



Hampstead Heath Orienteering Event

Sunday 11th October 2026

incorporating the SE Middle Distance Championships

It is a Regional (Level C) event

VENUE North side of East Heath Road fairground. Postcode [NW3 1TH](#) What3Words: [hoping.privately.unique](#)

CAR DIRECTIONS Pay and display parking is available adjacent to the assembly area in East Heath Road carpark (£3.50 per hour via RingGo). Free parking is available on nearby streets on Sundays.

PUBLIC TRANSPORT 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 Tube station is a similar distance. Buses 1, 24, 46 and C11 go to South End Green nearby.

COURSES

Course	Technical Difficulty	Length	Climb	No of Controls	SEOA Championship Age Classes
Black	5	6.0 km	150m	26	M18 M20-40
Brown	5	5.0 km	140m	20	M16 M45-50 W18 W20-40
Blue	5	4.6 km	115m	22	M55-60 W45-50
Green	5	3.6 km	90m	16	M65-75 W16 W55-60
Short Green	5	2.7 km	70m	13	W65-75 W80+ M80+
Light Green	4	2.3 km	60m	11	M14 W14
Orange	3	2.2 km	50m	10	M12 W12
Yellow	2	1.9 km	40m	9	M10 W10
White	1	1.2 km	30m	10	

Distance to start 300m. Finish adjacent to assembly.

Medals will be awarded to the first three SEOA members in each of the following age groups:
M/W 10, 12, 14, 16, 18, 20-40, 45-50, 55-60, 65-75, 80+

BOF members who have SEOA as their primary affiliation will be eligible to compete for medals in SEOA Championships. BOF members of CHIG, DFOK, GO, HH, LOK, MV, SAX, SLOW and SO will automatically be SEOA members. BOF members of HAVOC and SN have a choice of belonging to SEOA or EAOA/SCOA. Some members of armed forces clubs are SEOA members.

ENTRIES: Pre entry via [Fabian4](#). Seniors £11, Juniors (U21), Full-time Students and all participants on white and yellow courses £5.50, £2 supplement for non-members of British Orienteering. £2 late entry fee after 4th October and £4 very-late entry fee after 9th October. Late entries are subject to map availability. SI dibber hire £2 for contactless or £1 for non-contactless. (The replacement cost of hired SI Cards that are lost or not returned is £69 for SIACs (i.e. contactless) and £43 for standard SI cards.) Both SI electronic contactless and contact punching can be used.

LOK reserves the right to cancel or curtail this event whether for operational reasons, Force Majeure, or other reasons, in which case LOK reserves the right to retain all or part of the entry fees to recover event specific costs.

TERRAIN AND MAP Hampstead Heath is an ancient hilly heathland to the north of London. The area is a mixture of woodlands and open areas with an extensive path network and provides a good orienteering challenge. It includes one of the highest points in London. The Kenwood Estate is a former stately home on the northern boundary that is open to the public. Map scale is 1:7500 with a 5-metre contour interval. Pre-marked waterproof maps.



Planners Notes The Heath is well used and small paths come and go – there are many unmapped paths. Holly bushes are spreading and only the most significant are mapped. The Black course crosses a busy road at a zebra crossing – take care! The Heath is still recovering from the dry summer, watch out for big cracks in the ground below Parliament Hill.

FACILITIES Toilets will be available near assembly. Tent for you to leave kit at your own risk. Amelia Todd from LOK will be running a **cake stall** which will raise money towards her Girl Guiding international trip next summer around Europe. Donations accepted in exchange for cake! Thank you for your support. Cafés 350m away in South End Green.

TIMES Starts: 10.30 to 12.30. Choose your start time when you enter. The prizegiving will be at 13:30.

SAFETY Please take care to give the general public (dog walkers, families, etc) priority. Competitors are advised to bring their own water although we hope to have a water tap accessible..

OFFICIALS Planner: Paul Todd, Organisers: [David and Miriam Rosen](#), Controller: David Saunders HH

LOK would like to thank the City of London for permission to use the area.

Orienteering is an adventure sport. 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.

Important: *Non-members are **not insured** under British Orienteering's public liability policy.*

[London Orienteering Klubb](#)