



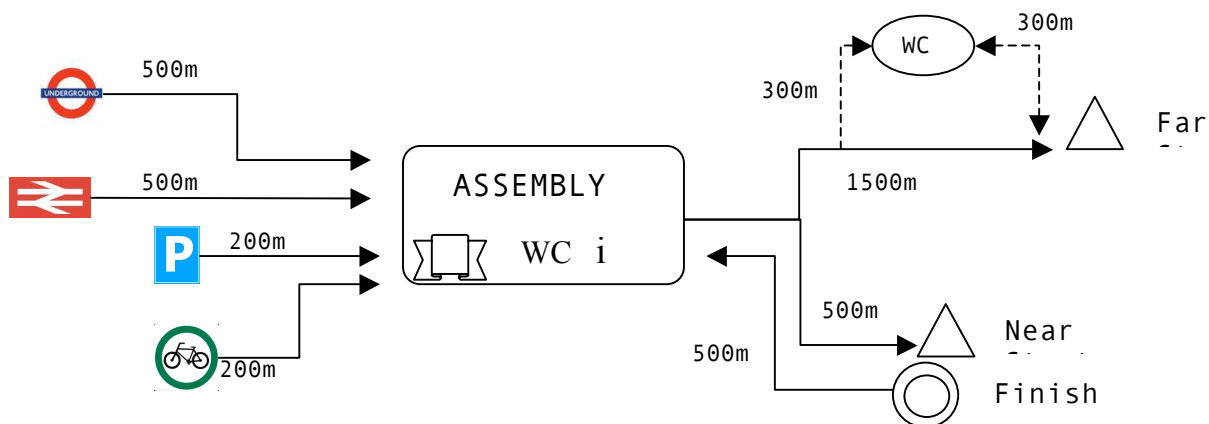
3rd City of London Orienteering Race Saturday 18th September 2010

FINAL DETAILS

Subject to amendment – check immediately prior to race.

Welcome to the third City of London Orienteering Race. This year we have again changed the location of Assembly as well as the mapped area to ensure that you get plenty of variety. We have moved the focus of the event to the south side of the River Thames, which means no visit to the Barbican housing complex this year but a different set of challenges and some dramatic 'tourist' scenery. We hope you enjoy it.

Overview



Assembly Complex

This year Assembly for the event is indoors.

Address: T47 Sports Venue, 47 St Thomas Street, London SE1 3QX

Map link: <http://www.multimap.com/s/iNfoPCwc>

Grid reference: TQ 331800

Registration, Enquiries, Baggage Store, Download and Prizegiving are at Assembly.

Travel

Underground: The Assembly complex is situated approximately 500m east of London Bridge Underground station (Northern Line). As usual, several tube lines will be partially closed on the day: check <http://www.tfl.gov.uk> for information.

Rail: London Bridge Mainline station is also a 500m walk. Note that the central section of the Thameslink route (St Pancras International to London Bridge /Herne Hill) is currently shut at weekends, as is Blackfriars station. There are many confusing exits from London Bridge station - the best route to Assembly is to take the escalator down from the centre of the station concourse, following signs for St Thomas Street.

Bus: There are a large number of bus lines serving the London Bridge area. For more information see: <http://www.tfl.gov.uk/tfl/gettingaround/maps/buses/pdf/londonbridge-2163.pdf>

Car: As we are outside of the City of London car parking is slightly easier than usual, although public transport is still the best option. The nearest car park is Union Car Park, 8 St. Thomas Street, Southwark, London, SE1 9RY. Open Saturday 9am to 5pm, price about £8 depending upon the duration of your stay. However this is not very large so if you are intending to come by car then you should have alternatives planned. The Congestion Charge does not apply at weekends.

Cycle: There is secure cycle parking 200m from Assembly at the London Bridge Cycle Park, at the Tooley Street end of the Weston Street tunnel. Open Saturday 10am to 6pm. Price £1.50 for the day. Further details at http://www.onyourbike.com/stylesheet.asp?file=7_1_1_cycle_park

Entries and Start Times

Start Times: These have been posted at <http://fabian4.co.uk/default.aspx?EventID=345>. 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 are very full. Start times for Courses 1 - 5 from the Far Start are from 10:00am to 1:00pm. Start times for Courses 6 - 9 from the Near Start are from 10:30am to 12:30pm.

Late entries and Entry on-the-day: Late entries will be accepted online at <http://fabian4.co.uk/default.aspx?EventID=345> until courses are full. Entries will available taken on the day subject to courses not being full - places are likely to be very limited on some courses and we cannot guarantee you will be able to enter your desired course.

Fees for late entries and entries on-the-day are £13 for adults (£2 discount for British Orienteering national members), £6 for juniors and students. SI card hire £1 extra.

Facilities

Assembly Complex: Open from 8:30am. Please note that we do not have sole use of T47, take care with your valuables and use the Bag Storage provided.

Registration & Enquiries: Open from 8:30am. If you have any questions about orienteering or the race, please ask officials at Enquiries.

Changing: There are changing rooms for both sexes but they are quite small so please do not leave bags in them.

Bag Storage: An area in the Assembly Complex is designated for storing bags during your run. This area will be supervised, however bags are left at your own risk.

First Aid: A first aid kit will be available at Enquiries. The nearest Minor Injuries Unit that will be open is at Guy's Hospital, near to London Bridge station. The nearest A&E Department is at St Thomas' Hospital, Waterloo.

Refreshments: Water will be available at Assembly, and CLIF Bars kindly provided by our sponsors CLIF (<http://www.clifbar.com>) will be handed out after you have downloaded. In addition there is a bar at T47 serving both alcoholic and non-alcoholic drinks as well as the usual bar snacks – please support this.

Toilets: Toilets are available at Assembly. There are no toilets at the Near Start. There are toilets a short way off the route to the Far Start at a 50p charge.

Race Numbers

All runners must collect a race number at Assembly and wear it during the race.

Starts

Both starts are 'punching' starts and are remote from Assembly.

You must collect your race number and a Route/Model map showing the route to both Starts before you leave Assembly. This is important as the route will not be signed. **Make sure that you go to the correct start!**

Far Start: Courses 1 – 5 (MO, M40+, M55+, WO, W40+)

This Start is in a small park approximately 1500m from Assembly, the route crosses Tower Bridge. As you will see when you collect the Route/Model map you can go straight to this start and use the park as a warm up area. Alternatively, once you've crossed Tower Bridge you can detour on a slightly longer route via a set of toilets, which will also provide an option to further familiarise yourself with the mapping style (and do some sightseeing!). This will add about 400m to your journey. There are no toilets adjacent to this start but you can also access the toilets mentioned above from here; they are about 300m from this start. The location of these toilets will be shown on your map but it is important to note that there is a 50p charge for using these.

At present Tower Bridge is not scheduled to be raised during the event but should that change then we will delay starts as necessary.

Near Start: Courses 6 – 9 (W55+, Juniors, Children, Newcomers)

This Start is approximately 500m from Assembly and is adjacent to the Finish for all courses. The route to the start crosses a busy road so it is recommended that children are accompanied to and from their race. There are no toilets close to this start.

Race Procedure

On Arrival: All competitors, including pre-entered competitors, must pick up a race bib from enquiries before starting, and attach it to their front. Competitors can also pick up hired SI cards from Enquiries.

Starting: You will be called up 4 minutes before your start. Loose control descriptions printed on waterproof paper will be available in the start box. 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 your race: The usual metal stakes have not been used as part of the control unit as the flag, SI box and backup punch will be secured to an immovable object. As the controls are secured with metal wiring please take care to insert your dibber correctly (we had a couple of false reports of failures last year that we suspect were because of this). If the SI unit at a control does not appear to be working use the clipper 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.

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 1500. If you have not finished at this time, please return to the Assembly Complex and download.

Safety

There is little traffic in most on most of the roads on the north side of the River Thames on a Saturday. However there is one dual carriageway that is too dangerous to cross at ground level and is therefore marked as Out of Bounds (see Map Comments below). In addition there are a number of busier roads south of the Thames that will be encountered by Courses 1-5. No roads are closed for the event and you may therefore meet traffic throughout the course and it is your responsibility to take care.

Courses 6, 7 (Juniors) and 9 only cross minor roads that have reduced speed (or no) traffic. Nonetheless please take care.

Course 8 (Children) does not cross any roads, but does run alongside a relatively busy road on one leg. Parents, please ask your children to take care.

Shadowing of juniors is permitted but shadowers need to have completed their run beforehand for it to be competitive.

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. Ensure that you run within your capabilities.

Finishing

There is one Finish for all courses. Punch at the Finish control to record your finish time and then return to the Assembly Complex (approximately 500m) to Download.

YOU MUST DOWNLOAD BACK AT THE ASSEMBLY COMPLEX, EVEN IF YOU ABANDON YOUR RACE. The location of the Assembly Complex at T47 will be marked on your competition map. If you have hired an SI card, please return it here. There will be a charge of £30 if you lose a hired SI card.

Maps will not be collected - **PLEASE DO NOT SHOW YOUR MAP TO COMPETITORS THAT HAVE YET TO RUN.**

Map and Course Information

Map	1:5,000. Size A3+. Partial Legend. Drawn to ISSOM 2007 (the International Sprint Map standard). Printed on waterproof paper. If you are unfamiliar with urban orienteering maps please read the general information about map symbols at the end of these details.
Contour Interval	There are no contours on the map since there are no significant hills in the City and Southwark.
Out of Bounds (Standard Rules)	No wall or fence mapped as Impassable may be crossed, neither may vegetation (often hedges) mapped as green/black be crossed – even if there appear to be passable gaps therein. Also, areas mapped by a green/yellow (olive green) “settlement” colour are also not to be entered. Such areas might be flower beds or private gardens.
Map Comments	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). There is constant building and maintenance work going on within the mapped area. In general, long term building works have been mapped using the black stripe Out Of Bounds symbol, which we have found gives an effective picture of what to expect. The purple stripe Out of Bounds overprint has also been used to show

	<p>roads which are deemed Out of Bounds for this event for this event. There are several possible reasons for this:</p> <ul style="list-style-type: none"> • Dangerous roads. One dual carriageway north of the River Thames is deemed too dangerous for competitors to cross at street level. However, there are a number of pedestrian bridges mapped and available which provide safe crossing and route choice challenges • Planned road closures. Where we are aware that roads are planned to be closed we have marked these on the map. Usually the closures are for vehicles only and if this is the case the pavements will be shown as inbounds. If we are aware of any closures to pedestrians we will highlight these at the start. In general, optimum routes will avoid these closures • Borough Market and surrounding streets. This complex west of London Bridge station is extremely popular and crowded on Saturdays. Any attempt to run (or even walk fast) through this area would inevitably result in collisions with pedestrians and it and some surrounding streets have therefore been marked as Out of Bounds. Once again, optimum routes avoid this area. <p>However 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 – it can pay to be adaptable.</p>
Control Descriptions	Printed on the map. Loose control description sheets printed on waterproof paper will be available in the Start lanes for all courses.
Terrain	Hard Surface >95% Grass <5% Forest 0%
Body Cover & Footwear	Full body cover is not required, shorts and singlets may be worn. Studded shoes are inappropriate for this event – wear trainers or similar.
Special Control Descriptions	None

Courses

Distances and numbers of control are subject to final controlling. Please note your course number to ensure that you pick up the correct map on starting.

Course	Class	Course Length (km)	Number of Controls	Control Descriptions	Start
1	Men's Open	8.4k	29	IOF Pictorial	Far
2	Women's Open	6.9k	26	IOF Pictorial	Far
3	Men's Vets (M40+)	7.0k	27	IOF Pictorial	Far
4	Women's Vets (W40+)	5.6k	20	IOF Pictorial	Far

5	Men's Super Vets (M55+)	5.6k	20	IOF Pictorial	Far
6	Women's Super Vets (W55+)	4.1k	15	IOF Pictorial	Near
7	Juniors (M/W16-)	4.1k	15	IOF Pictorial	Near
8	Children (M/W12-)	1.6k	9	English Text	Near
9	Newcomers	4.1k	15	English Text	Near

Distances and numbers of controls are subject to final planning and controlling and so may change slightly from the above, which are straight-line distances.

Planner's Notes

Hello and welcome to this wonderful city. In planning the courses, I've tried to give you some hard orienteering challenges, but also throw in a few controls and legs that maximise sightseeing potential. You'll visit lovely parks and intricate back alleys and will run near some of London's most famous sights (including the Thames), so do look up from time to time and enjoy the view!

Courses 1 – 5

These courses cross a number of roads with fast moving traffic. The roads are marked as out of bounds on the map and courses have been planned so that the best route choices are by bridges or, in one case, subway.

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. Competitors are likely to encounter heavy pedestrian traffic on the way to their first controls, please be considerate and careful.

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.



Courses 6 - 9

These courses cross several minor access roads. Traffic is very sparse on these roads on a Saturday but it does exist so juniors must be able to cope with it. There will also be lots of tourists in the area of this course, which may prove distracting. Shadowing of juniors is permitted but shadowers need to have completed their run beforehand for it to be competitive.

After the Race

Prizegiving: Prizegiving will take place at Assembly, at approximately 2:15pm. Please stay for the prizegiving to show your support.

Results: These will be posted on a results board at regular intervals, and will also be available on <http://www.cityrace.org/> after the event.

Refreshments: The bar in the Assembly Complex will be open and serving bar snacks (crisps, peanuts etc) and drinks all afternoon.

Make a Weekend of it: LOK are organising an event on Sunday in North London on Hampstead Heath. Further details at: <http://www.cityrace.org/sunday.php>

Acknowledgements

Special thanks are due to T47 Sports Venue, City of London Corporation, Southwark Council and CLIF Bar.

We hope you have an enjoyable race.

For any questions concerning entries, email entries@cityrace.org.

For any other questions email london@cityrace.org
















Planner:	Matthias Mahr (SLOW)
Mapper:	Oliver O'Brien (SLOW)
Organiser:	Andy Robinson (SLOW)
Entries:	Nigel Saker (SLOW)
Controller:	Nev Myers (EBOR)
Race Director:	Alan Leakey (SLOW)

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

Urban Maps

General notes for those new to this type of event

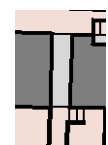
The map is drawn to ISSOM 2007, the International Sprint Map standard, and it uses some symbols with which "forest orienteers" may be unfamiliar. It is of great importance that all competitors are aware of these, especially those which denote "passability". The most important map symbols used are shown below (and a selection of symbols will appear in the map legend too):

Symbol	Colour	Meaning
	Black	Passable fence
	Black	Impassable fence
	Grey	Passable wall
	Black	Impassable wall
	Medium grey	Building – not to be entered
	Light grey	Canopy – may be passed under
	Black	Steps of a stairway
	Black	Underpass or tunnel
	Green/black	Impassable vegetation – not to be crossed
	Green/yellow	Forbidden access (as for "forest maps")
	Green	Large tree (more than 0.5 m diameter)
	Green	Small tree (less than 0.5 m diameter) or bush
	Black	Monument or statue
	Black	Out of Bounds
	Purple	Out of Bounds

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 open passageway. The map section shows an example of such a passageway running north-south through a building.



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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.

Control Descriptions

IOF Pictorial Descriptions (only) will be used for all courses except the Mini Race, which will use text descriptions. The following are highlights of the IOF Descriptions that you should understand:

WHAT TYPE OF FEATURE IS IT?

- Building
-  Stairway
- Monument
- Covered way
- Thicket
-  Linear thicket or hedge
-  Stone wall
-  Fence
- Distinctive tree
- Track or path
- Road
- Paved Area
- Small out of bounds area (Note: This is a non-Standard Description)

WHERE ON THE FEATURE IS IT?

- North east side
- East corner (inside); e.g. inside where a wall bends through a right angle
- South corner (outside); similar to above
- North west end; e.g. NW end of a hedge
- Junction; e.g. where one path meets another

Out of Bounds

No impassable wall or fence may be crossed, neither may vegetation (often hedges) mapped as green/black be crossed – even if there appear to be passable gaps in it. Also, areas mapped by a green/yellow (olive green) “settlement” colour are also not to be entered. Such areas might be flower beds or railway areas.