

RNAV Hold Coding Tables

LONDON STANSTED ABBOT Hold

Designator	Sequence Number	Path Terminator	Waypoint Name	Co-ordinates	Fly-over	Course/Track °M (°T)	Magnetic Variation	Distance (NM)	Turn Direction	Level Constraint	Speed Constraint	Navigation Performance
ABBOT	-	-	ABBOT	520058.00N 0003558.49E	Y	265° (265.3°)	0.6	6.0NM	RIGHT	-FL140 +FL080	-220	RNAV5

LONDON STANSTED ADLOG Hold

Designator	Sequence Number	Path Terminator	Waypoint Name	Co-ordinates	Fly-over	Course/Track °M (°T)	Magnetic Variation	Time (MIN)	Turn Direction	Level Constraint	Speed Constraint	Navigation Performance
ADLOG	-	-	ADLOG	501925.00N 0004933.40W	Y	005° (005.3°)	0.6	1.5 MIN	RIGHT	-FL260 +FL130	-240	RNAV5

LONDON STANSTED BOMBO Hold

Designator	Sequence Number	Path Terminator	Waypoint Name	Co-ordinates	Fly-over	Course/Track °M (°T)	Magnetic Variation	Distance (NM)	Turn Direction	Level Constraint	Speed Constraint	Navigation Performance
BOMBO	-	-	BOMBO	515944.29N 0002346.85W	Y	091° (091.4°)	0.6	5.0NM	LEFT	-FL140 +FL070	-220	RNAV5

LONDON STANSTED HON Hold

Designator	Sequence Number	Path Terminator	Waypoint Name	Co-ordinates	Fly-over	Course/Track °M (°T)	Magnetic Variation	Time (MIN)	Turn Direction	Level Constraint	Speed Constraint	Navigation Performance
HON	-	-	HON	522124.04N 0013949.41W	Y	144° (144.8°)	0.6	1.5 MIN	RIGHT	-FL350 +FL150	-240	RNAV5

LONDON STANSTED LAPRA Hold

Designator	Sequence Number	Path Terminator	Waypoint Name	Co-ordinates	Fly-over	Course/Track °M (°T)	Magnetic Variation	Time (MIN)	Turn Direction	Level Constraint	Speed Constraint	Navigation Performance
LAPRA	-	-	LAPRA	520707.18N 0011236.45E	Y	244° (245.1°)	0.6	1.5 MIN	RIGHT	-FL210 +FL150	-240	RNAV5

LONDON STANSTED LOGAN Hold

Designator	Sequence Number	Path Terminator	Waypoint Name	Co-ordinates	Fly-over	Course/Track °M (°T)	Magnetic Variation	Time (MIN)	Turn Direction	Level Constraint	Speed Constraint	Navigation Performance
LOGAN	-	-	LOGAN	514451.32N 0013642.58E	Y	289° (289.5°)	0.6	1MIN up to FL140 1.5 MIN FL150*	LEFT	-FL410 +FL100	-220* -240**	RNAV5

* up to and including FL140
** FL150 and above

LONDON STANSTED LOREL Hold

Designator	Sequence Number	Path Terminator	Waypoint Name	Co-ordinates	Fly-over	Course/Track °M (°T)	Magnetic Variation	Distance (NM)	Turn Direction	Level Constraint	Speed Constraint	Navigation Performance
LOREL	-	-	LOREL	520050.20N 0000309.52W	Y	187° (187.2°)	0.6	4.0NM	LEFT	-FL140 +FL070	-220	RNAV1/ RNAV5