



Harmondsworth Moor, Sunday 20th July 2025

Part of Greater London Orienteering Summer Series 2025



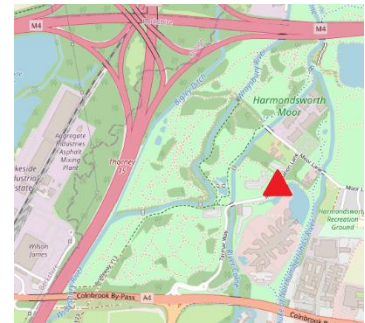
LOK are excited to welcome you to a NEW orienteering area within the M25 ... but you MAY have to be quick to sample it ! With challenging courses plus a course for novices, children or those just after a walk in a new area you wouldn't believe was next door to the UK's busiest airport !



LOCATION

Between M25, M4 and Heathrow !
Accommodation Lane, UB7 0AS
what3words: ///cages.grants.reveal

By car, only accessible from south off A4 (O signed).
In ULEZ zone .. check your vehicle [here](#)
Free car parking ... via 1.9m width restriction with no near-by local alternative.



PUBLIC TRANSPORT

Bus 350 to Colnbrook By-Pass (stop T). From Heathrow T5 (4 min); West Drayton (9 min). See [TfL timetable](#). Then 15 minute walk (not O signed).



TERRAIN

Parkland contains meadows, lakes, woodland, ponds and three rivers: Wraysbury River, River Colne and Duke of Northumberland's River .. and maybe at some point many years from now, Heathrow's Third Runway!

Gravel paths but some controls will cross rough grassland; if grass is irritant we recommend leggings. There are even some hills and contour features!



MAP

- 1 : 4,000, 2.5m contours.
- Pre-marked waterproof maps - no plastic bags supplied.



COURSES

- GLOSS course (Light Green) – expect to run 4.5 km
 - Extension course run after Light Green if you want – expect 2.5 km
 - Yellow – for juniors and those who want to run a shorter course; 2.5 km
- For GLOSS + Extension you will need a dibber that can take more than 30 controls; hire a contactless 'dibber' if in doubt. **LEG COVERING ADVISED .. long wild grass !**



GLOSS

For the more serious orienteer, don't forget you'll be running for your club as this GLOSS event is one of six this summer that are open to all, with every competitor running the same course ('light green' standard). Then there is a handicap system - being an experienced orienteer can be a substantial disadvantage!
At each event, the top six finishers on handicap for each club count towards their club's score. This year team points totals will be aggregated from a club's best 5 events.



TIMES

- Registration: 09:45 – 11:45
- Starts: 10:30 – 12:00
- Courses close: 13:30.



FEES

Enter online via [Fabian4](#). Seniors £8, Juniors £4 until midnight Sunday 13 July. Additional charge of £2 where not a British Orienteering member. Electronic timing using SI dibbers which can be hired for £1 or a contactless SIAC hire for £2. All entries on the yellow course pay the junior rate. After 13 July late entries including entry on the day via Fabian4 only and subject to map availability with a supplement of £2. A penalty will be charged for the replacement cost of hired SI cards that are lost or not returned amounting to £69 for SIAC and £33 for standard SI dibbers



TOILETS

- ONE portaloo available at car park entrance

Harmondsworth Moor, or Hermodsworde in the Domesday Book, was formerly used for gravel pits and landfill. It was established in 2000 by British Airways and this reclaimed land is meant to be the biggest public park created in London in the last 100 years. It was planted with 70,000 trees, landscaped and managed for wildlife and public recreation.

LOK would like to thank CBRE / British Airways for permission to use the area.



Orienteering is an adventure sport and 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. Competitors are advised to bring their own water. Please take care to give the general public (dog walkers, families, etc) priority.

