



Think you know your way around the City?

The City of London Orienteering Race (for families AND serious runners)

Saturday 18 September 2010, 10am – 1pm

LONDON: Nearly a thousand competitors will take up the challenge of navigating through the City at speed as the third annual and biggest yet City of London Orienteering race reaches across the Thames to take in the tourist sights of Bankside as well as the deserted streets and skyscrapers of the City of London.

British Team members Graham Gristwood (World Orienteering Relay Champion 2008), London's own Ralph Street (British Champion 2009) and Anne Edwards (British Champion 2009) will be taking part, along with competitors from around the UK, Europe and across the world, at Britain's biggest urban orienteering event of the year.

What's Orienteering?

Often called "the thinking person's running", the key difference to your regular 10K run is you have to navigate around the course - visiting checkpoints or "controls" in the right order and choosing your own route between them

Competitors start at one minute intervals. On starting the race, you pick up the map for the course you've entered. The map shows landmarks to help you navigate, such as crossable walls, distinctive trees and buildings, but doesn't have street names on it.

You carry a lightweight Electronic timing chip on your finger, known as an SI card, and "punch" each control to prove you've visited it. At the finish, this gives instant results, so you can compare how you did with the country's elite.

Speed isn't the only key to winning; careful navigation is also important which makes orienteering ideal for all ages and running abilities.

Take Part!

City of London Orienteering Race course lengths range from 2km for the under 12s to a 4km newcomers course and the elite men's course of 8.5km.

The race assembly point is at the T47 Sports Venue, SE1 3QX (in the arches underneath London Bridge station) which is 500m from the start.

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A warm welcome and help will be available for newcomers.

There will be prizes for the best results.

For more information please contact london@cityrace.org or visit <http://cityrace.org/>

Editor's Notes:

For PR enquiries please contact Abi Weeds on tel. 07985 960978 or by email at abi_weeds@yahoo.co.uk.

Organising officials will also be available for interview during the event, at Assembly in T47 Sports Venue and at the finish overlooking the Scoop by City Hall, during the race. World champion Graham Gristwood will also be available for interview.

The 3rd City of London Race is organised by South London Orienteers, a Club Mark club affiliated to the sport's national governing body, British Orienteering. The event is sponsored by CLIF Bar.



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