

13th LONDON CITY ORIENTEERING RACE

3rd September 2022

FINAL DETAILS (v1)

Welcome to the 13th London City Race, which once again is part of a three event weekend. The London City Race features intricate back alleyways, parks and some memorable sights providing high class orienteering – but do look up from time to time and enjoy the views!

READ THIS IF NOTHING ELSE

Start Times will be posted at https://www.sientries.co.uk/list.php?event_id=10142

Competitors are required to collect and wear a Race Number. This bib will also act as a security pass to the Assembly building. Bibs will be issued from 09:00 at the entrance to the KCLSU building (see below).

Water NOT provided – please bring your own.

- Start Times: 10:00-13:00
- Distance to Start: 300m
- Course closing time: 15:00. You must have finished by this time and downloaded soon after.

Control units will be SIAC (“touch-free” punching) enabled but with a punching Start.

The following courses have more than 30 controls:

- Course 1: Men's Elite, M20
- Course 2: Women's Elite, W20
- Course 3: Men's Vets (M40+) & Men's Open

It is the competitor's responsibility to ensure that their SI card can handle this.

Map:

- One page, scale is 1:5000 (Courses 1 to 6) or 1:4000 (Courses 7 to 11).
- The map is drawn to ISSprOM 2019 but not ISSprOM 2019-2.

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

Tip: Consult the Transport for London website at <https://www.tfl.gov.uk/> for full travel options and late-breaking information on Underground station or line closures.

LOCATION & TRAVEL

Assembly is in Bush House South East Wing, Kings College London Student Union, Bush House WC2B 4BG.

what3words ///added.month.smile

RACE BIBS

Due to KCLSU security requirements, competitors must display their race bib to KCLSU Security **every time** they enter the Assembly building. Therefore, on arriving at Assembly for the first time, you must collect your bib from one of the SLOW helpers in the entrance lobby **before entering the main building**. This bib will act as a security pass to the Assembly building so you must have it with you every time you enter it. Bibs will be issued from 09:00 at the entrance to the KCLSU building (see below).

You **must** wear your bib during the race.

There will be separate arrangements for non-runners, who should make themselves known to one of the helpers.

TRAVEL



Rail: Nearby Underground stations are:

- Temple: 400m / 5-minute walk from Assembly
 - Circle & District Lines
- Holborn: 700m / 10-minute walk from Assembly
 - Central & Piccadilly Lines
- Waterloo: (1200m / 15-minute walk) from Assembly
 - Bakerloo, Jubilee & Northern Lines) plus National Rail
- Blackfriars: (1200m / 15-minute walk) from Assembly
 - Circle & District Lines plus Thameslink (National Rail)



Bicycle: Cycling is one of the best ways to get to the race! Note that there are no KCLSU bike racks and some public ones on the Strand are out of use because of the extensive pedestrianisation works. However, Active Things is a website that shows cycle parking locations - including a photo and number of spaces. There are loads. You can also hire a Santander Cycles bikeshare bike from any of nearly 800 docking stations in central London. The nearest docking station to Assembly is <100m away on The Strand. There are also bikeshare bikes operated by HumanForest, Dott, TIER and Lime, and shared e-scooters operated by the latter three too.



Car: Public transport is the best option as there is limited parking available near Assembly, although Saturday is easier than weekdays and public car parks remain expensive. The Congestion Charge (£15) applies from 12:00-18:00 on Saturday and Sunday. Also, depending upon the age of your car the ULEZ charge may also apply.



Bus: There are multiple bus routes serving this area.

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

FACILITIES AT ASSEMBLY

- Bib collection (before entering). Open from 09:00.
- Enquiries (open from 09:00)
- SI and SIAC hire collection
- Café with light snacks, hot and cold drinks
- Bib Collection
- Toilets
- Download
- First Aid
- Bag storage (Please note bags are left at your own risk)

Note: there are **no** dedicated changing rooms or showers.
You **must not** unplug any device or screen while at the Event Centre.

START TIMES

These are posted at https://www.sientries.co.uk/list.php?event_id=10142. 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. Parents wishing to shadow must have completed their run first if they wish to be competitive on their course.

START

The Start is 300m from the Assembly area and the route will be signed. 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 punch at the start control and then pick up a map from the correct map box for your course and go!

ELECTRONIC PUNCHING

Control units will be SIAC enabled so competitors can either **punch** or **swipe** depending upon which type of SI Card they are using. All competitors must **punch** at the Start box, but all other units, including the Finish will be SIAC enabled.

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. Most 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

The FINISH is 500m from Assembly. There will be a Safety Control immediately after the Finish. All competitors must 'dib' at this before proceeding straight to Download.

DOWNLOAD

YOU MUST DOWNLOAD AT ASSEMBLY, EVEN IF YOU ABANDON YOUR RACE. This is a safety check to ensure that all competitors are back. 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 or £60 if you lose a hired SIAC card.

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.**

LATE ENTRIES

There will be no Entry On The Day at the event, but entries will be accepted online at https://www.sientries.co.uk/event.php?elid=Y&event_id=10142 until 12:00 on Saturday 3rd September. However, entry to some courses may close earlier if they are full - places are likely to be very limited on some courses.

CLOTHING & FOOTWEAR

Full body cover is **not** required, shorts and singlets may be worn. Studded or spiked shoes would be a bad choice for this event – wear trainers or similar.

COURSES

Distances shown are those using the shortest feasible routes.

Course	Class	Length (km)	Number of Controls	Scale	Descriptions
1	Men's Elite Men's Under 21s (M20-)	11.6	33*	1:5000	IOF Pictorial
2	Women's Elite Women's Under 21s (W20-)	9.5	31*	1:5000	IOF Pictorial
3	Men's Vets (M40+) Men's Open	9.9	31*	1:5000	IOF Pictorial
4	Men's Super Vets (M55+)	7.7	24	1:5000	IOF Pictorial
5	Women's Vets (W40+) Women's Open	7.9	25	1:5000	IOF Pictorial
6	Men's Ultra Vets (M65+) Women's Super Vets (W55+)	6.4	21	1:5000	IOF Pictorial
7	Men's Hyper Vets (M75+) Women's Ultra Vets (W65+)	5.0	19	1:4000	IOF Pictorial
8	Women's Hyper Vets (W75+)	3.7	16	1:4000	IOF Pictorial
9	Juniors (M/W16-)	3.5	17	1:4000	IOF Pictorial & English Text
10	Children (M/W12-)	1.6	13	1:4000	IOF Pictorial & English Text
11	Newcomers	4.8	19	1:4000	IOF Pictorial & English Text

*If using your own SI card, check that it can handle this number of controls.

TERRAIN

City Centre urban with some small open spaces. Over 95% on hard surfaces, with the remainder on grass.

WATER

None provided, although there is one tap at Assembly. Competitors should bring their own drinks and ensure adequate hydration pre and post event.

CATERING

The Shack Café (tea/coffee/cakes/sandwiches) is based at Assembly and is opening specially for our event from 10:00-15:00. Please give them your patronage.

MAP

1:5000 with minimal contours (2.5m), 1:4000 for selected courses (see above). Updated by Don McKerrow, August 2022.

The map is drawn to ISSprOM 2019 but not ISSprOM 2019-2. This means passable walls are shown as black lines with single dots, and areas passable underneath are shown as stripes of white plus whatever colour shows what is above (usually white with brown stripes for paved area above). The newest change incorporating black triangles to show access to areas passable at two levels is not used.

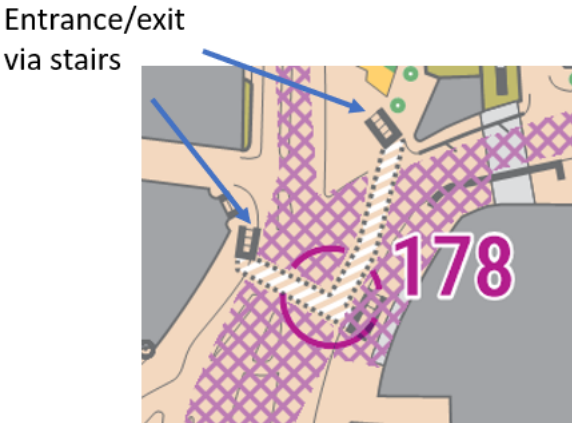
It is the competitor's responsibility to know the symbols in use, especially those relating to uncrossable barriers and out of bounds areas. However, we would like to emphasise the following:

EXAMPLES OF PASSABLE AT 2 LEVELS SYMBOLS



Surface level road (solid brown) with two pedestrian over-bridges (striped)

For safety, competitors on longer courses (everyone except courses 9 and 10) will cross a busy road (complete with separate large cycle lane) by an underpass, which is mapped as shown:









There is a control in the underpass.

UNPASSABLE/OUT OF BOUNDS (STANDARD RULES)

No wall or fence mapped as Impassable may be crossed. 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.

Failure to comply with the above may result in disqualification. There will be marshals out around the courses checking.

SYMBOLS

SYMBOL	COLOUR	MEANING
	Black	Impassable fence
	Black	Impassable wall
	Light grey	Canopy – may be passed under
	Green/yellow	Forbidden access (as for “forest maps”)
	Purple	Out of Bounds (construction site)
	Purple	Out of Bounds

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).

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. 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. 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!

PLANNER'S NOTES

ALL COURSES

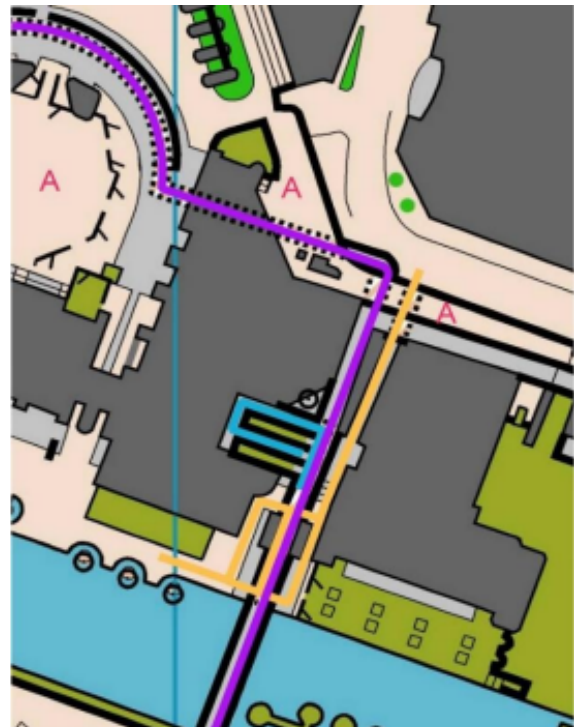
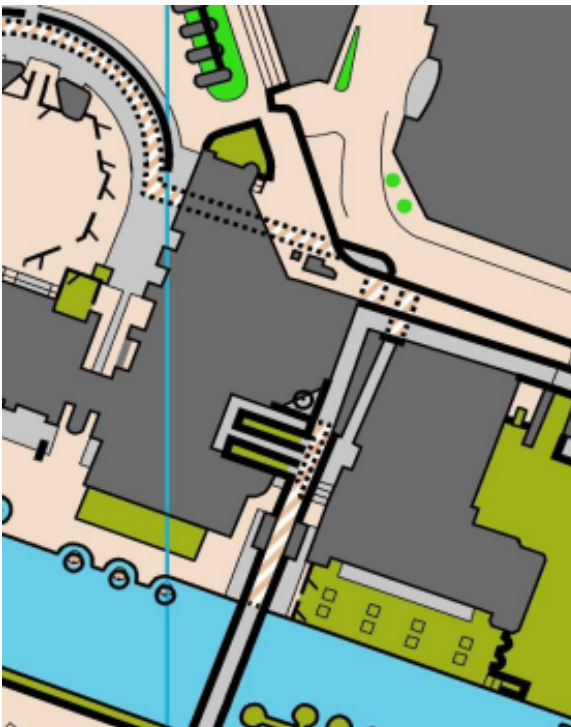
All courses start by entering the Temple complex in the west, exit at the eastern gate, then return later to finish in the Temple. Other than at the start, you should only use the eastern gate to exit and re-enter the Temple during your course. All other gates will be closed or are out of bounds (and will be marked on the map as such).

COURSES 1-8 AND 11 (THE ADULT COURSES)

These courses cross or run along a number of roads that may feature fast moving traffic, take care at all times. In-particular be aware of dedicated cycle paths, where bikes may not be moving in the same direction as the traffic. Note the comments above showing the control in the underpass.

THE BARBICAN

- Some courses may encounter the multi-level Barbican complex.
- The Barbican is made up of 3 levels. The left map below shows what your race map will show, the right map has some lines added for explanation. You can see:
 - The lower, ground level with a way through shown in **orange** on the right-hand map. This route is not entirely level; going north involves going down some steps which can be seen on the map
 - The middle level with a way through shown in **purple**.
 - A route shown in **blue** which links the lower and middle levels
 - The upper level marked **A** in **red** does not connect at all, in the area shown, with the middle or lower levels.



Also note the olive green next to the blue line. This shows routes into the building which are strictly 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.

COURSES 9 & 10 (UNDER 16S)

These are mainly in the Temple areas and quiet roads immediately to the east, with limited traffic. Nonetheless the usual care will be needed when crossing roads – cars **may** still be present in the Temple. Parents should make sure that their charges know the map and control descriptions for urban features. Spare legend sheets will be available at Enquiries.

CONTROL DESCRIPTIONS

Printed on the map for all courses. The Children, Junior and Newcomers courses will have both IOF and English text descriptions, all other courses will have IOF descriptions only. Loose control description sheets printed on waterproof paper will be available in the start lanes for all courses.

RESULTS

Results will be available online (only). These will be updated every 5-10 mins. QR codes for the results site will be on display at various point in Assembly and on your Download printout.

PRIZEGIVING

In Assembly, as soon as possible after 14:15. The top 3 in each class will receive a small memento. Please stay for the prize-giving to show your support.

SAFETY & RISK

Orienteering is an adventure sport. While we have carried out a full risk assessment of the competition area, and put in place mitigation of found risks, please be aware that competitors take part at their own risk.

There is little traffic on many of the roads in the competition areas. However, no roads are closed for the event, 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.

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.

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.

It is a privilege to run this type of race in a major city centre. Please do not jeopardise future use of the area for orienteering, through reckless or inconsiderate running which causes annoyance or injury to others. **ENSURE THAT YOU RUN WITHIN YOUR CAPABILITIES.**

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 compete on the Juniors or Children's courses, which have planned to use the Inner and Middle Temples plus the nearby traffic-controlled areas. If you have entered Under 16's on any other course than these please contact the Entries Secretary immediately to change to one of these courses.

The route to the Start and that returning from the Finish cross a busy road. It is therefore recommended that those under 16 are accompanied by a responsible adult to the Start and walk back from the Finish accompanied by a responsible adult.

SAFEGUARDING/CHILD PROTECTION

Competitors are permitted to carry a mobile phone for use in an emergency and children and vulnerable adults are encouraged to do so. The Emergency Contact number printed on your map. It is 07307 187567 and will be held at the Enquiries Desk at Assembly. The lost child handover point is the Enquiries Desk at Assembly.

Juniors should be advised that if they feel concerned about their safety at any point, they should approach an adult competitor (recognizable by their race bib) for assistance. If adult competitors become aware of a suspicious incident or are approached by a concerned child, it is their responsibility to provide immediate assistance. Any incident must be reported to Enquiries.

Any Under 16s travelling on their own should notify Enquiries of their attendance.

MEDICAL SERVICES

PERSONAL INFORMATION

There will be spaces for contact details and medical information on the back of your bib. Please complete this both for your own benefit and to assist the event officials in the case of an incident.

Anyone with a known medical condition should complete the form https://www.britishorienteering.org.uk/images/uploaded/downloads/officials_handbook_safety_firstaid_medical_form_280514.doc, place it in a sealed envelope addressed with their name and leave it at Enquiries. Envelopes will only be opened if required for a medical emergency and unopened envelopes will be destroyed immediately after the event.

FIRST AID

On site First Aid will be provided by **First Aid Cover Ltd** and be based at Assembly. We extend our thanks for their assistance.

In the event of a medical emergency whilst on a course:

- For a critical issue, phone 999.
- For a non-critical issue, phone the Emergency Contact number printed on your map (07307 187567) and an event official will attend with a First Aid kit.

EMERGENCY HOSPITAL SERVICES

- 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

COVID-19

Anyone displaying symptoms of Covid-19 must not travel to the event. A refund will be available for such case. We ask that all competitors take a lateral flow test prior to travelling.

PARTICIPANT CODE OF CONDUCT

By entering this event competitors agree to abide by the Participant Code of Conduct, a copy of which can be found on the British Orienteering website.

PHOTOGRAPHY

In accordance with British Orienteering's Child Welfare Policy and Procedures, we request that any person wishing to engage in any video, zoom or close-range photography should read and comply with section 4.8 of British Orienteering's O Safe Policy. 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, contactable via Enquiries. Official photographers are required to register with British Orienteering and wear a special hi-vis vest. Anyone who does not wish to have their photo taken should obtain a form from Enquiries or the British Orienteering website and hand it in to Enquiries. You will be identified by your bib number.

MISCELLANEOUS

Competitors agree that we may publish their personal information as part of the results of the Event and pass such information to British Orienteering (our governing body) or any affiliated organisation for the purposes of insurance, safety checks or for publishing results either for the event alone or combined with or compared to other events. Results may include (but are not limited to) name, any club affiliation, race times and age group.

CONTACTS

For any questions concerning entries, email cityraceentries@slow.org.uk. For any other questions email london@cityrace.org. Please check the website at <https://cityrace.org/> for any last minute news.

OFFICIALS

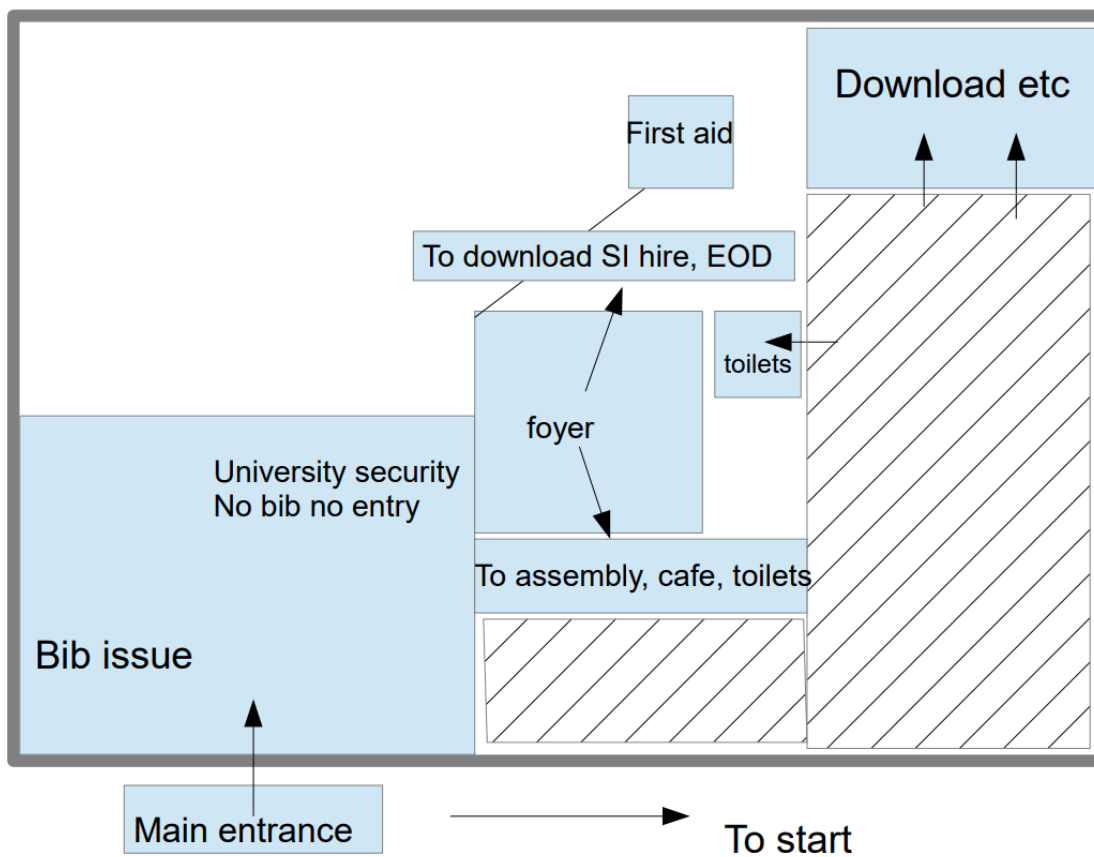
Planner:	Steve Clelland (SLOW)
Organiser:	Sarah Brown (SLOW)
Controller:	Simon Errington (HH)
Entries Manager:	Nigel Saker (SLOW)
SI Guru:	Gordon Parker (SLOW)
Weekend Coordinator:	Alan Leahey (SLOW)
Website:	Paul Street (SLOW)

ACKNOWLEDGEMENTS

Thanks for access and facilities are due to:

- Kings College London Students Union (KCLSU)
- The City of London Corporation
- The Inner and Middle Temples

ASSEMBLY LAYOUT



King's College Student Union, The Strand