----------------|---------------|---------------------------|----------|-----------------------|--------------------|---------------|----------------|------------------|------------------|------------------------|
| BOMBO      | -               | -               | BOMBO         | 515944.29N<br>0002346.85W | Y        | 091°<br>(091.4°)      | 0.6                | 5.0NM         | LEFT           | -F140<br>+F070   | -220             | RNAV5                  |

## London Stansted HON Hold

| Designator | Sequence Number | Path Terminator | Waypoint Name | Waypoint Co-ordinates     | Fly-over | Course/ Track °M (°T) | Magnetic Variation | Distance (MIN) | Turn Direction | Level Constraint | Speed Constraint | Navigation Performance |
|------------|-----------------|-----------------|---------------|---------------------------|----------|-----------------------|--------------------|----------------|----------------|------------------|------------------|------------------------|
| HON        | -               | -               | HON           | 522124.04N<br>0013949.41W | Y        | 144°<br>(144.8°)      | 0.6                | 1.5MINS        | RIGHT          | -F350<br>+F150   | -240             | RNAV5                  |

## London Stansted LAPRA Hold

| Designator | Sequence Number | Path Terminator | Waypoint Name | Waypoint Co-ordinates     | Fly-over | Course/ Track °M (°T) | Magnetic Variation | Distance (MIN) | Turn Direction | Level Constraint | Speed Constraint | Navigation Performance |
|------------|-----------------|-----------------|---------------|---------------------------|----------|-----------------------|--------------------|----------------|----------------|------------------|------------------|------------------------|
| LAPRA      | -               | -               | LAPRA         | 520707.18N<br>0011236.45E | Y        | 244°<br>(245.1°)      | 0.6                | 1.5MINS        | RIGHT          | -F210<br>+F150   | -240             | RNAV5                  |

## London Stansted LOGAN Hold

| Designator | Sequence Number | Path Terminator | Waypoint Name | Waypoint Co-ordinates     | Fly-over | Course/ Track °M (°T) | Magnetic Variation | Time (MIN)                              | Turn Direction | Level Constraint | Speed Constraint | Navigation Performance |
|------------|-----------------|-----------------|---------------|---------------------------|----------|-----------------------|--------------------|-----------------------------------------|----------------|------------------|------------------|------------------------|
| LOGAN      | -               | -               | LOGAN         | 514451.32N<br>0013642.58E | Y        | 289°<br>(289.5°)      | 0.6                | 1MIN<br>up to FL140<br>1.5MIN<br>FL150+ | LEFT           | -F410<br>+F100   | -220*<br>-240**  | RNAV5                  |

\* up to and including FL140  
\*\* FL150 and above

## London Stansted LOREL Hold

| Designator | Sequence Number | Path Terminator | Waypoint Name | Waypoint Co-ordinates     | Fly-over | Course/ Track °M (°T) | Magnetic Variation | Distance (NM) | Turn Direction | Level Constraint | Speed Constraint | Navigation Performance |
|------------|-----------------|-----------------|---------------|---------------------------|----------|-----------------------|--------------------|---------------|----------------|------------------|------------------|------------------------|
| LOREL      | -               | -               | LOREL         | 520050.20N<br>0000309.52W | Y        | 187°<br>(187.2°)      | 0.6                | 4.0NM         | LEFT           | -F140<br>+F070   | -220             | RNAV1/<br>RNAV5        |