



## South Hampstead / Primrose Hill Street-Orienteering Event Thursday 3<sup>rd</sup> December 2009

VENUE	Start from the Royal Free Hospital Recreation Club, Fleet Road, Hampstead, NW3 2QG
EVENT	60 minute score event
DIRECTIONS	British Rail to Hampstead Heath – 4 mins walk. Underground to Belsize Park on the Northern Line – 10 mins walk. Limited parking in surrounding roads on single yellow lines after 18.30.
MAP	1 : 10,000, no contours. Pre-marked maps printed on waterproof paper
STARTS	Starts 18.30 – 19.05
FEES	£1 for the map.
FACILITIES	Changing and shower facilities at the Club. £1 fee to use the facilities and you need a £1 coin for the lockers (which you get back)
EQUIPMENT	A reflective top, a pencil or waterproof pen and (preferably) a small headlamp or torch
AFTERS	Food and Drink afterwards at a local pub – The Stag (NW3 2QU) 200m from Start/Finish <a href="http://www.thestaghampstead.com">www.thestaghampstead.com</a>
OFFICIALS	Organiser & Planner - Pete Sacares <a href="mailto:pete@rspscomp.demon.co.uk">pete@rspscomp.demon.co.uk</a> Controller – David Rosen
REGISTRATION	Event registered with BOF Competitors take part at their own risk.
LATE INFO	Please check <a href="http://www.londonorienteering.co.uk">www.londonorienteering.co.uk</a> for late changes