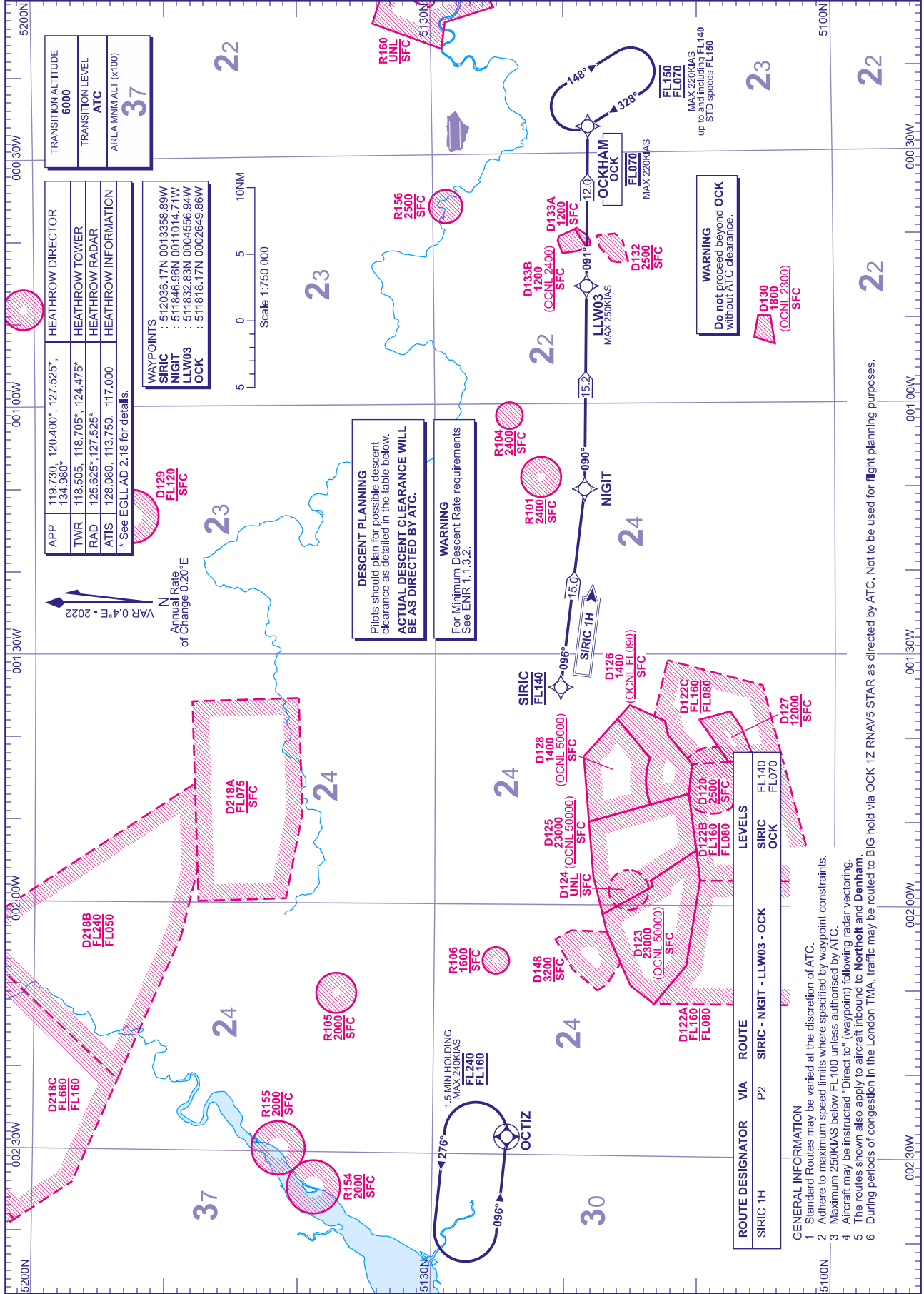


**RNAV1 (DME/DME or GNSS)
STANDARD ARRIVAL CHART -
INSTRUMENT (STAR) - ICAO**

DISTANCES IN NAUTICAL MILES
TRACKS ARE MAGNETIC
ALTITUDES AND ELEVATIONS ARE IN FEET

**LONDON HEATHROW
SIRIC 1H**

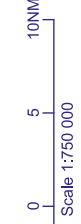


TRANSITION ALTITUDE	6000
TRANSITION LEVEL	ATC
AREA MNL ALT (x100)	37

HEATHROW DIRECTOR	119.730, 120.400*, 127.525*
HEATHROW TOWER	118.505, 118.705*, 124.475*
HEATHROW RADAR	125.625*, 127.525*
HEATHROW INFORMATION	128.080, 113.750, 117.000

* See EGLL AD 2.18 for details.

WAYPOINTS	SIRIC : 512036.17N 0013958.89W
NIGIT	: 511846.96N 0014014.71W
LLW03	: 511832.83N 0004556.94W
OCK	: 511818.17N 0002649.86W



VAR 0.4°E - 2022
Annual Rate of Change 0.20°E

DESCENT PLANNING
Pilots should plan for possible descent clearance as detailed in the table below.
ACTUAL DESCENT CLEARANCE WILL BE AS DIRECTED BY ATC.

WARNING
For Minimum Descent Rate requirements See ENR 1.1.3.2.

WARNING
Do not proceed beyond OCK without ATC clearance.

ROUTE DESIGNATOR	VIA	ROUTE
SIRIC 1H	P2	SIRIC - NIGIT - LLW03 - OCK
		LEVELS
		SIRIC OCK
		FL140 FL070

- GENERAL INFORMATION**
- Standard Routes may be varied at the discretion of ATC.
 - Adhere to maximum speed limits where specified by waypoint constraints.
 - Maximum 250KIAS below FL100 unless authorised by ATC.
 - Aircraft may be instructed "Direct to" (waypoint) following radar vectoring.
 - The routes shown also apply to aircraft inbound to **Northolt** and **Denham**.
 - During periods of congestion in the London TMA, traffic may be routed to **BIG** hold via **OCK 1Z RNAV5 STAR** as directed by ATC. Not to be used for flight planning purposes.