



Hampstead Heath Night-Orienteering Event Thursday 25th February 2010

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| VENUE | Registration and changing at Royal Free Hospital Recreation Club, Fleet Road, Hampstead, NW3 2QG. |
| EVENT | 60 minute Night Score event – medium technical difficulty – not suitable for beginners. |
| DIRECTIONS | British Rail to Hampstead Heath – 4 mins walk. Underground to Belsize Park on the Northern Line – 10 mins walk. Buses: 24, 46, 168 and C11 stops - 1 minute walk. Limited parking in surrounding roads on single yellow lines after 18.30. |
| MAP | 1:10,000 colour map with 5m contours, updated Sep 2009, A4, pre-marked, printed on waterproof paper. |
| REGISTRATION | At Rec Club: 18:30 – 19:05. |
| START | Mass start at top of Parliament Hill (6-7 minutes walk from Rec Club) at 19:15. |
| FEES | £3 per person. Dibber hire £1 if needed. |
| FACILITIES | Changing and shower facilities at the Club. £1 fee to use the facilities and you need a £1 coin for the lockers (which you get back). |
| EQUIPMENT | Headlamp or torch – essential! (Also a small backup advisable). Sport Ident dibber (can be hired for £1 if you don't have one). Whistle advisable. |
| AFTERS | Food and Drink afterwards at a local pub – The Stag (NW3 2QU) 200m from Rec Club www.thestaghampstead.com . |
| OFFICIALS | Organiser & Planner - Pete Sacares pete@rpscomp.demon.co.uk 020 8445 6872. Controller – David Rosen. |
| REGISTRATION | Event registered with BOF. |
| | COMPETITORS TAKE PART AT THEIR OWN RISK. |
| LATE INFO | Please check www.londonorienteeing.co.uk for late changes. |