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South East Relay Championships
Sunday 20th May 2007
Hampstead Heath, London

- VENUE** Hampstead Heath, North West London.
 Delightful London hath land, runnable with some contours and some slightly technical bits especially in the Sandy Heath area. Good views across London from many points and you can run through the grounds of Kenwood House too!
- PARKING** East Heath Car Park (Pay & Display), East Heath Road, Hampstead, London NW5
 Grid reference TQ 272859 or free parking in local side roads.
 Parking is very limited – please share transport if possible or use public transport.
- PUBLIC TRANSPORT** British Rail to Hampstead Heath - 5mins walk (check timetable nearer the day).
 London Underground to Belsize Park or Hampstead on the Northern Line - 15mins walk
- FORMAT** A team event for three people, with each person running a separate course.
 Mass start for the first leg, with each subsequent runners starting when the previous team member finishes.
 Each team in a class will collectively run the same distance, and eventually visit the same controls, however, the course a team follows on a particular leg will vary from other teams, so that different teams visit the controls in different sequences, thus preserving some requirement to navigate rather than follow the person in front; e.g. course A may be on the first leg for some teams, the second leg for others, and the third leg for the remainder.
- RELAY CLASSES** Only SEOA clubs eligible for trophies, but other clubs welcome to enter.
 Four classes:
SE Open Championships Blue, Green, Blue (in this order)
SE Women's Championships probably the same as Open Championships
SE Handicap Championships (see below) Blue, Green, Orange (in any order)
SE Junior Championships (see below) Orange, Orange, Orange
- COURSES** Distance / climbs approximately: Blue (6km, 150m), Green (4.5km, 100m), Orange (3km, 75m).
 SportIdent (SI) electronic punching will be used.
- HANDICAPPING** For the Handicap class the team's total handicap score must not exceed 46.
 For the Junior class (M/W18 and younger) the team's total handicap must not exceed 35.

Age (BOF)	10	12	14	16	18	20	21	35	40	45	50	55	60	65	70	75+
M	8	10	12	14	16	18	20	19	18	16	15	14	13	12	11	10
W	8	9	10	11	12	13	15	13	12	11	10	9	8	7	6	5

TEAM NAME:	CLUB	CLASS (Open, Wom, Jnr or H/Cap)
Contact name:	Address:	
Telephone No:		
E-mail:		

	<u>BOF Member?</u>	<u>SI No.</u>	<u>Age Class</u>	<u>Fee</u>
Runners Names:	1.	Y / N		£
	2.	Y / N		£
	3.	Y / N		£
				Fee enclosed: £

Entries and results will be processed by computer and published on our web site. Completion of an entry form implies consent to this.

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RUNNING IN MULTIPLE TEAMS	Runners can only run competitively for one team. Any second run will render that team as 'non-competitive'. You can only use your SI card (dibber) once. Second runs will require a second dibber.
REGISTRATION	Open from 09:30 for registration of team members and running order. Mass start at 10:30.
MAP	1 : 10,000, 5 metre contours. Surveyed and drawn 2005/06. Maps pre-marked on waterproof paper, but not in plastic bags.
FINAL DETAILS	Available on LOK website (www.londonorienteing.co.uk) at least one week before the event. Those running in the Handicap class will have the course running order for their team emailed to them.
FEEES	Entries are per team, with each teams fee based upon the teams make-up as follows: Seniors £6.00 / £8.00 (non BOF) Juniors, unemployed, full-time students £2.50 Dibber Hire £1.00 (£17.50 if lost) <i>If team members are not known at the time of entry, assume adult runners for the 2 longer classes.</i> <i>Refunds available at Registration if juniors run.</i> In the unlikely event of cancellation, we may retain all or part of the entry fee to cover costs already incurred.
FACILITIES	Public Toilets 10 minutes walk. Squash/Water will be provided at the finish
DOGS	Permitted on Hampstead Heath subject to bye-laws. Please clear up after your dog.
OFFICIALS	Organiser Neil Brooks – neilbrooks@msn.com Planner Andrew Redington Controller TBA
ENTRIES	Neil Brooks, 43 The Paddock, Chalfont St Peter, Bucks, SL9 0JJ. One entry form per team, via Club Captains please. Cheques: London Orienteering Klubb. No entry on the day. Closing date: Friday 4th May 2007.
REGISTRATION	Event registered with BOF under ER 07/0206 Competitors take part at their own risk.
LAST YEARS WINNERS	<ul style="list-style-type: none">▪ SN - Open winners▪ SO – Women's category▪ GO - Handicap winners▪ MV - Junior winners <p>Please will the existing holders return trophies to the organisers at the event.</p>
LATE INFO	Please check www.londonorienteing.co.uk for late changes

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