



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 Monday 2 April 2018 via [Fabian4](#):
Pre-enter or enter on day Seniors: £6 (BO members); Juniors & students: £3
Entry after 2 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 |
|-------------|----------------|----------------------|
| Brown | 9½ kilometres | Hard |
| Blue | 7 km | Hard |
| Green | 5 km | Hard |
| Short Green | 4 km | Hard |
| Light Green | 3 km | Moderately hard |
| Orange | 2 km | Fairly easy |
| Yellow | 1½ km | Easy |
| White | 1 km | Very easy |
- 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.