

# 14<sup>TH</sup> LONDON CITY ORIENTEERING RACE



16th September 2023

Supported by



FINAL DETAILS (Version 1)

Welcome to the 14th London City Race which is part of a three-event weekend that includes a Park Race on Friday evening organised by Dartford Orienteers, and the British Sprint Relay Championships at Brunel University on Sunday organised by London Orienteering Klubb. New this year is an Accessible course designed for wheelchair users.

The London City Race is centered on Canada Water, which is part of an evolving area of former docks, and offers an extensive, intricate mix of low-rise urban redevelopment plus parkland and waterfront spaces. There is minimal vehicle traffic due to its location in a bend of the Thames.

We are very pleased that this year's event is supported by **Decathlon** with Assembly on the 1st floor of their Surrey Quays store – please use the escalator once you enter the store.

The race is part of the City Race Euro Tour series and also the UK Urban Orienteering League for 2023.

The BOF AGM will take place at 3p.m. in a space adjacent to the Event Centre.

## READ THIS IF NOTHING ELSE

Start Times (selected by you) are posted at: [https://www.sientries.co.uk/list.php?event\\_id=11916](https://www.sientries.co.uk/list.php?event_id=11916)

Competitors are required to wear a Race Number. Bibs will be issued in the Event Centre.

- Start Times: 10:00-13:00
- Distance to Start: 700m
- Course closing time: 15:00

Control units will be SIAC-enabled ("touch-free" punching), including the Finish but with a punching Start. The following courses have more than 30 controls (it is your responsibility to ensure that your SI card can handle this – please book a SIAC online in advance if one required):

- Course 1: Men's Elite, Men's Under 21s (M20-)
- Course 2: Women's Elite, Women's Under 21s (W20-)

Map: Scale 1:4,000 with 2.5m contours. Size A3+ for all courses. Courses 1 - 3 have double-sided maps.

Water is NOT provided. There are a number of food and drink outlets in the surrounding area.

**YOU MUST DOWNLOAD EVEN IF YOU ABANDON YOUR RACE**

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



## LOCATION AND EVENT CENTRE

The Event Centre is at the Decathlon Store, 9 Maritime Street, London SE16 7FU. This is very close to **CANADA WATER** Underground, Overground & Bus Station  
**What3Words: ///soft.clouds.pram**

Decathlon Surrey Quays is a large sports and outdoor activities shop. The ground floor is used for sports kit and equipment sales. We are using a part of first floor as the Event Centre, where you will find bib collection, a changing area, registration, download, enquiries and bag storage (note that bags are left at your own risk). When you enter the Decathlon building, please use the escalator ahead of you to go straight to the Event Centre on the first floor.



We hope to have some changing cubicles available adjacent to the main competitor space – follow signs. Please do not use the toilet cubicles to change as this just creates queues for everyone. Note that there are no showers.

The Event Centre is marked out by screens but is not fully enclosed. It is not expected that many members of the general public will access the first floor, but they are not prohibited from doing so.

There are toilets in the basement. Shoppers visiting the store may also use these toilets. If queues build up, we will ask competitors to allow shoppers to queue-jump as we wish to maintain good relations with Decathlon and their customers.

There are stairs serving the basement, ground and first floors. Limited lifts are available.

## TRAVEL



**Rail:** The nearest station is **Canada Water**, which is on the London Overground and Jubilee lines. When exiting Canada Water station follow signs to the Bus Station, then cross the road and it is about 150m walk down the wide pedestrianized area to Canada Water itself. You will soon see the large blue and white Decathlon sign.



**Bicycle:** Cycling is one of the best ways to get to the race! There are bike racks near to the entrance into Decathlon plus plenty of space (but no racks) in the Decathlon car park. You can also hire a Santander Cycle Hire bike from any of over 400 docking stations in central London. The nearest docking station to the Event Centre is at Canada Water station.



**Car:** There is ample car parking in Decathlon's basement car park. Parking is free for 4 hours. After this you need to give your car details at the Decathlon reception desk on the ground floor – there is no payment option. Access to the car park is from Surrey Quays Road. Note that this is in the ULEZ zone, so older cars will need to pay the £12.50 daily charge (for details, see <https://tfl.gov.uk/modes/driving/ultra-low-emission-zone>).



**Bus:** There are several bus routes that stop at Canada Water bus station.

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

## WATER AND CATERING

Water is not provided. Competitors should bring their own drinks and ensure adequate hydration before and after the event.

There is no catering in the Event Centre but there are a number of other eating and drinking places nearby.

## RACE BIBS AND PERSONAL MEDICAL DETAILS

You must wear a bib during the race. Bibs should be collected from the Event Centre.

There is space 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 [www.britishorienteering.org.uk/images/uploaded/downloads/officials\\_handbook\\_safety\\_firstaid\\_medical\\_form\\_280514.doc](http://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.

## PRIZES, PRIZEGIVING & DISCOUNTS

We aim to hold Prizегiving in the Event Centre at about 2:15pm.

Thanks to generous support from Decathlon there will be Decathlon vouchers for the highest placed 3 competitors in each class except:

- highest placed 5 in Men's & Women's Elite
- First Man and first Woman on Adventurers).

In addition, all competitors will be able to claim a 10% discount on the day for all purchases in the Decathlon store. In order to obtain the discount you will need to go to the Decathlon desk beside enquiries and open an online Decathlon account. Together with your bib, this will enable you to obtain the 10% discount in the store on the day (only). Please do not open an account in advance as the process will be much simpler on the day and it is an important part of Decathlon's support that any new accounts are logged against the Surrey Quays store.

Prizегiving will be held in the Event Centre as soon as possible after 2.15pm. Please stay for the prize-giving to show your support.

## START TIMES

Start times (as selected by you) are posted at [https://www.sientries.co.uk/list.php?event\\_id=11916](https://www.sientries.co.uk/list.php?event_id=11916) .

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 some time if your course is nearly full.

In order to provide flexibility for those parents that wish to shadow their children or see them start, competitors on the Children and Junior courses may just turn up and run, even though you selected start times when entering your charges. However, parents who wish to shadow their children and be competitive on their own course must complete their run first.

## START

The Start is about 700m from Decathlon through a pedestrianised shopping area. The route will be signed with a mixture of Orienteering arrows and red/white streamer tape. Tape will be very limited along the front of the shopping centre. There are no toilets at the Start. There is limited space for a warm up near the Start, we suggest that you use the area around Decathlon.

IOF Pictorial Control Descriptions are printed on the map for all courses. Loose control description sheets printed on waterproof paper will be available in the Start lanes for all courses. These will be both Pictorial and English Text for the Children, Adventurer and Accessible courses. All other courses have IOF description only.

You will be called up 4 minutes before your start. 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!

## CONTROL UNITS AND PUNCHING

Control units will be SIAC enabled so you can either punch or swipe depending upon which type of SI card you are using.

You must punch at the Start box, but all other units, including the Finish will be SIAC enabled.

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 AND DOWNLOAD

The Finish is adjacent to the Decathlon store.

After you finish, proceed straight to Download. 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.

***YOU MUST DOWNLOAD EVEN IF YOU ABANDON YOUR RACE.*** This is a safety check to ensure that all competitors are back.

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

## LATE ENTRIES

Entries will be accepted online until midday of the event at [https://www.sientries.co.uk/series.php?series\\_id=656](https://www.sientries.co.uk/series.php?series_id=656)

Entry to some courses may close earlier if they are full.

## CLOTHING AND FOOTWEAR

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

## COURSES

Course	Class	Optimum Course Length (km)	Climb (metres)	Number of Controls	Control Descriptions
1	Men's Elite Men's Under 21s (M20-)	12.5	20	35*	IOF Pictorial
2	Women's Elite Women's Under 21s (W20-)	10.7	20	32*	IOF Pictorial
3	Men's Vets (M40+)	11.2	20	29	IOF Pictorial
4	Women's Vets (W40+)	8.3	20	29	IOF Pictorial
5	Men's Super Vets (M55+)	8.7	20	25	IOF Pictorial
6	Women's Super Vets (W55+)	7.5	20	28	IOF Pictorial
7	Men's Ultra Vets (M65+) Men's Open	7.5	10	25	IOF Pictorial
8	Women's Open Women's Ultra Vets (W65+)	6.2	10	21	IOF Pictorial
9	Men's Hyper Vets (M75+)	5.7	10	20	IOF Pictorial
10	Women's Hyper Vets (W75+)	3.7	10	18	IOF Pictorial
11	Juniors (M/W16-)	5.0	20	22	IOF Pictorial
12	Children (M/W12-)	2.5	20	13	IOF Pictorial & English Text
13	Adventurer	5.0	20	18	IOF Pictorial & English Text
14	Accessible **	2.5	10	14	IOF Pictorial & English Text

\*Check that your SI card can handle this number of controls – please pre-hire a SIAC if not.

\*\* SIAC card required for ease of punching.

## TERRAIN AND MAP

The terrain is typical City Centre Urban with some small open spaces:

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

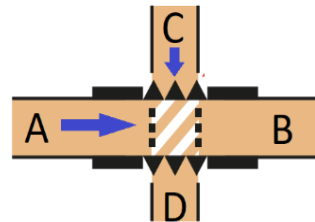
**Map** scale is 1:4,000 with contour interval of 2.5m. All maps are size A3+.

Courses 1 to 3 are double-sided.

The map was updated by Don McKerrow in July 2023. The map uses the ISSprOM 2019-2 specification. 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:

## Symbols for Areas Passable at 2 Levels

Competitors should be aware of how an area passable at two levels is mapped. The ability to go underneath a bridge, for example, is shown by the black dots of the underpass symbol and also is made more obvious by the striped "passable at 2 levels" symbol. In addition, the 'dragons teeth' symbol shown confirms that an underpass exists. Thus, in the example below you can go over the bridge from A to B and you can also go under it from C to D. However, you cannot get from A to C or D, or from C to A or B, etc.



## Unpassable/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 must not 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.

## Important Symbols

SYMBOL	COLOUR	MEANING
	Black	Impassable fence
	Black	Impassable wall
	Light grey	Canopy – may be passed under
	Green/black	Impassable vegetation – not to be crossed
	Green/yellow	Forbidden access (as for "forest maps")
	Purple	Out of Bounds; Dangerous or forbidden
	Purple	Out of Bounds; Building work etc.
	Black	Monument
	Black	Playground Equipment etc.
	Black	Other Man-made feature

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 (ie the double tags have been omitted and only a solid black line used).

There is some ongoing building work in the area, 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 – go with the flow!

## PLANNER'S NOTES

### All Courses

Most of the Rotherhithe area is built on land reclaimed after the Surrey Docks complex closed in 1969. It is therefore, with the exception of one man made hill, very flat. Much of the area consists of new housing developments from the 1980s. The whole area is covered by 20mph speed limit, although care is still needed of course, in particular where adult courses cross the ring road.

All courses cross the entrance to an underground car park close to the last control. This will be marshalled, primarily for the safety of competitors on courses 11, 12 and 14, but everyone should follow the Marshalls instructions.

### Courses 11, 12 & 14 (Junior, Children & Accessible).

Thanks to the presence of footbridges and underpasses, none of these courses cross a road with any significant degree of traffic, however care is still needed in residential streets.

### Course 14 (Accessible)

We have endeavored to make this course as wheelchair/mobility scooter friendly as possible and it is step free, with no need to use unpaved paths, although there is one short area of cobbles. Competitors on this course should use a SIAC card in order to ensure ease of punching at controls.

## 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 in the Event Centre and on your Download printout. Mobile signal is poor/non-existent in the store. Please log onto the Decathlon wi-

fi to access the results or pop outside the store where there is good mobile signal.

## SAFETY AND 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.

Please be courteous to other users of the competition area, such as pedestrian and cyclists, and take particular care when running round corners.

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 city like London. Please 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.

## 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. 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.

## SAFEGUARDING, CHILD PROTECTION AND PHOTOGRAPHY

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 is 07403 131423 – it is also printed on your map.

The lost child handover point is the Enquiries Desk in the Event Centre.

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.

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 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 Organiser, contactable via Enquiries. Official photographers are required to register with British Orienteering and wear a special Hi-Viz vest. Anyone who does not wish to have their photo taken should obtain a form from Enquiries or the BOF website and hand it in to Enquiries. You will be identified by your bib number.

## FIRST AID AND EMERGENCIES

On site First Aid will be provided by **First Aid Cover Ltd** and will be based at the Event Centre. 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 (07403 131423) and an event official will attend with a First Aid kit.

The nearest Minor Injuries Unit is at: **Guy's Hospital, Great Maze Pond, London SE1 9RT**. This is near to London Bridge station.

The nearest A&E Department is at **The Royal London Hospital, Whitechapel Road, London E1 1FR**

## THE SMALL PRINT

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.

Competitors agree that we may publish their personal information as part of the results of the Event and pass such information to the 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 not be limited to) name, any club affiliation, race times and age group.



## OFFICIALS AND CONTACTS

Planner: Alan Leakey (SLOW)  
Organiser: Nigel Saker (SLOW)  
Controller: Hedley Calderbank (HH)

SI Guru and Entries: Gordon Parker (SLOW)  
Weekend Coordinator: Alan Leakey (SLOW)  
Website: Paul Street (SLOW)

For questions concerning entries or any other matter: [cityraceentries@slow.org.uk](mailto:cityraceentries@slow.org.uk)

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

## ACKNOWLEDGMENTS

Thanks for access and facilities are due to:

- Decathlon
- Southwark Council