



London: One City, Two Races

Hampstead Heath

Rural orienteering

Sunday 19th September



VENUE



Hampstead Heath, North West London.
Delightful London heathland, runnable with some contours and some slightly technical bits especially in the Sandy Heath area. Good views across London.

DIRECTIONS



[Overground to Hampstead Heath](#) - 5mins walk (check for engineering work).
[Underground to Belsize Park](#) on the Northern Line (9 min from King's Cross St Pancras) - 15mins walk

PARKING



[East Heath Car Park](#) (Pay & Display), East Heath Road, Hampstead, London NW5 (TQ272859 / NW3 1TH) or free parking in local side roads (if early)

MAP



1 : 10,000, 5 metre contours. Pre-marked waterproof maps

COURSES



1: Mens Open – 8.5km, 250m
2: Womens Open – 6.5km, 170m
Mens Vet (M40+) – 6.5km, 170m
3: Womens Vet (W40+) – 5.2km, 130m
Mens Super Vet (M55+) – 5.2km, 130m
4: Womens Super Vet (W55+) – 3.7km, 75m
Juniors (M/W16-) – 3.7km, 75m
5: Novice (mainly for adults new to orienteering) – 4.2km, 75m
6: Orange – 3.3km, 55m
7: Yellow – 2.4km, 34m
8: White – 1.3km, 20m
Naughty Numbers – **free** for toddlers, children & adults !
SportIdent electronic punching will be used.

TIMES



Registration 9.30 to 11.30.
Starts 10.00 to 12.00
Start and finish 2 min walk from car park.
Courses close 14.00.

FEES



Entry on-the-day only.
Seniors (19+), family group (with 1 map) £7 (£2 reduction for BOF members)
Juniors, unemployed, full-time students £2
Dibber Hire £1
Youth groups – please advise organiser in advance to ensure adequate maps are available.

FACILITIES



Naughty Numbers – **free** for toddlers, children & adults !
Public toilets 5 minutes.
Squash/water will be provided at the finish

OFFICIALS

Organiser Neil Brooks (LOK) chairman@LondonOrienteering.co.uk
Planner Jayne Sales (SLOW)
Controller Ronan/Julie Cleary (LOK)

LATE INFO

Please check www.londonorienteering.co.uk for late changes

Competitors take part at their own risk.

