



Hampstead Heath

Sunday, 8 April 2018

Regional orienteering event (level 'C')

Visit a slice of true countryside just a few miles from central London

Venue [Hampstead Heath](#), North London

Assembly adjacent to East Heath car park on East Heath Road
Grid reference TQ 271859; nearest post code NW3 1TH

Registration From 09:30am to 11:30am

Advice for beginners available

Fees Enter by 23:59 Sunday 1 April 2018 via [Fabian4](#):

Pre-enter or Seniors: £6 (BO members); Juniors & students: £3

enter on day **Entry after 1 April and on the day:** Seniors: £8; Juniors & students: £4
SI card hire £1 (see **Electronic Punching** below) Charge for mislaid SI card £30
Note there is an additional £2 fee for seniors if you not a member of British Orienteering or international equivalent.

Adults on Orange, Yellow or White pay junior rates.

Join London OK and British Orienteering [online](#) senior £21.50 junior £7.30.

Public transport [Hampstead Heath](#) on the Overground, 3 mins walk away.

Belsize Park or Hampstead stations on the Northern Line 12 mins walk away

Buses 24, 46, 168 and C11 stop at [South End Green](#), 4 mins walk away

Car parking East Heath car park

0-2 hours: £3.50 2-4 hours: £7 each additional hour: £6

Free parking in side streets

Terrain Beautiful undulating mixed woodland, ponds and open areas

You can see the [previous version of the map](#) used for our last 'classic' event on the Heath organised in conjunction with the 2010 London City Race on [RouteGadget](#)

Map Newly revised map by Tom Edelsten to take account of the recent extensive damming work on the Heath

1:7,500, 5m contours

Maps will be pre-marked with the course and printed on waterproof paper

Courses

Course name	Approx. length	Technical difficulty
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Brown	9½ kilometres	Hard
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Blue	7 km	Hard
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Green	5 km	Hard
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Short Green	4 km	Hard
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Light Green	3 km	Moderately hard
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Orange	2 km	Fairly easy
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Yellow	1½ km	Easy
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White	1 km	Very easy
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Electronic Punching SPORTident electronic punching - contactless mode. Hire cards are not contactless.

Start & Finish Start within 8 minutes' walk from Assembly. Start times will **not** be pre-allocated.

Start Times 10:00am to 12:00pm Finish adjacent to Assembly. Courses close 2.00 pm

Facilities Cafes and pubs in South End Green and Hampstead

Toilets Toilets at South End Green by the 24 bus stand, 4 minutes walk away

Last minute info Please consult [London Orienteering Klubb](#) (LOK) website and also for results

Officials Organisers: David & Miriam Rosen (LOK) -- chairman@londonorienteering.co.uk

Planner: Jon Chandler (LOK)

Controller: David Frampton (HH)

Insurance Event registered with the British Orienteering (BOF) (73572)

Please note that if you have competed in three orienteering events registered with BOF and not joined an orienteering club which is a member of BOF then you are not covered by our public liability insurance.