

12th London City Races

20 -21- 22 September 2019

1 City = 3 Races = 1 Great Weekend of Orienteering

Welcome once again to the triple delight of the London City Race Weekend. This year we offer you three sharply contrasting areas to challenge your orienteering skills.

Our apologies for the late opening of entries for these events. However, we have had major access issues with 2 of our planned areas and needed to get solutions in place before we took entries. Having said that, entries are now open via SI Entries [here](#)

SUMMARY:

20th SEPTEMBER 2019 - FRIDAY EVENING: Middlesex University, Hendon campus

21st SEPTEMBER 2019 - SATURDAY: City of London including the Barbican

22nd SEPTEMBER 2019 - SUNDAY MORNING: Greenwich Park and surrounds

Note that the location of both Friday and Saturday's events are changed from the initial publicity

ENTRIES

Entries through SportIdent entries <https://www.sientries.co.uk>

CLOSING DATE - SUNDAY, 15 SEPTEMBER AT 23:59

ENTRY FEES

Note that the following rates apply for members of BOF and Overseas clubs.

There is a surcharge of £2 for Adult non-members (£1 for Juniors)

There is a reduced rate for the designated Newcomers course on each day. See the SI entries system for details

		Friday		Saturday		Sunday	
	<i>Closing dates</i>	Senior	Junior	Senior	Junior	Senior	Junior
Early Bird	Sunday 1 st September (23:59)	£8.00	£4.00	£12.00	£4.00	£9.00	£4.00
Final	Sunday 15 th September (23:59)	£10.00	£5.00	£14.00	£5.00	£11.00	£5.00
EOD	On the Day	£12.00	£6.00	£16.00	£6.00	£13.00	£6.00

EXTRAS

SI Card Hire	Per Day	All 3 Days
Standard Dibber	£1.00	£2.00
SIAC	£2.50	£5.00
Technical T shirts	£8.50	
Enter all 3 Days Discount	-£3.00	

ELECTRONIC PUNCHING

All races will use SI Punching, with controls activated for contactless punching. You can use either a contactless or a non-contactless SI card. SI cards are available for hire: Contactless (£2.50) and non-Contactless (£1). Please reserve them when you enter.

20th SEPTEMBER 2019 - FRIDAY EVENING

LOK present a Sprint Race in the Middlesex University Campus

TERRAIN: A small but beautiful car free campus with closely packed irregular buildings.

EVENT CENTRE

Middlesex University Campus, The Burroughs, Hendon, London NW4 4BT

Facilities; Enquiries, toilets

TRAVEL:

Hendon Overground station. 15 minute walk or 183 bus to campus

Hendon Central Underground Station (Northern Line, Edgware branch). 10 minutes' walk

MAP: 1:2000

START TIMES: 6:00pm to 7:15pm

COURSES			
Course	Class	Course Length (actual running) km	Estimated Winning Time
1	Men's Elite Men's Open Men's Under 21 (M20-)	3.5	15 minutes
2	Women's Elite, Women's Open Women's Under 21s (W20-) Men's Vets (M40+)		15 minutes
3	Women's Vets (W40+) Men's Super Vets (M55+)		15 minutes
4	Women's Super Vets (W55+) Men's Ultra Vets (M65+)		15 minutes
5	Women's Ultra Vets (W65+), Women's Hyper Vets(W75+) Men's Hyper Vets (M75+) Newcomers		15 minutes
6	Juniors (M/W16-)		15 minutes
7	Children (M/W12-)		15 minutes

*Course lengths subject to controlling

21st SEPTEMBER 2019 - SATURDAY

SLOW present a Classic distance Urban Event in the City of London including the Barbican housing complex

TERRAIN: City Centre urban with some small open spaces. All courses will encounter the challenge of the multi-level Barbican complex. In addition, all courses except under 16s will visit the many small alleyways characteristic of the ancient heart of London

EVENT CENTRE

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Facilities; Enquiries, toilets and a room to leave kit during the race.

TRAVEL:

- Barbican Underground station - 5 minutes' walk to Event Centre
- Moorgate Underground station – 10 minutes' walk to Event Centre

MAP: 1:5000

START TIMES: 10:00am to 2:00pm

CLASSES		
Class	Class	Approx Course Length (Straight Line) km
1	Men's Elite	9
2	Women's Elite	7
3	Men's Under 21 (M20-)	7
4	Women's Under 21 (W20-)	5.25
5	Men's Vets (M40+)	7
6	Women's Vets (W40+)	5.25
7	Men's Ultra Vets (M65+)	5
8	Women's Ultra Vets (W65+)	3.5
9	Men's Open	5.5
10	Women's Open	4
11	Men's Hyper Vets(M75+)	4
12	Women's Hyper Vets (W75+)	2.5
13	Juniors (m/W16-)	4
14	Children (M/W12-)	1.5
15	Newcomers/Tourist	4

Note: Course/Class combinations depend on entry numbers

*Course lengths subject to controlling

22nd SEPTEMBER 2019 – SUNDAY MORNING

DFOK present a Middle Distance Race in Greenwich Park and surrounds.

DFOK Website

<http://www.dfok.co.uk/content/events/GreenwichParkandUrbanRace/index.html>

TERRAIN: All courses will use Greenwich Royal Park, home to the Royal Observatory and the Prime Meridian, the longitudinal line dividing the Eastern and Western hemispheres. All courses will cross the meridian line at least twice so you will run in both the Eastern and Western hemispheres. The courses for those under 16 are exclusively within Greenwich Park. The longer courses visit the park and also some streets in the surrounding urban area. There is a height difference within the park of 25m. There are spectacular views northwards towards Canary Wharf, from the top of the hill for those welcoming a rest on their run!

EVENT CENTRE

New Haddo, Greenwich West Community & Arts Centre, 29 Tarves Way, Greenwich, SE10 9JU.
[Facilities](#); Enquiries, toilets and a large room to leave kit during the race.

TRAVEL:

The Event Centre is adjacent to Greenwich station and accessible by steps down from the Docklands Light Railway (DLR) platform. Greenwich station is on the SouthEastern lines from Charing Cross, Waterloo East and London Bridge. It is also on the DLR from Bank, Tower Hill Gateway and Stratford. There are easy connections to London City Airport via the DLR. There is very limited street parking in the area and arriving by public transport is advised.

START TIMES: 9:00 to 11:15am

Map: 1:5000

COURSES		
Course	Class	Course Length (Km)
1	Men's Elite Men's Open Men's Under 21 (M20-)	6.5
2	Women's Elite, Women's Open Women's Under 21s (W20-) Men's Vets (M40+)	5.2
3	Women's Vets (W40+) Men's Super Vets (M55+)	4.7
4	Women's Super Vets (W55+) Men's Ultra Vets (M65+)	3.8
5	Women's Ultra Vets (W65+), Women's Hyper Vets(W75+) Men's Hyper Vets (M75+) Newcomers	3
6	Juniors (M/W16-)	2.7
7	Children (M/W12-)	1.6

*Course lengths subject to controlling