



Enter online only via [Fabian4](#). Entry deadline extended to Friday 3 September subject to map availability. As at 1 September all courses are available, but there are only 3 maps still available on Brown.

Updated 30 August for planned TFL service changes.

Thank you for entering our 50th Anniversary event. LOK was founded in 1971 and we have held regular training sessions on Hampstead Heath ever since, so it is appropriate to celebrate our 50th anniversary with an event here. All finishers will receive a memento commemorating our anniversary.

This year is also the 150th anniversary of the Heath. Passed on 29 June 1871, the Hampstead Heath Act preserved the Heath as an open space for all to enjoy. It is not only the land that is protected but also the view - by law, you must be able to see St Paul's Cathedral and Westminster from a specific spot on Parliament Hill.

This event is part of the London City Race weekend along with [SLOW's urban event in Ham](#) on Saturday 4th.

Acknowledgements: LOK would like to thank the City of London Corporation and English Heritage Kenwood House for permission to use the area.

Travel: Assembly will be adjacent to the East Heath car park, East Heath Road, NW3 1TH. Grid reference: TQ270859, what3words: note.friday.wise.

Competitors are encouraged to use public transport to the event. The nearest train station is Hampstead Heath which is on the Overground network. Belsize Park station on the Northern Line is the nearest Tube station and Hampstead is a similar distance.

At the time of writing, the Overground will be closed between Camden Town and Willesden, including Hampstead Heath, but replacement bus services are scheduled to operate. Also, the Northern Line has a closed section further South between Kennington and Moorgate on the Bank branch, but services to Belsize Park and Hampstead are running. Use tfl.gov.uk or nationalrail.co.uk to check the best route and to check before setting out for any additional rail or tube service closures.

Pay and display parking is available adjacent to the assembly area in East Heath Road carpark. This costs £4.50 for 2 hours and £9.00 for 2-4 hours. Payment is by mobile using the RingGo app. Free parking is available on nearby streets on Sundays.

COVID: If you have any symptoms or are living with someone who has symptoms of COVID-19 or are required to self-isolate by notification from NHS Test and Trace or by quarantine after overseas travel, please do not come to the event. Please get in touch with the Organiser who will organise a refund of your entry fee. Please abide by the [Participant Code of Conduct](#), documented on the British Orienteering Site. The principle is for us all to enjoy the outdoors safely. Please observe social distancing

requirements at all times, including in the assembly area, the car park, at the start and finish and whilst out on the course.

Facilities: There will be an enquiries tent where hired dibbers can be collected. Portable toilets will be available nearby. Please use the hand sanitiser provided. A tent will be provided to leave kit at competitor's own risk. There is no key drop for your car keys and there is no entry on the day.

Course details, start and finish:

	<u>Distance</u>	<u>Climb</u>	<u>Controls</u>
Brown	9.0km	225m	24
Blue	6.6km	185m	17
Green	4.6km	120m	14
Short Green	3.5km	110m	14
Light Green	4.0km	110m	14
Orange	2.9km	105m	12
Yellow	1.9km	70m	10
White	1.5km	50m	11

There will be one start, which is 200 metres from Assembly. Start times are 10:30 to 12:30 with a punching start. Please make your way to the start in time to start within the fifteen-minute time block that you selected when you entered. In order to minimise queuing, please try to adhere to your selected start block as much as possible and do not arrive too early for your block. Call up will be 3 minutes before your start time. If a queue should build up, please adhere to social distancing and keep to the edge of the track. If you are late for your start, please do not rush needlessly - come to your start once you are ready.

Control descriptions will be on the map and loose control descriptions will be available at the start.

SI electronic contactless and contact punching can be used, except for both the start and finish which must both be punched and will not be contactless enabled. The finish is 100 metres from Assembly.

Planner's notes: Hampstead Heath is ancient hilly heathland to the north of London. The area is a mixture of woodlands and open areas and has extensive path networks. It forms one of the highest points in London with good views back over London particularly from Parliament Hill. Kenwood House and the Kenwood Estate is on the northern boundary and is a former stately home that is closed to the public this weekend. The area is marked Out of Bounds on the map. There are brambles and nettles in places, so lower leg cover is advised.

There are many minor, muddy paths in the woodland. Not all are shown on the map and some have changed since the survey. A few of the mown paths in the open areas (generally shown as "indistinct") are different from the map. All tracks and major paths are as mapped. All lakes are uncrossable and urban areas (olive green) are out of bounds. The lines between controls cross them simply to avoid a confusing presentation of the course.

You must NOT cross or climb any fence. Some fences have been highlighted on the map with a purple overprint as particularly sensitive, but you must not cross any fence. There are several temporary fences for environmental protection, which are not marked on the map as they are small. All significant fences are mapped.

The map scale is 1:10,000 with a contour interval of 5m. Pre-marked waterproof maps. Please note that there is no legend on the map. Copies will be available from enquiries and displayed at the start. A copy is at the end of these final details.

Results: We expect to be uploading the results to <https://www.sportident.co.uk/results/LOK/2021/Hampstead/> every few minutes. If you point your smartphone camera at the QR code on your splits, it should take you there.

GLOSS presentation: GLOSS is a series of races run by the clubs in and around London during June and July. Congratulations to HAVOC who won and retain the coveted London Bus Trophy for the third time in a row. We will present the trophy to HAVOC during the event.

Safety: COURSES CLOSE AT 14.30. Competitors MUST report to the Finish and Download by this time, whether they complete their course or not.

We will not be providing any water – please bring your own and take your litter home with you.

Hampstead Heath is used by lots of members of the public, so please give way to them. The Hampstead Pondathon is happening on the same day. It is starting earlier in the day, so their competitors should be well spread out by the time the orienteering starts. Pondathon competitors are using the South-eastern part of the Heath and are most likely to be encountered when approaching the orienteering finish. Please give way to them.

Competitors on the brown and blue courses cross a minor road – take care crossing.

If you become disoriented or wish to retire, head South to the assembly area or to the road bounding that edge of the map – avoid walking on the road.

The nearest A & E Hospital is Royal Free Hospital, Pond Street, NW3 2QG. Tel: 020 7794 0500. This is approximately 500m South of assembly. Details will be held at Enquiries.

Dogs are allowed in the car park and on the event area but must be kept on a lead at all times.

A full risk assessment has been undertaken by the Organiser. Orienteering is an adventure sport. However, competitors are reminded that they take part at their own risk and are responsible at all times for their own safety. 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.

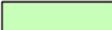
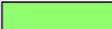
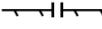
Officials:

Planner – Georgia Jones

Controller – Hedley Calderbank

Organiser - Charles Spence

MAP LEGEND

	forest - run		lake, bridge, uncrossable marsh
	forest - slow run		marshes, seasonal marsh, waterhole
	forest - walk		water channel, footbridge, pond
	impassable		minor water channel, linear marsh
	open land		roads: major, minor
	rough open land		rough road
	scattered trees in open land		vehicle track
	scattered trees in rough open land		paved footpath
	distinct vegetation boundary		footpaths: major, minor
	undergrowth: slow running		less distinct footpath
	undergrowth: walk/impassable		railway
	paved surface		fence, crossing point
	settlement, out of bounds		high fence, hedge
	contour, formline		prominent trees: large, small, fallen
	retaining wall, earth bank		building, pylon
	knolls: small, large		man-made object, cairn
	pit, depressions: small, large		
	gully, dry ditch/shallow gully		
	low earth wall, broken ground		