

11TH CITY OF LONDON ORIENTEERING RACE

14th, 15th, 16th September 2018

FINAL DETAILS (Version 3.1)

READ THIS IF NOTHING ELSE

Start Times will be posted at https://www.sientries.co.uk/list.php?event_id=4720

SI Punching

- Control units will be SIAC ("touch-free" punching) enabled on all 3 days with a punching Start for everyone
- Hired SI cards will be collected after each race and reissued for the next one
- Some of the longer courses have more than 30 controls. Check that your SI card can handle this and if not then hire one

Competitors are required to collect and wear a new Race Number on each day. There will be a separate number each day so collect a new one at each event

Water NOT provided on any day – bring your own please

Friday:

- Middle Distance Urban Race
- Map Scale 1:5,000
- Start Times: 18:00-19:30
- Distance to Start, 1100m
- Course closing time: 20:30
- More than 30 controls: Course 1, Men's Elite

Saturday:

- Long Distance Urban Race
- Map Scale 1:5,000,
- Start Times: Junior/Childrens Courses 10:30–13:00, All others 10:00-14:00
- Distance to Far Start, 2000m Distance to Near Start (Junior/Children's) 600m
- Course closing time: 16:00

More than 30 controls:

- Course 1, Men's Elite
- Course 3, Men's Vets (M40+) & Men's Under 21 (M20-)

Sunday:

- Middle Distance Urban Race
- Map Scale 1:4,000,
- Start Times: 10:00-12:00
- Distance to Start, 50m
- Course closing time: 13:30

YOU MUST DOWNLOAD AT ASSEMBLY, EVEN IF YOU ABANDON YOUR RACE

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

OVERALL

Welcome to the 11th London City Orienteering Weekend. This year we bring you three high class urban areas, with an abundance of technical orienteering and tourist sights. In these races you'll visit tiny parks and intricate back alleys and will run near some of London's most famous sights, so do look up from time to time and enjoy the view! The amount of building work at present in the City of London continues to amaze, with many changes to access starting in the last month or so. We have worked hard to map all of these changes, however small, but we trust that you will understand if we have missed any last minute out of bounds. London abounds with traffic, pedestrians, ever changing building works and transitory cranes – go with the flow!



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

START TIMES

These are posted at https://www.sientries.co.uk/list.php?event_id=4720 . 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 of the courses are close to full. In order to provide flexibility for those parents that wish to shadow their children or see them start, start times have not been allocated for competitors on the Children's and Junior courses on each day - turn up and run. However, parents wishing to shadow must have completed their run first if they wish to be competitive on their course.

LATE ENTRIES AND ENTRY ON THE DAY

Entries will be accepted online at https://www.sientries.co.uk/list.php?event_id=4720 until midnight, Sunday 9th September at the late entry rate. However, entry to some courses may close earlier if they are full. Entries will be taken at each event on the day subject to the availability of maps and start times - places are likely to be very limited on some courses.

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 punch at 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 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.

FINISH

On each day there is one Finish for all courses. Punch (SI card) or swipe (SIAC card) at the Finish control to record your finish time and then proceed straight to Download. If you have hired an SI card, please return it here. Hired cards will be issued and collected each day. There will be a charge of £30 if you lose a hired SI card or £60 if you lose a hired SIAC card.

SAFETY

There is little traffic on many of the roads in the competition areas. However, no roads are closed for the events and you may therefore meet traffic throughout the courses and it is your responsibility to take care. Some of the longer courses may experience some busier roads – take care crossing them.

The areas have the usual urban 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.

Note that traffic direction has been changed on some roads and is now travelling on the incorrect side of the road for the UK. This includes cycle lanes going 'the wrong way' down one-way streets. Check for traffic in both directions before you cross any road.

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.

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

FIRST AID

On Sunday a first aider with kit will be available at Enquiries.

On Friday & Saturday a professional first aid operation will be present

For Friday & Saturday

- The nearest Minor Injuries Unit is at Guy's Hospital, near to London Bridge station.
- The nearest A&E Department is at St Thomas' Hospital, [Westminster Bridge Road, London SE1 7EH](#)

For Sunday the nearest A&E Department is at University College Hospital, [235 Euston Road, London NW1 2BU](#)

CLOTHING & FOOTWEAR

Full body cover is not required; shorts and singlets may be worn. Studded or spiked shoes are a bad choice for these events – wear trainers or similar

EVENT T-SHIRTS

Will only be available for collection on Saturday & Sunday.

UNDER 16'S

It is a requirement of the BOF 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 compete on the Juniors or Children's courses on each day. If you have entered under 16's on any other class than these please contact the Entries Secretary immediately to change to one of these courses.

PHOTOGRAPHY

Steve Rush will be taking photographs at Saturdays event. If you don't want a photo published where you or a family member are the focus, please complete a form at Enquiries. In accordance with British Orienteering Child Welfare Policy and Procedures, we request that any person wishing to engage in any video, zoom or close-range photography should make themselves aware of British Orienteering policy. The Organisers reserve the right to challenge anyone who is giving cause for concern. If anyone has concerns about inappropriate or intrusive photography, they should raise them with the Day Organiser. Persons may take photographs of their immediate family and friends without restriction.

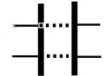
MAPS

Drawn to ISSOM 2007 (the International Sprint Map standard). Printed on waterproof paper. Map bags will not be used

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 areas. In general, long term building works have been mapped using the **solid purple** symbol (Do Not Enter), which we have found gives an effective picture of what to expect.

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.



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 not to be entered. Such areas might be flower beds, private gardens or private paths. Some areas will have certain edges or parts taped off as Out Of Bounds. Do NOT cross these tapes under any circumstances as this could jeopardise our use of the area in the future. Failure to comply with the above may result in disqualification. There will be marshals out around the courses checking.

If you are unfamiliar with urban orienteering maps please read the general information about map symbols at the end of these details.

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

CONTROL DESCRIPTIONS

Printed on the map for all courses. On each day the Children & Junior courses will have both IOF and English text descriptions, 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.

TERRAIN

Hard Surface	>95%
Grass	<5%
Forest	0%

CONTACTS

For any questions concerning entries, email [entries\[at\]cityrace.org](mailto:entries[at]cityrace.org).

For any other questions email [london\[at\]cityrace.org](mailto:london[at]cityrace.org)

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

ACKNOWLEDGEMENTS

Thanks for access and facilities are due to:

City of London Corporation, Southwark Council, St Michaels Catholic College, Birkbeck College

OFFICIALS

Day 1

Planner: Yasha Chechik (SLOW)
Organiser: Steve Clelland (SLOW)
Controller: Mike Bennett (HH)

Day 2

Planner: Ed Catmur (SLOW)
Organiser: Sarah Brown (SLOW)
Controller: Simon Errington (HH)

Day 3

Planner: Julie & Ronan Cleary (LOK)
Organiser: Neil Brooks (LOK) – captain@LondonOrienteering.co.uk
Controller: David Rosen & David Saunders

Entries Manager: Nigel Saker (SLOW)
SI Guru: Gordon Parker (SLOW)
T-Shirts and Race Numbers: Angus Lund (SLOW)
Weekend Coordinator: Alan Leakey (SLOW)
Website: Paul Street (SLOW)
Paul Todd (LOK)

And once again to **Clifbar** for their support.

Friday 14th September – Bermondsey & Rotherhithe

OVERVIEW



LOCATION

The Assembly complex is based at St. Michael's Catholic College, East Lane, Bermondsey, SE16 4UN. The only entrance is on the west side, from East Lane.

TRAVEL



Rail: The closest station is Bermondsey Underground Station (Jubilee Line). From the station it is a 500m / 5 minute walk. On exiting the station turn left along Jamaica Road, then turn right at the junction with George Row and then bear right into East Lane. Alternatively London Bridge Station is 1800m / 25 minute walk.



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, however the nearest docking to Assembly are in the vicinity of Tower Bridge, on Curlew Street and Roper Lane and 15min walk from assembly. From there walk along Jamaica Road until reaching George Row and then bear right into East Lane.



Car: Public transport is the best option as there is limited parking available near Assembly, although Saturday is easier than Friday evening and public car parks are expensive. The Congestion Charge does apply on a Friday night.



Bus: There are multiple bus routes along Jamaica Road between London Bridge and Bermondsey Underground Station.

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

ASSEMBLY

The Assembly Complex consists of a Race Arena plus facilities in a school building and will be open from 17:00. Remember that this is an urban area, please take care with your valuables. All competitors, including pre-entered competitors, must collect their race number on arrival. Your entry number on the start list is your race number. Competitors can also pick up hired SI cards or SIAC from Enquiries.

THE ENCLOSED RACE ARENA INCLUDES THE FOLLOWING:

- Finish
- A large covered area
- Benches & Tables
- Bike racks

School Building:

- Race Number collection
- Enquiries (open from 09:00)
- Entry on the Day (open from 09:00)

- Results display
 - Toilets
 - T Shirt Collection/Sales
 - Download
 - Bag storage (Please note bags are left at your own risk)
- Note: there are no dedicated changing rooms or showers.

As this is an inner-city location we will be monitoring everyone entering the school grounds; so please bear with us if you are challenged on entry.

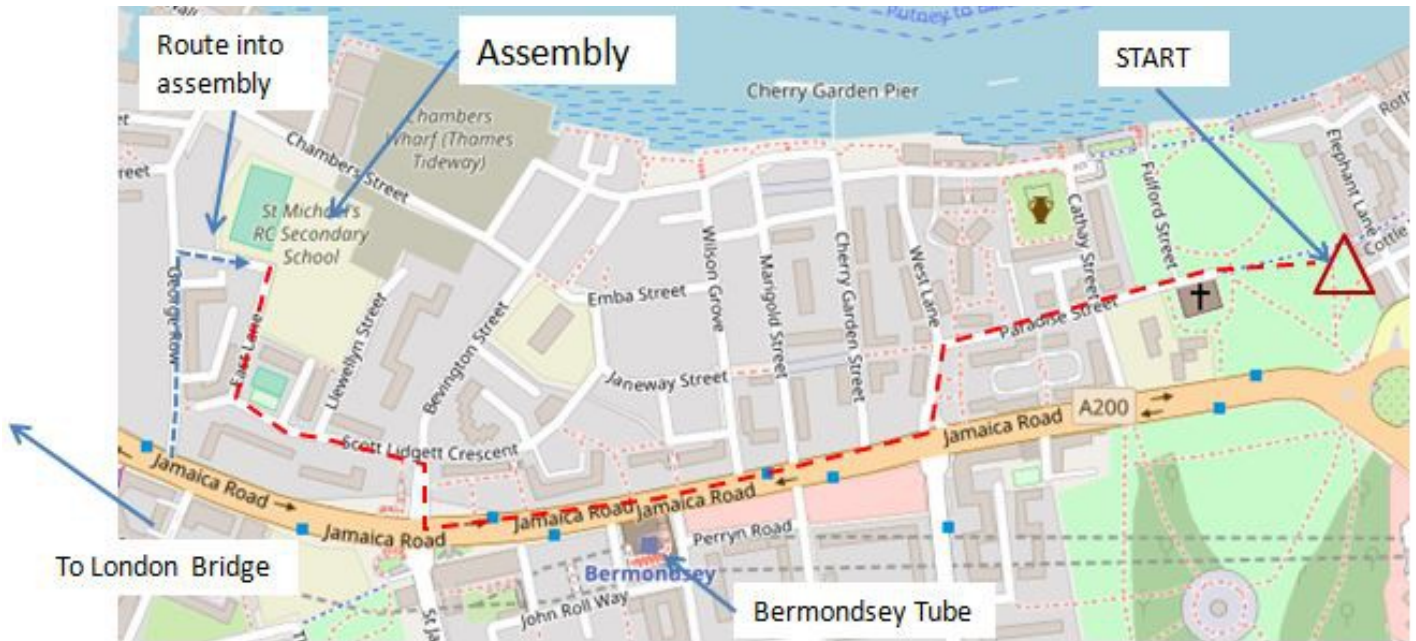
TRADERS & CATERING

None

Due to ongoing building works we are not able to provide water – please bring your own

START

The Start is 1100m from the entrance/exit to the Assembly area and the route will be signed. The route to the Start crosses a minor road so parents may want to accompany children to it. You must collect your race number before you leave the Assembly Complex. There are no toilets at the start.



MAP

1:5,000, with minimal contours. Updated & extended by Remo Madella, August 2018

COURSES

These details are subject to final controlling. 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 than the straight-line distance.

Course	Class	Course Length (Km)	No. of Controls	Control Descriptions
1	Men's Elite Men's Open Men's Under 21 (M20-)	4.2	32*	IOF Pictorial
2	Women's Elite,	3.9	26	IOF Pictorial

	Women's Open Women's Under 21s (W20-) Men's Vets (M40+)			
3	Women's Vets (W40+) Men's Super Vets (M55+)	3.4	25	IOF Pictorial
4	Women's Super Vets (W55+) Men's Ultra Vets (M65+)	2.8	25	IOF Pictorial
5	Women's Ultra Vets (W65+), Women's Hyper Vets (W75+) Men's Hyper Vets (M75+) Newcomers	2.4	20	IOF Pictorial + English Text for Newcomers
6	Juniors (M/W16-)	1.7	15	IOF Pictorial & English Text
7	Children (M/W12-)	1.1	11	IOF Pictorial & English Text

*Check that your SI card can handle this number of controls

PLANNER'S NOTES

Given the earlier onset of twilight at this time of year (sunset is at 19:15) competitors with late start times are advised to wear a small headtorch to help read their map in the gloom.

A dangerous road (Rotherhithe Tunnel Approach) has been marked with vertical hatching and a solid purple line along the edge. It is not on any logical route - do not attempt to cross it.

Courses 1-5. These courses cross or run along a number of roads that may feature fast moving traffic, take care at all times.

Courses 6 & 7 (Juniors & Children) are mainly in pedestrianised areas and only cross minor roads with limited traffic. Nonetheless the usual care will be needed when crossing roads. Given the onset of twilight we suggest that competitors on these courses aim to start before 19:00

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, underpass and stairs. Spare legends will be available at Enquiries.

A number of areas, particularly an open area near the finish, will have certain edges or parts taped off - do not cross the tapes

SPECIAL CONTROL DESCRIPTIONS:

X Man made Object (Concrete Bench)

Saturday 15th City of London & the South Bank

A EURO TOUR City Race

OVERVIEW



LOCATION & ASSEMBLY

The Assembly complex location and travel details are exactly the same as Friday's event. Refer to that section for information.

NOTE: Industrial action is scheduled for South Western Trains on this day. Based on previous experience some lines will run unaffected and some will be closed – check online nearer the time.

TRADERS & CATERING

Due to ongoing building works we are not able to provide water – please bring your own **Clif** Bars kindly provided by our sponsors **Clif** (<http://www.clifbar.co.uk>) will be handed out after you have downloaded.

The following traders will be present. They will be in a separate car park within the school grounds but about 50m from the main Assembly area – make sure to seek them out.

- Toms Catering
- CompassPoint

STARTS

The route to the Starts will not be signed but you can pick up a warm up map (at 1:6,000) on leaving Assembly which will show the way.

The Far Start is 2000m from the Assembly area. The route to the Start crosses Tower Bridge. There are planned lifts at 12.00, 12.30, 13.30 and 13.30 which will add about 5 minutes to the time to the start. Try to allow for this – but we will adjust start times accordingly if necessary! There are public toilets a few hundred metres from this start (marked on the map) but there is a fee of 50p payable.

The Near Start is 600m from Assembly and is passed on the way to the Main Start. There are no toilets at this start. The route crosses a minor road so parents may want to accompany children to it.

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

COURSES

Course	Class	Course Length (km)	Number of Controls	Start	Control Descriptions
1	Men's Elite	8.7	31*	Far	IOF Pictorial
2	Women's Elite	7.2	29	Far	IOF Pictorial
3	Men's Vets (M40+) Men's Under 21 (M20-)	7.4	31*	Far	IOF Pictorial
4	Women's Vets (W40+) Women's Under 21s (W20-)	6.3	26	Far	IOF Pictorial
5	Men's Super Vets (M55+) Men's Open	5.5	25	Far	IOF Pictorial
6	Women's Super Vets (W55+) Women's Open	4.4	21	Far	IOF Pictorial
7	Men's Ultra Vets (M65+)	5.0	22	Far	IOF Pictorial
8	Mens Hyper Vets (M75+) Women's Ultra Vets (W65+) Newcomers	4.1	20	Far	IOF Pictorial + English Text for Newcomers
9	Womens Hyper Vets (W75+)	2.9	14	Far	IOF Pictorial
10	Juniors (M/W16-)	3.6	18	Near	IOF Pictorial & English Text
11	Children (M/W12-)	1.4	13	Near	IOF Pictorial & English Text

*Check that your SI card can handle this number of controls

MAP

Updated & extended by Remo Madella, August 2018

1:5,000, with minimal contours (2.5m). Updated & extended by Remo Madella, August 2018

PLANNER'S NOTES

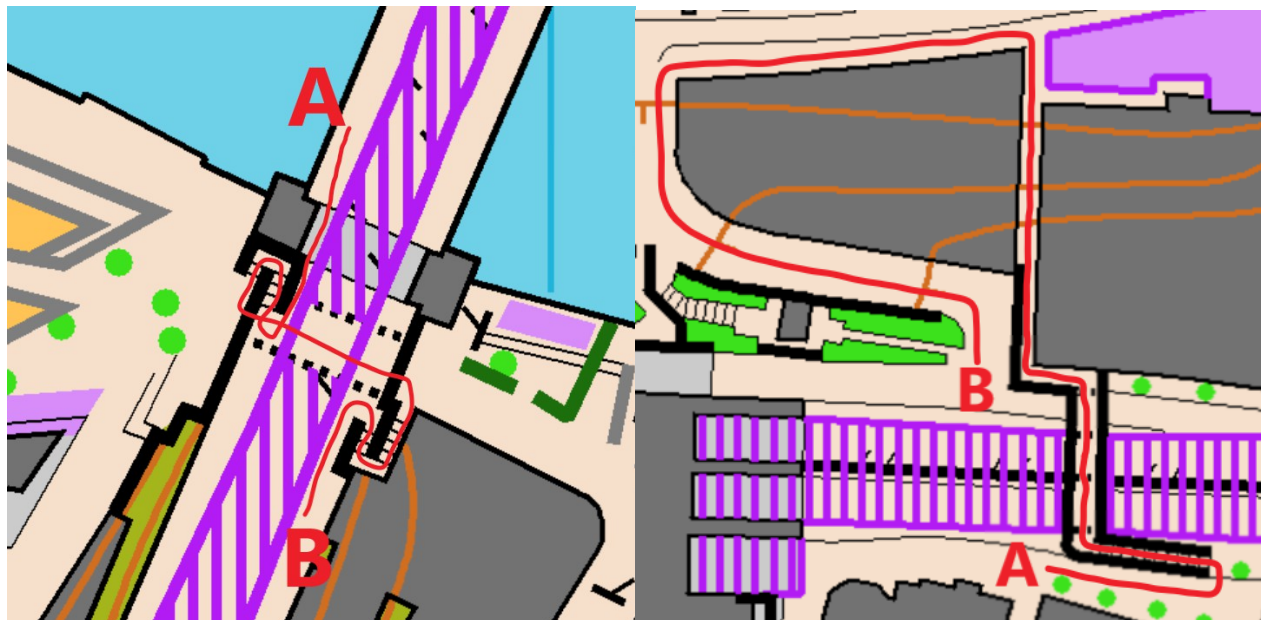
Courses 1-9

These courses cross or run along a number of roads that may feature fast moving traffic, take care at all times.

Courses 10 & 11 (Juniors & Children) are mainly in pedestrianised areas and only cross minor roads with limited traffic. Nonetheless the usual care will be needed when crossing roads. 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, underpass and stairs. Spare legends will be available at Enquiries.

The route to the start crosses the mouth of St Saviour's Dock, shortly before the Near Start. Because this bridge is very narrow, it is out of bounds to competitors during the race. Courses have been planned to pass around the head of the dock, along Jamaica Road.

Several dangerous roads (Tower Bridge, London Bridge and Thames Street) have been marked with vertical hatching and a solid purple line along the edge. Where it is possible to cross underneath the road using an underpass or tunnel, the hatching has been removed from over the tunnel for clarity. For example, in the excerpt below you may cross from A to B by descending steps, passing through the tunnel, and ascending steps on the other side. You must not attempt to cross at "street level" - this is made clear by the solid purple line over each end of the tunnel. Likewise, where a bridge crosses above a dangerous road you must only cross it by means of the bridge.



Borough Market and Hay's Galleria have been marked out of bounds (with vertical hatching) as they are very crowded on a Saturday. The edge of the out of bounds area generally follows the outer line of market stalls; do not attempt to enter this area during your run - but do visit afterwards!

PRIZEGIVING

In the Race Arena, at approximately 15:00. Please stay for the prize-giving to show your support. If the event of bad weather the prizegiving will be moved into the School Hall.

Sunday 16th September – Bloomsbury

RACE LOCATION AND ACCESS

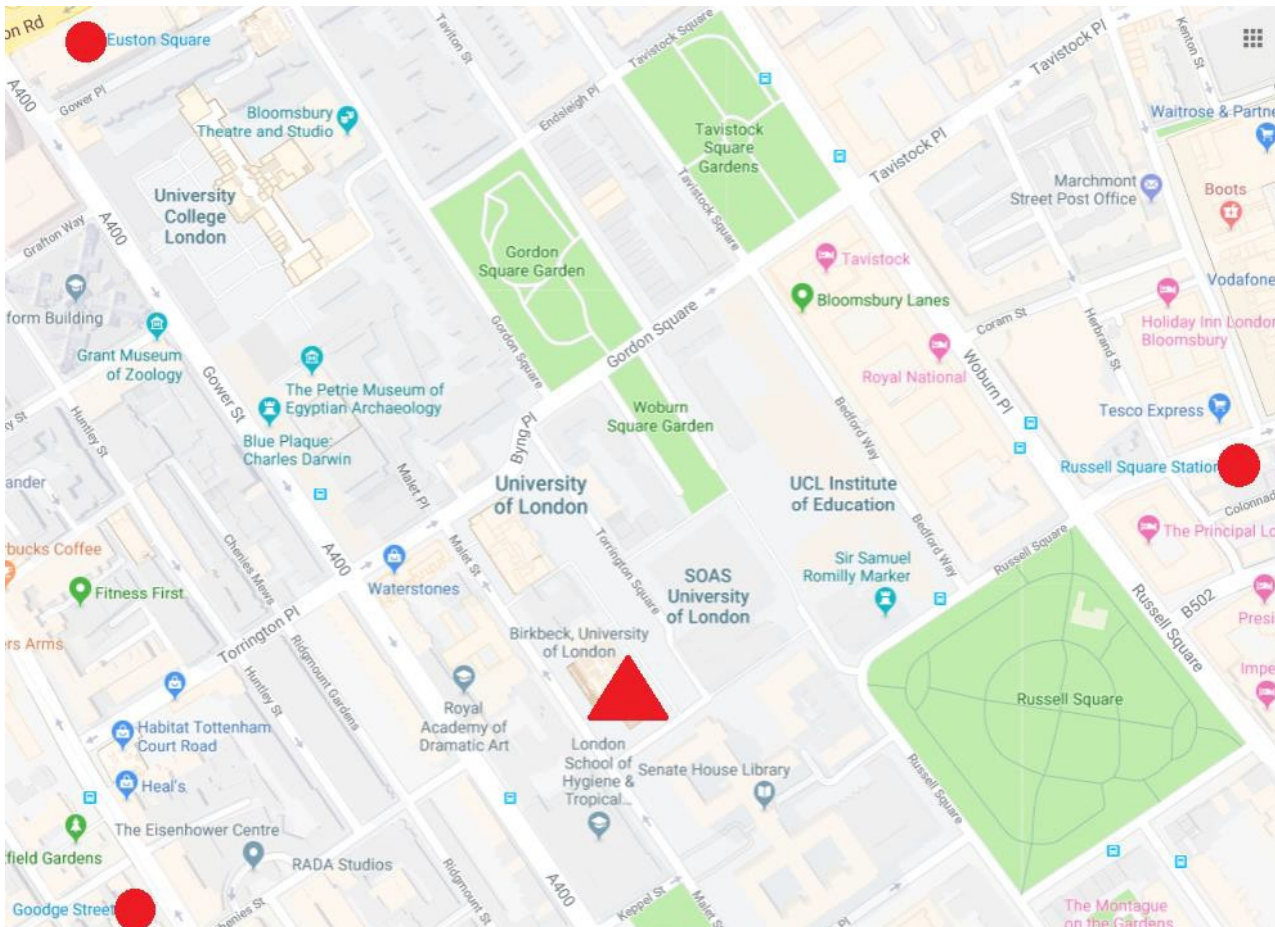
OVERVIEW



LOCATION

Birkbeck College, Torrington Square, WC1E 7HX

The entrance will be signed from Torrington Square, just to east of Mallet Street



TRAVEL



Nearest underground Stations are Euston Square and Godge Street, with Euston mainline station also only 15 minutes on foot



Sunday parking is free around the area ... try Mallet Street first as it's quiet



For those arriving by Santander Cycle Hire, the nearest cycle docking stations are (red dots):



ASSEMBLY

The Race Arena, adjacent to the University building, contains the following:

- Finish
- We do not have permission for club tents or sail flags (unless they are freestanding).

University Building:

- Race Number collection
- Enquiries (open from 17:15)
- Entry on the Day (open from 17:15)
- Results display
- Toilets
- Download
- Bag storage (Please note bags are left at your own risk)

TRADERS & CATERING

We have arranged for the café to be open from 09:00 hrs.

WATER

None provided. Bring your own

MAP

Map will be at a scale of 1:4,000; printed on A4 waterproof paper
Drawn by David Saunders 2014, updated August 2018 by Julie & Ronan Cleary.

TERRAIN

The terrain is urban; pavements, road crossings, alleyways and small parks

COURSES

These details are subject to final controlling. 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 than the straight line distance.

Course	Class	Course Length (Km)	No. of Controls	Control Descriptions
1	Men's Elite Men's Open Men's Under 21 (M20-)	4.4	27	IOF Pictorial
2	Women's Elite, Women's Open Women's Under 21s (W20-) Men's Vets (M40+)	4.0	23	IOF Pictorial
3	Women's Vets (W40+) Men's Super Vets (M55+)	3.3	20	IOF Pictorial
4	Women's Super Vets (W55+) Men's Ultra Vets (M65+)	2.5	16	IOF Pictorial
5	Women's Ultra Vets (W65+), Women's Hyper Vets (W75+) Men's Hyper Vets (M75+) Newcomers	1.9	14	IOF Pictorial + English Text for Newcomers
6	Juniors (M/W16-)	2.0	22	IOF Pictorial & English Text
7	Children (M/W12-)	1.5	18	IOF Pictorial & English Text

PLANNER'S NOTES

There is no meaningful climb on any course

Courses 1-5

These courses cross or run along a number of roads that may feature fast moving traffic, take care at all times.

Courses 6 & 7 (Juniors & Children) are mainly in pedestrianised areas and minor roads with limited traffic. However, they do include manned road crossings, which are timed out.

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.

Urban Maps

General notes for those new to this type of event

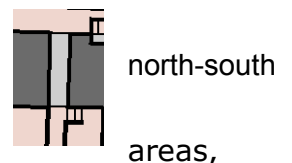
The map is drawn to ISSOM 2007, the International Sprint Map standard, and it uses some symbols with which “forest orienteers” may be unfamiliar. It is of great importance that all competitors are aware of these, especially those which denote “passability”. The most important map symbols used are shown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
















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, although the Children's and Newcomers courses will also have 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
-  Hedge or linear thicket
-  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 (but 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 not to be entered. Such areas might be flower beds, railway areas or private property.