



Thursday 14th August 2014

Hampstead Heath North

The London Park Race Series 2014

A series of orienteering races in London parks organised by the London orienteering clubs
A chance to visit the northern part of the Heath including Sandy Heath and part of Kenwood.

Like all races in the series, the race is suitable for adult beginners. Full leg cover is advised due to summer undergrowth, but T-shirt, shorts and trainers are acceptable at competitor discretion.

Event Centre

Event centre is The Spaniards, Spaniards Rd, Hampstead, London NW3 7JJ. Start and Finish 100m from the pub. Click [here](#) for a map.

Travel: The **210 bus** stops right outside and runs about every 10 minutes from **Archway** to **Golders Green**. Journey time about 10 minutes. Parking available on nearby roads to the East towards Highgate.

Latitude/longitude: 51.569728, -0.174155 OS grid reference: TQ266872

Entry

Registration: Between 1800 and 1915.

Start Times: Between 1815 and 1930 – Note the entrance gate is locked at 1930 (but the exit gates close later)! Course closes 2030.

Entry on the day only. No need to tell us in advance unless you are bringing a group. Your entry fee includes a full colour map printed on waterproof paper, which you can keep as a souvenir after your run, and a printout of your race time and splits at the end of the race.

Entry fees:	Current members of SLOW, LOK, DFOK, MV or CHIG	£3
	All others	£4

Electronic timing will be used. If you do not have your own SI card, then you can hire one for the event for £1. A penalty of £30 will be charged for hired SI cards that are lost or not returned, and such cards will be blacklisted.

Courses: Long 5.0km Short 2.5km Map: 1:5000 Planner: Martin Hime (LOK)

The courses cross a main road at a zebra crossing.

If you have any questions not addressed above, please email the organiser David Rosen at chairman@londonorienteering.co.uk.

Competitors take part in this race at their own risk. Entries and results will be processed by computer, your entry will be taken as agreement to this. The competition is run under the rules and guidelines of, and sanctioned by, British Orienteering.