

# LONDON CITY RACE

## Saturday 9<sup>th</sup> September 2017

### Part of the UK Urban League



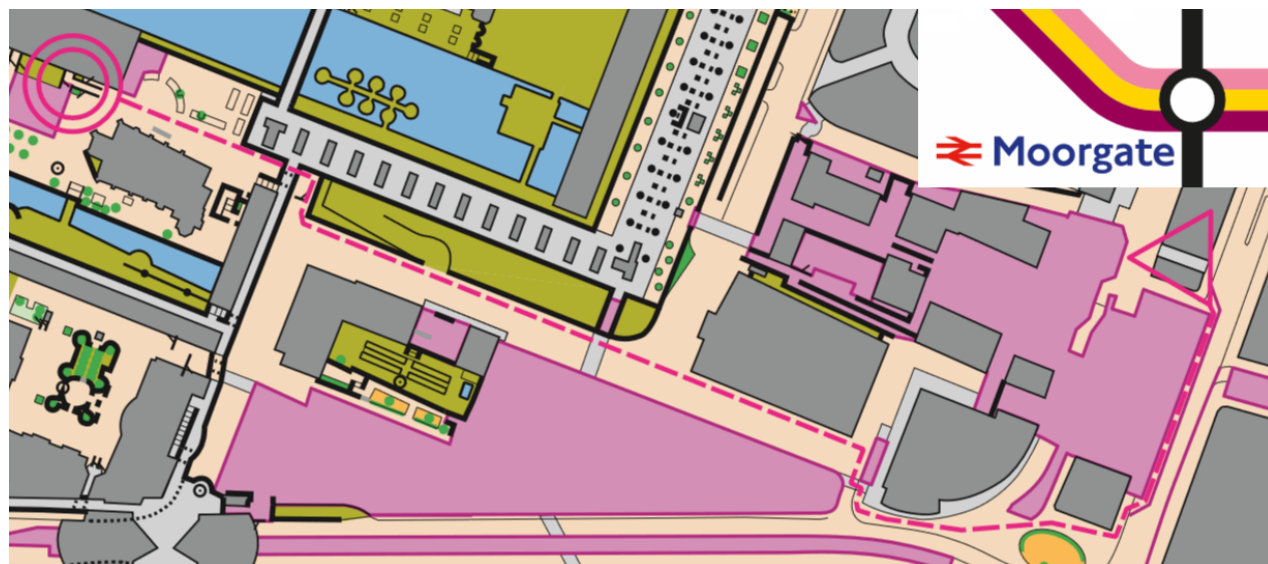
## FINAL DETAILS

*Welcome to the tenth City of London Orienteering Race, organised by South London Orienteers. This year's race arena is based in the Barbican Estate in the heart of the City.*

### RACE LOCATION AND ACCESS

The Assembly Complex is based at **St Giles Terrace**, a pedestrian area around the church of St Giles-without-Cripplegate at the centre of the Barbican Estate. The entrance to the Assembly Complex can be located on online maps by searching for *185 Fore Street, City of London*.

**Ordnance Survey Grid Reference TQ324817**  
**Latitude 51.5185 Longitude -0.0931**



## TRAVEL



**Rail/Underground:** Transfer onto the London Underground network.  
**Please try and come from Moorgate Underground Station as this will avoid going through the race area**

The Route to walk is detailed in the map above



**Bicycle:** Cycling is one of the best ways to get to the race! Bike stands are available in the Assembly Complex. You can also hire a Santander Cycle Hire bike from any of over 400 docking stations in central London, and cycle it to a docking station near the Assembly Complex. The fee is £2 for 24hrs intermittent use, payment by credit card at the docking station. Journeys over half an hour receive additional charges. The closest docking station is 200m east of the Assembly complex, on Fore Street, there is another, larger one underneath the Museum of London.



**Car:** We do recommend that you use public transport to arrive at the race, as there is no parking available at the Assembly Complex, and public car parks are expensive. For those driving, we suggest using the NCP multi-storey car park on Aldersgate Street. Charges are £8.30 for two hours. The Congestion Charge does not apply at weekends.



**Bus:** There are a number of bus routes serving the City of London. Please consult the Transport for London website for details.



**TIP:** Consult the Transport for London website at <http://www.tfl.gov.uk/> for full travel options and late-breaking information on Underground closures.

**IMPORTANT NOTE:** The upper levels of the Barbican Estate are Out Of Bounds to all competitors until they start. Therefore when approaching the Assembly Complex you should ensure that you remain at street level.

## ASSEMBLY COMPLEX

The Assembly Complex consists of a Race Arena plus facilities in an adjacent school building and will be open from 0900. Remember that this is an urban area, take care with your valuables.

**All competitors, including pre-entered competitors, must collect their race number immediately on arrival.** You will need to wear this in order to be allowed to access the facilities in the school building as well as being permitted to start the race. Your entry number on the start list is your race number. Competitors can also pick up hired SI cards from Enquiries.

**The Race Arena** is on St Giles Terrace at the centre of the Barbican Estate.

- Finish

**The School Building:** part of the *City of London School for Girls*:

- Race Number collection
- Enquiries
- Entry on the Day
- Drinks
- Results display
- Prizegiving
- Download

- Toilets
- Bag storage (Please note bags are left at your own risk)
- Note: there are no dedicated changing rooms or showers.

**IMPORTANT NOTE:** There will be other organisations using the school facilities on the day and the school administration is keen to ensure that entry to the school is carefully controlled. Therefore we will monitor everyone entering the school and in order to gain entry to the school:

- Competitors should display their race number.
- Spectators and family should display an event sticker which they can collect from Enquiries.

## **START TIMES AND ENTRIES**

**Start Times:** These will be posted at <http://www.fabian4.co.uk/start/list.aspx?EventID=1811> Please check your times. If you arrive late for your start you will be started in the next available time slot, but you may have to wait a long time as some courses,. Start times are from 10:00 to 13:00.

In order to provide flexibility for those parents that wish to shadow their children, start times have not been allocated for competitors on Course 14 (Children's) – turn up and run. However parents wishing to shadow must have completed their run first if they wish to be competitive on their course. There will be more flexibility on the start times for Course 13, 14 and 15

### **Late Entries and Entry on the Day**

Entries will be taken on the day subject to the availability of maps and start times - places are likely to be very limited on some courses. Competitors will not be given a start time, they might be advised by entries when there are spare slots on the busy courses, but there will be a queueing system for late comers and entries on the day

## **FIRST AID**

A dedicated first aid person will be available in the School building. The nearest Minor Injuries Unit (MIU) that will be open is at Guy's Hospital, near to London Bridge station. The MIU at St Bartholomew's Hospital, West Smithfield is NOT open at weekends. The nearest A&E Departments are at St Thomas' Hospital, Waterloo and The Royal London Hospital, Whitechapel Road, Whitechapel, E1 1BB



## START

There is one start and is a 400m walk from the entrance/exit to the Assembly Complex.

You must collect your race number before you leave the Assembly Complex.

The route to the start from the Assembly Complex is south along Wood Street. With the start on the south side of London Wall West of the junction with Wood Street. Please cross London Wall, then Wood Street, using the pedestrian crossings at the junction.



There are no toilets at the start. You will be called up 4 minutes before your start. Loose control descriptions printed on waterproof paper will be available after call up. It is a punching start. On the start beep you must punch the start control and then pick up a map from the correct map box for your course and go!

## DURING THE RACE

For each control unit the flag, control number, SI box and backup pin-punch will be secured to an immovable object. If the SI unit at a control does not appear to be working use the backup pin-punch attached to it to punch the box on your map as proof that you have found it. Controls are secured or supervised, however if a control appears to be missing due to vandalism, you should make very sure you are in the right place and then continue with your race. Please let us know at download if you believe a control is missing.

This event is being operated using mixed punching, i.e. a traditional SI Card can be used and punched as normal or a SIAC Card (Contactless cards) can be swiped over the controls and the finish. Please see details on how the event operates in the Mixed Punching Guide attached to these final instructions.

## SAFETY

There is little traffic on many of the roads in the competition area on a Saturday. However, no roads are closed for the race and you may therefore meet traffic throughout the course and it is your responsibility to take care. A number of the longer courses may experience some busier roads – take care crossing them.

The area has the usual array of steps, fences, walls and other items of which you will need to be careful. This includes some walls with a greater drop on one side than the other as well as a variety of slopes and steps that can be slippery when wet. **MUCH OF THE BARBICAN ESTATE HAS SPECIAL TILED PAVING WHICH IS UNUSUALLY SLIPPERY IF WET. OTHER PEDESTRIAN AREAS WILL ALSO BE MORE SLIPPERY IN WET CONDITIONS THAN YOU WOULD NORMALLY EXPECT.**

In addition there are a number of covered walkways in the west side of the Barbican Estate which are of relatively low height – typically no more than 1.95 metres high. Taller competitors should take appropriate care!

Please note that roadworks mean traffic direction has been changed on a number of roads in the City and is now travelling on the incorrect side of the road for the UK. Check for traffic in both directions before you cross any road.

There are some blind bends in the narrow alleyways and some of the tunnels and covered walkways. It is likely competitors and, more importantly, the general members of the public could also be in these locations. Therefore take care and adjust your speed as you go around corners to avoid accidents occurring. Be aware of cyclists as well and the many tour groups around the area including within the Barbican Estate.

It is a privilege to run this type of race in a city like London. **Do not jeopardise future use of the area through reckless or inconsiderate running which causes annoyance or injury to others. ENSURE THAT YOU RUN WITHIN YOUR CAPABILITIES. This is especially important in the Barbican where there are local residents and we do not want to upset any of these**

**Under 16s:** It is a requirement of British Orienteering's Insurance Policy that anyone under the age of 16 on the day of the competition may only compete in areas with limited and/or speed limited traffic. With this in mind it is important to note that anyone under the age of 16 may only take part on Course 13 (Juniors) or 14 (Children). If you have entered under 16s on any other class than these please contact the Entries Manager immediately to change to one of these courses.

## FINISH

There is one Finish for all courses. Punch (SI card) or swipe (SIAC card) at the Finish control to record your finish time, follow the tapes to punch in the End Control Box after the finish (this is probably not what you are used to doing but is now a requirement so we can track all competitors back in from the course) and then proceed to Download within the school building. If you have hired an SI or SIAC card, please return it here. There will be a charge of £30 if you lose a hired SI card or £60 if you lose a hired SIAC card.

**YOU MUST DOWNLOAD BACK AT THE ASSEMBLY COMPLEX, EVEN IF YOU ABANDON YOUR RACE.** This is a safety check to ensure that all competitors are back.

**COURSES CLOSE AT 1530.** If you have not finished by 1530, return to the Assembly Complex and download.

Maps will not be collected – **IN THE SPIRIT OF FAIR COMPETITION PLEASE DO NOT SHOW YOUR MAP TO COMPETITORS THAT HAVE YET TO RUN.**

## REFRESHMENTS

Bars kindly provided by **Clif** (<http://www.clifbar.co.uk>) will be handed out after you have downloaded.



## TRADERS

UltraSport will be in the school building – with a compact stock of all your forgotten essentials and other items.

## MAP AND COURSE INFORMATION

<b>Map</b>	<p>Courses 1-13, 15 - 1:5,000. Size A3+. Partial Legend.</p> <p>Course 14 - 1:2,500. Size A4. Partial Legend.</p> <p>Drawn to ISSOM 2007 (the International Sprint Map standard). Printed on waterproof paper. Map bags will not be used.</p> <p>If you are unfamiliar with urban orienteering maps please read the general information about map symbols at the end of these details. Loose copies of the legend will be available from enquiries</p>
<b>Contour Interval</b>	<p>There are no contours on the map since there are no significant hills in the City.</p>
<b>Out of Bounds (Standard Rules)</b>	<p>No wall or fence mapped as Impassable may be crossed, The green/black impassable vegetation symbol is not used on the map. Also, areas mapped by a green/yellow (olive green) "settlement" colour are also not to be entered. Such areas might be flower beds, private gardens or private paths.</p> <p>A number of areas might have certain edges or parts taped off. Do NOT cross these tapes under any circumstances as this could jeopardise our future use of the area.</p> <p>Failure to comply with the above will result in disqualification, if seen. There will be marshals out around the course at some sensitive places.</p>
<b>Map Comments</b>	<p>Pavement edges are only shown for major streets and significant paved areas, where they serve a navigational purpose - for clarity the small pavements on most roads are not shown. For clarity some short Impassable fences have been mapped as Impassable walls (i.e. the double tags have been omitted and only a solid black line used</p> <p>There is constant building and maintenance work going on within the mapped area. In general, long term building works have been mapped using the <b>solid purple</b> symbol (Do Not Enter), which we have found gives an effective picture of what to expect.</p> <p>All competitors should be aware that minor works in a major city can come and go too swiftly to be mapped. In particular, past experience has shown that roads can be closed in this area to vehicle traffic (but not pedestrians) for a few hours to allow cranes to work unimpeded without details being publicised in advance – be adaptable.</p>
<b>Control Descriptions</b>	<p>Printed on the map for all courses. All other courses will have IOF description only. Loose control description sheets printed on waterproof paper will be available in the Start lanes for all courses. Course 14 (Children) will have loose English descriptions.</p>
<b>Terrain</b>	<p>Hard Surface &gt;95%, Grass &lt;5%</p>
<b>Body Cover &amp; Footwear</b>	<p>Full body cover is not required, shorts and singlets may be worn. Studded shoes are inappropriate for this race – wear trainers or similar.</p>

## COURSES

Please note your course number to ensure that you pick up the correct map on starting. Due to the complex nature of the competition area, the actual running distance will be significantly greater on all courses, in some cases being over 50% longer than the straight line distance.

Course	Class	Course Length (km)	Number of Controls	Map Scale
1	Men's Elite	8.9k	32	1:5000
2	Women's Elite	7.6k	29	1:5000
3	Men's Open	7.2k	22	1:5000
4	Women's Open	5.9k	22	1:5000
5	Men's Vets (M40+)	7.0k	21	1:5000
6	Women's Vets (W40+)	4.9k	19	1:5000
7	Men's Super Vets (M55+)	6.1k	20	1:5000
8	Women's Super Vets (W55+)	4.2k	18	1:5000
9	Men's Ultra Vets (M65+)	4.6k	16	1:5000
10	Women's Ultra Vets (W65+)	3.6k	15	1:5000
11	Mens Hyper Vets (M75+)	4.0k	15	1:5000
12	Womens Hyper Vets (W75+)	2.8k	16	1:5000
13	Juniors (M/W16-)	3.0k	18	1:5000
14	Children (M/W12-)	1.5k	13	1:2500 (A4 sheet)
15	Newcomers	4.1k	19	1:5000

## PLANNER'S NOTES

Welcome to the 10th City of London Race, which this year returns to be based in the Barbican.

### Courses 1 - 12 & 15

These courses cross a number of roads that may feature fast moving traffic, take care at all times. You may come across some tunnels that are not shown on your map because of the complexity of the area; these do not represent sensible route choices and should not be used. Indeed, they may not come out where you expect them to or find a locked gate at the far end of the tunnel! Competitors may encounter heavy pedestrian traffic in one or two locations on their course - please be considerate and careful.

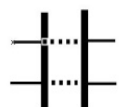
**Course 13 (Juniors)** only crosses minor roads with limited traffic. Nonetheless the usual care will be needed when crossing roads.

**Course 14 (Children)** starts with a short path run then a road crossing using a footbridge and then takes place entirely within pedestrianised areas. In order to limit the impact of errors the Planner will be placing *Happy Yellow* ☺ or *Sad Red* ☹ Smileys in some locations to ensure that they don't run out of the Barbican area. Please note that the course will take them up an escalator, so please make them aware of this.

Both Junior and Children's courses make extensive use of the Barbican, with its canopies and underpasses; parents should make sure that their charges know the map and control descriptions for urban features, as shown in the last section of these details. In particular they should be made aware of the symbols for covered walkway, bridge, stairs and the special symbol as detailed above. Spare legends will be available at Enquiries. **CHILDREN SHOULD ALSO BE INSTRUCTED THAT THEY SHOULD NOT ATTEMPT TO CLIMB ON OR CROSS ANY WALLS.**

**For the Children's course ONLY** any mis-punch or missed punch will result in a 10 minute penalty rather than disqualification. Multiple mis-punches or missed punches will result in multiple penalties.

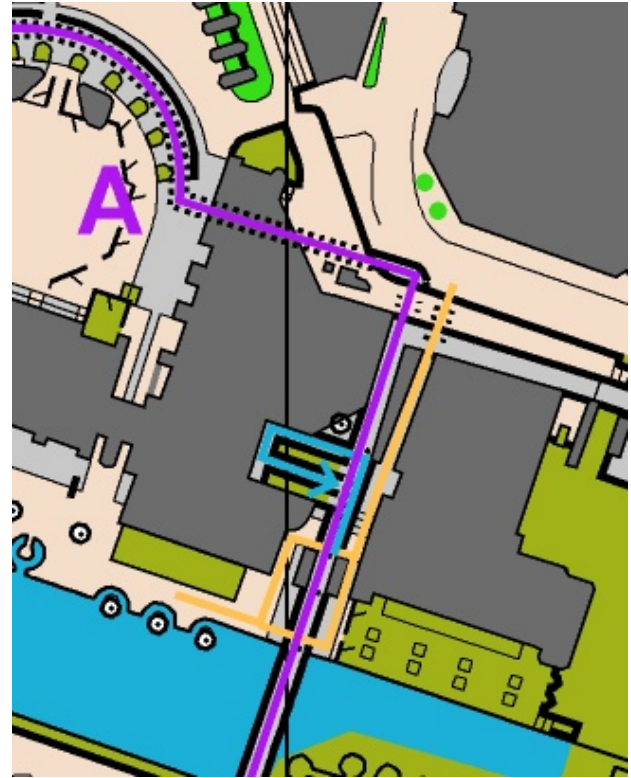
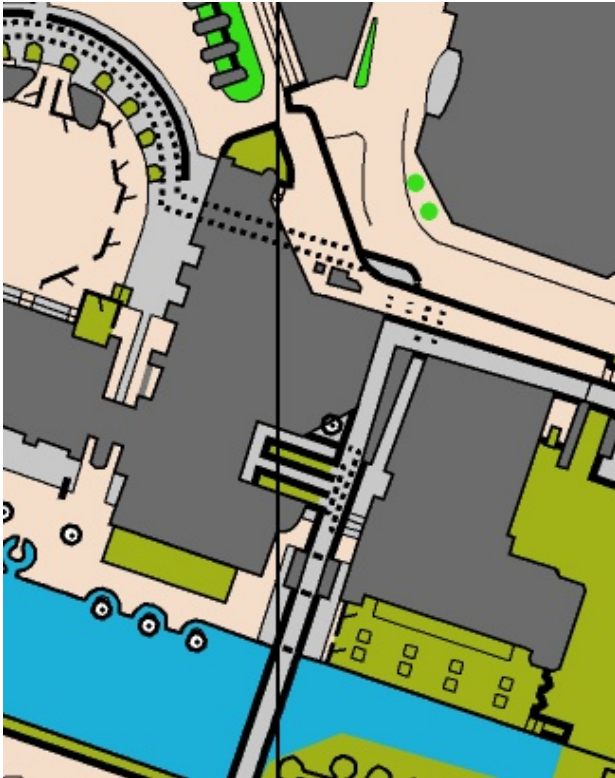
Competitors should be aware of the standard IOF map symbol for an underpass. A typical example from the map is shown here, with a street level underpass (east-west) passing below an elevated walkway (north-south). When the elevated walkway is narrow the underpass can be difficult to read on the map so take care.



## Special Information on mapping of the Barbican

The Barbican is made up of three levels. The left map below shows what your race map will show. The right map has some lines added for this explanation. You can see:

- The lower, ground level with a way through shown in yellow on the right hand map. This route is not entirely level; going north, it involves going down some steps which can be seen on the map.
- The middle level with ways through shown in purple.
- The route shown in blue which links the lower and middle levels.
- The upper level marked A which does not connect at all, in the area shown, with the middle or lower levels.



In particular, note the olive green in the centre of the extract - this shows routes into the building which are Out of Bounds. There are NO circumstances where you need to enter through a building door - if you do you are in an out of bounds area! The car park in this area is also out of bounds.

## PRIZE-GIVING

There will be prizes for the top 3 on each course this will be in the School building at approximately 1500. Please stay for the prize-giving to show your support



## POST RACE

Food and drink will not be available for sale at the race itself. However, the facilities of the Barbican Centre, which is just across the lake from the Assembly Complex, include a food hall, restaurant, lounge bar, and foyer bars. You can access it by crossing a bridge over the lake. However please note this bridge and the Barbican Centre is **OUT OF BOUNDS** until after your run.



**Tourist Ideas:** There are of course plenty of things to see and experience in London. Of particular interest close to the race (and free) there are:

- The Museum of London – this is highlighted on the map at the top of the Final Details.
- Guildhall Art Gallery and Roman London’s Amphitheatre
- Postman’s Park which includes The Memorial to Heroic Self Sacrifice
- London Wall

**Make a Weekend of it:** Enjoy the Friday night Sprint or the LOK Ultra Sprint on Sunday

## ACKNOWLEDGEMENTS

Thanks for access and facilities are due to: City of London Corporation, The Barbican Estate, City of London School for Girls, St. Bartholomew’s Hospital

Thanks for the loan of SIAC cards are due to: Southdowns Orienteering Club

Thanks to our supporter Clif Bar.

Race Director & Organiser:	Vince Roper (SLOW)
Controller:	Andy Robinson (SLOW)
Planner:	Ed Catmur (SLOW)
Original Map & website:	Oliver O’Brien (SLOW)
Map Updates:	Don McKerrow (SLOW)
Volunteer Coordinator:	Andy Robinson (SLOW)
Entries Manager:	Nigel Saker (SLOW)
SI Guru:	Gordon Parker (SLOW)
Marshals:	Members of South London Orienteers (SLOW)

We hope you have an enjoyable race.

For any questions concerning entries, email [entries@cityrace.org](mailto:entries@cityrace.org) and for any other questions email [london@cityrace.org](mailto:london@cityrace.org)














Please check the website at <http://cityrace.org/> for any last minute news.

**COMPETITORS TAKE PART AT THEIR OWN RISK  
AND ARE RESPONSIBLE FOR THEIR OWN SAFETY**












## APPENDIX: URBAN MAPS

### GENERAL NOTES FOR THOSE NEW TO THIS TYPE OF RACE

The map is drawn to ISSOM 2007, the International Sprint Map standard, and it uses some symbols with which “forest orienteers” may be unfamiliar. It is of great importance that all competitors are aware of these, especially those which denote “passability”. The most important map symbols used are shown below:

Symbol	Meaning
	Passable fence
	Impassable fence
	Passable wall
	Impassable wall
	Building – not to be entered
	Canopy – may be passed under
	Steps of a stairway
	Underpass or tunnel
	Forbidden access (as for “forest maps”)
	Large tree
	Small tree
	Monument or statue
	Out of Bounds

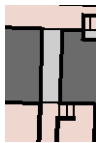
#### CONTROL DESCRIPTIONS: URBAN FEATURES

	Building
	Stairway
	Monument
	Covered way
	Thicket
	Hedge or linear thicket
	Stone wall
	Fence
	Distinctive tree
	Track or path
	Road

In general, a thick black line represents a feature which is **impassable**, i.e. **must not** be crossed, whether or not it looks crossable.

**Steps:** Flights of steps are only indicative of the stairway, which may be more complicated than shown (e.g. turning in on itself).

**Passageways:** In some places passage through a building is possible via an open passageway. The map section here shows an example of such a passageway running north-south through a building.



**Pavement edges** are only shown for major streets and significant paved areas, where they serve a navigational purpose - for clarity the small pavements on most roads are not shown.

#### Out of Bounds

No impassable wall or fence may be crossed. Areas mapped by a green/yellow (olive green) “settlement” colour are not to be entered. Such areas might be flower beds, railway areas or private property