

Appendix 1

A proposal by London Heathside use the Hampstead Heath Extension

Cross country running and racing has seen a substantial growth in competitors over the past five years as evidenced by the size of the fields in both the Southern and National Championships held on Parliament Hill. There is a need to diversify the number of available courses to ensure that the existing courses in London are not over used.

Hampstead Heath Extension is potentially a very popular venue considering its location, existing facilities and its existing designation as a sports area.

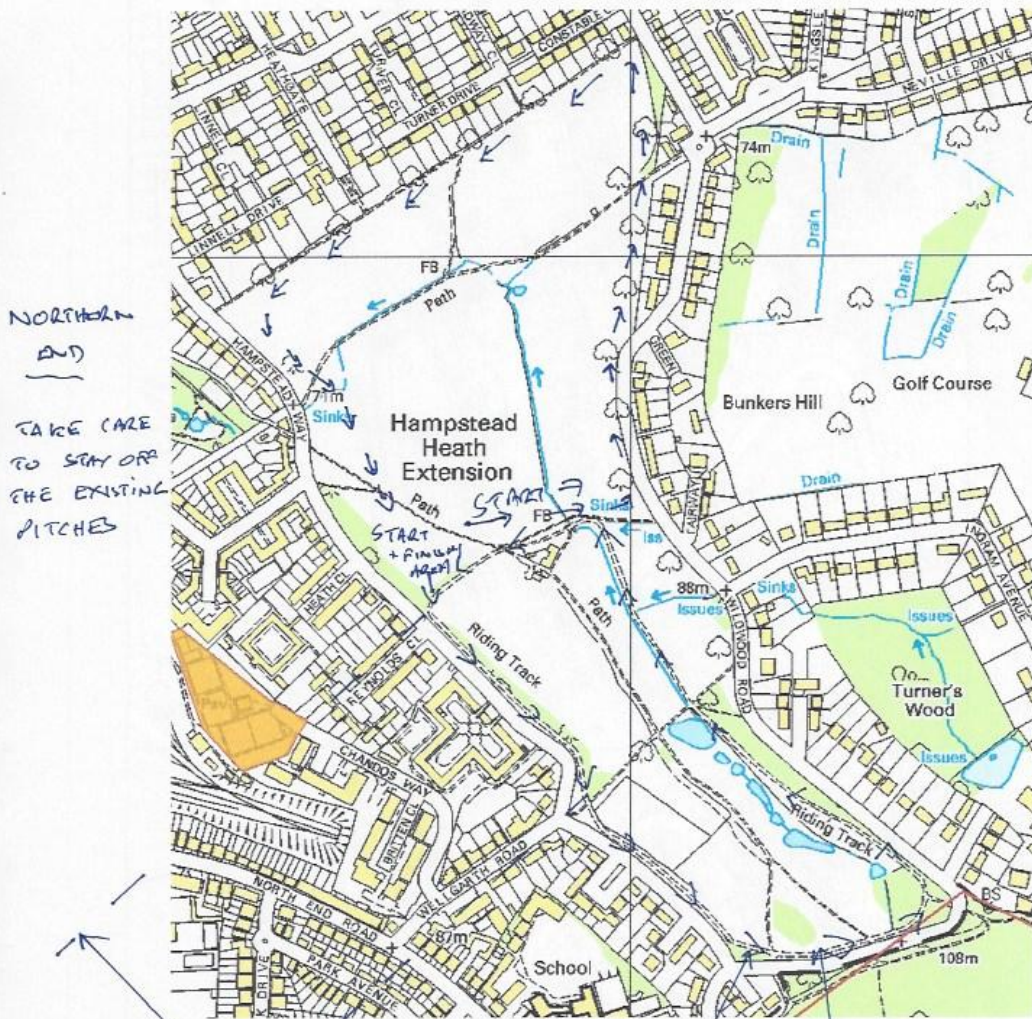
The proposal is to run a test event during the 2016/17 cross country season involving the North West Young Athletes League (est. circa 50/55 years) for young athletes aged 10-16. The format at a league match is as follows

Race	Average no of competitors	Course length
U11 girls	50	1500m
U11 boys and U 13 girls	120	2000m
U13 boys and U15 girls	60	3000m
U15 boys and U17 girls	40	3800m
U17 boys	20	4700m

The competing clubs include:

- Cookham AC
- Dacorum and Tring
- Ealing and Southall
- Harrow AC
- Highgate Harriers
- London Heathside AC
- Queens Park Harriers
- Shaftesbury Barnet Harriers
- Thames Valley Harriers
- Trent Park Running Club

A map showing the proposed course is attached. The exact start/finish and loops used for each of the races to be decided after consideration of this proposal.



NORTHERN
END

TAKE CARE
TO STAY OFF
THE EXISTING
PITCHES

This part of the riding track
is badly maintained and so
may need to run on the field
for this portion

Southern end of course to
use the riding track