



This is the final event in the 2023 Greater London Orienteering Summer Series (GLOSS).

**Acknowledgements:** LOK would like to thank the City of London Corporation 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, if possible. Belsize Park and Hampstead stations on the Northern Line are the nearest Tube stations. The nearest train station is Hampstead Heath which is on the Overground network. However, at the time of writing, the Overground will be closed between Richmond and Gospel Oak, including Hampstead Heath, although replacement bus services are scheduled to operate. Additionally, there is a tube strike planned for 23<sup>rd</sup> July, but at the time of writing it is unclear which services will be affected. Use [tfl.gov.uk](http://tfl.gov.uk) or [nationalrail.co.uk](http://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 £5.75 for 2 hours and £11.50 for 2-4 hours. Payment is by mobile using the RingGo app. Free parking is available on nearby streets on Sundays.

**Entries:** Entry is available via [Fabian4](#) only, including entry on the day subject to map availability. No cash entry on the day. Up to midnight on Sunday 16 July entries cost seniors £6, juniors £3. Thereafter entries cost seniors £8, juniors £4. Additional charge of £2 where not a British Orienteering member. SI dibber hire £1, SIAC hire £2.50 (20 SIACs available). All entries on the yellow course pay the junior rate.

**Facilities:** There will be an enquiries tent where hired dibbers can be collected. Key drop for your car keys will be at enquiries; those travelling alone are encouraged to use the key drop. A shelter will be provided to leave kit at competitor's own risk. Public toilets are at South End Green which is 550m from Assembly and is next to Hampstead Heath overground station.

**Course details, start and finish:**

Yellow course of 1.9k with 35m climb, which is suitable for families and beginners.

GLOSS course of 3.6k with 65m of climb.

GLOSS with extension course of 5.8k total with 105m climb, which adds a 2.2k loop after the GLOSS course for those wanting a longer run. At the end of the GLOSS course, there is a finish control for those who want to finish and an adjacent control for those who want to run the extension. The GLOSS and extension are double sided maps, so you do not have to decide in advance.

There will be one start, which is 100 metres from Assembly. Start times are 10:30 to 12:30 with a punching start. The fifteen-minute time blocks selected when entering are for indication only and you can start whenever suits you, subject to queuing at the start. 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 next to Assembly.

**Planner's notes:** Hampstead Heath is ancient hilly heathland in north London. It includes Parliament Hill, one of the highest points in London with good views over the city. The area is a mixture of woodland and open areas, and has an extensive path network with many minor paths that come and go depending on usage – not all are shown on the map. Full leg-cover is advised as there are brambles and nettles in places.

Urban areas (olive green) and areas marked with purple hatching are out of bounds and must not be entered. All lakes are uncrossable. You must NOT cross or climb any fence. Some fences have been highlighted on the map with a purple overprint as particularly sensitive. There are several small temporary fences for environmental protection that are not marked on the map.

Maps are pre-marked on waterproof paper. The scale is 1:7,500 with a contour interval of 5m.

**Results:** We expect to be uploading live results on the day and to have the QR code on your splits.

**Safety:** COURSES CLOSE AT 14.00. 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. Dogs are allowed in the car park and on the event area.

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.

Please make yourself aware of and abide by the current British Orienteering Covid-19 Participant Code of Conduct. We will offer a full refund to you if you need to withdraw your entry because you have COVID-19 symptoms. Please contact the organiser to arrange this.

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 – Richard Lloyd, Controller – Simon Errington (HH)

Organiser - Charles Spence [chairman@londonorienteeing.co.uk](mailto:chairman@londonorienteeing.co.uk)