

# 15th LONDON CITY ORIENTEERING RACE & THE ED CATMUR MEMORIAL EVENT

## 14th September 2024

### FINAL DETAILS (Version 2)

Welcome to the 15th London City Race, which once again is part of a three-event weekend. This year the London City Race features elevated walkways, medieval alleyways, open spaces 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 – you selected your start times when you entered – they are posted here:  
[https://www.sientries.co.uk/list.php?event\\_id=13694](https://www.sientries.co.uk/list.php?event_id=13694)

Competitors are required to collect and wear a Race Number. This bib will also act as a security pass to Assembly. Bibs will be issued from 9am at the entrance to Assembly.

Water NOT provided– bring your own please.

- Start Times: 10:00-13:00
- Distance to Start: 400m
- Course closing time: 15:00. You must have finished by then and Download soon after.

Control units will be SIAC (“touch-free” punching) enabled but with a punching Start. The following courses have 30 controls or more, make sure your SI card can handle this - see the **Courses** section for more information:

- *Course 1, Men's Elite, Men's Under 21s (M20-)*
- *Course 2, Women's Elite, Women's Under 21s (W20-)*
- *Course 3, Men's Vets (M40+)*
- *Course 5, Men's SuperVets (M55+)*
- *Course 6, Women's SuperVets (W55+)*

#### Map

- Scale 1:4,000
- Contour Interval 2.5m
- Drawn to 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 <http://www.tfl.gov.uk/>  
for full travel options and late-breaking travel information



## OUR SPONSORS



This year we are pleased to announce that we have the continued support of **Decathlon** who have provided us with discounted Decathlon vouchers for podium places.

**Altra Running** will be present, displaying two sets of their shoes that are particularly suitable for urban orienteering. They will have a full set of sizes for you to try on and even take for a short test run to see if they are right for you. They will not have shoes for sale on the day but are offering a 20% discount to all competitors on any of their shoes when bought at **Up and Running**. There will also be a spot prize of a pair of Altra shoes – to be drawn at Prizegiving.

## ASSEMBLY

### OPEN FROM 9 am

In the **City of London School for Girls**.

Barbican, St Giles Terrace, Wood St, London EC2Y 8BB

[What3Words ///salt.swift.judges](http://What3Words.com/salt.swift.judges)

### BEFORE ENTERING THE SCHOOL

- Bib collection

### LOWER-LEVEL MAIN HALL

- Enquiries
- SI and SIAC hire collection
- Download
- First Aid
- O-Top Collection (pre-ordered)
- Merchandise sales desk
- Bag storage (Please note bags are left at your own risk)
- Water – there is one tap in the kitchenette on the Main Level

### TOILETS: (Provisional allocation, subject to adjustment on the day)

- Lower Level, close to Main Hall: Female, Accessible & Male Urinals
- Main Level: Male Cubicles

Note: there are no changing rooms or showers – bring a large towel! Please do not use the toilet cubicles as changing rooms; this only creates queues and delays for everyone else.

## RACE BIBS

Bibs will be available from 9am and hung outside the school building. As a security measure, you must collect your bib from the issue point before entering the school, and you will have to show this whenever you enter the school. Spare bibs will be available for guests.

- For all entries received before 9am on Monday 9 September 2024 bibs will be in alphabetical order and populated with your name, course, class and start time.
- For all entries received after this time bibs will be in numerical order and will not be populated with any information – you will need to fill it in yourself. You will need to know your entry number from SiEntries.

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

# TRAVEL



## Rail:

- **Barbican Station: Circle, Metropolitan, Hammersmith & City Underground Lines**
  - 700m/10-minute walk to Assembly
- **Farringdon Station: Circle, Metropolitan, Hammersmith & City Underground Lines PLUS Thameslink**
  - 1300m/20-minute walk to Assembly
- **St Paul's Station: Central Line Underground**
  - 700m/10-minute walk to Assembly
- **Moorgate Station: Northern Line Underground PLUS National Rail**
  - 600m/7-minute walk to Assembly.
- **Liverpool Street: Elizabeth Line Underground (aka Crossrail) PLUS National Rail**
  - Note. Platforms on this line are loooooong! If travelling to this station via the Elizabeth Line, make sure to follow the signs to the Moorgate exit; then 600m 7-minute walk to Assembly.

**All competitors must walk/cycle to Assembly at ground level. The high-level walkways are Out of Bounds until after your run**



**Bicycle:** Cycling is one of the best ways to get to the race! Bike stands are available in the Assembly Area. You can also hire a Santander Cycle Hire bike from any of over 400 docking stations in central London. The most convenient docking point to Assembly is 300m distance at the junction of Fore Street and Moor Lane.

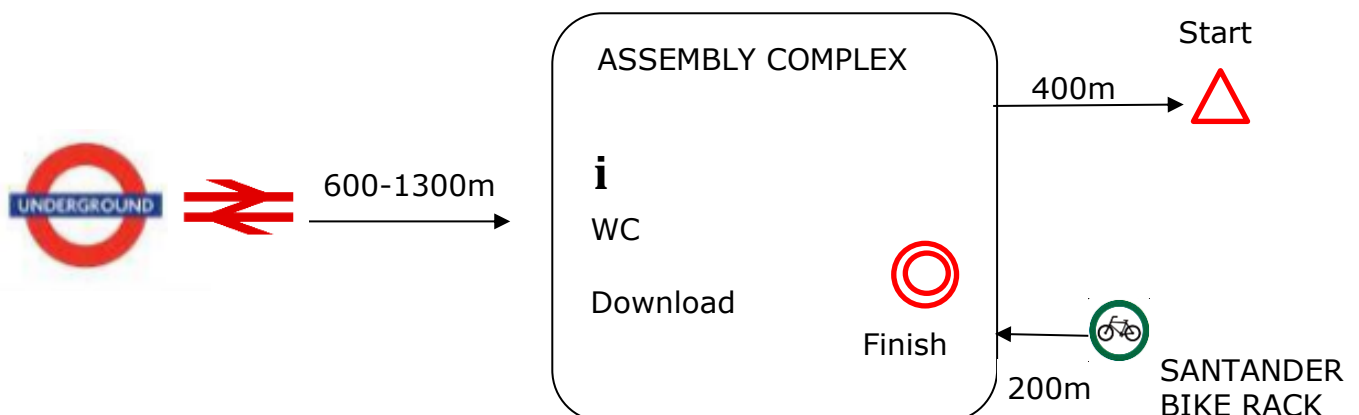


**Car:** Public transport is the best option as there is limited parking available near Assembly, although Saturday is easier than weekdays and public car parks remain expensive. The Congestion Charge applies on a Saturday between 12:00 and 18:00 and the ULEZ charge applies 24 hours per day.



**Bus:** There are multiple bus routes serving this area

**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

The Start is 400m from the Assembly area and the route will be signposted. There are no road crossings on the way. There are no toilets at the Start

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. The start and pre start clocks will not beep as we are in a residential area. When instructed by the start official, punch at the start control and then pick up a map from the correct map box for your course - and go!

Note: The prestart area is Out Of Bounds after you start and shown as such on your map - anyone running through the prestart area (either immediately or later in the course) will be disqualified.

## START TIMES

These are posted at [https://www.sientries.co.uk/list.php?event\\_id=13694](https://www.sientries.co.uk/list.php?event_id=13694) and should be the times you selected when you entered. 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.

## 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. The control number is on the front of the SI station. If dishing the SI station, make sure to punch the side the number is on - they do not always work when punched from the rear. If the SI unit at a control does not appear to be working, use the pin punch attached to it to punch your map as proof that you have found it. 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. Let us know at Download if you believe a control is missing.

## FINISH

The FINISH is next to the Assembly building. After finishing enter the building and proceed 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 £70 if you lose a hired SIAC.

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.

## CLOTHING & 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

## LATE ENTRIES

There will be no Entry On The Day desk, but entries will be accepted online at [https://www.sientries.co.uk/series.php?series\\_id=743](https://www.sientries.co.uk/series.php?series_id=743) until 12:30pm on Saturday 14th September. However, entry to some courses may close earlier if they are full or all maps have been sold - places are likely to be very limited on some courses.

## COURSES

**Distances shown are those using the shortest feasible routes.**

Course	Class	Optimum Course Length (km)	Climb (metres)	Number of Controls	Control Descriptions ***
1	Men's Elite Men's Under 21s (M20-)	11.8	30	40*	IOF Pictorial
2	Women's Elite Women's Under 21s (W20-)	10.9	30	37*	IOF Pictorial
3	Men's Vets (M40+)	11.1	30	33*	IOF Pictorial
4	Women's Vets (W40+)	8.5	20	28	IOF Pictorial
5	Men's SuperVets (M55+)	8.3	20	30*	IOF Pictorial
6	Women's SuperVets (W55+)	7.4	20	30*	IOF Pictorial
7	Men's UltraVets (M65+) Men's Open	7.1	20	26	IOF Pictorial
8	Women's UltraVets (W65+) Women's Open	6.3	20	24	IOF Pictorial
9	Men's HyperVets (M75+)	5.8	20	22	IOF Pictorial
10	Women's HyperVets (W75+)	4.2	20	18	IOF Pictorial
11	Juniors (M/W16-)	4.3	20	21	IOF Pictorial & English Text
12	Children (M/W12-)	2.2	20	17	IOF Pictorial & English Text
13	Newcomers	4.7	20	22	IOF Pictorial & English Text
14	Accessible **	2.5	10	14	IOF Pictorial

\* If you have a version 5 SI card (numbers 1 - 499,999) or a version 8 SI Card (numbers 2,000,001 - 2,999,999) these will not handle more than 30 controls. They will also have issues if you 'punch' an extra control on a course with 30 controls. Hire a SIAC during the entry process, or if you have already entered, revisit your entry in SiEntries and hire a SIAC.

\*\* SIAC required for ease of punching – please collect from the Hire desk

\*\*\* IOF Pictorial Control Descriptions will be printed on the map for all courses. In addition, loose description sheets printed on waterproof paper will be available in the Start lanes for all courses; with the Children, Junior and Newcomers courses also having English text ones.

## TERRAIN

- Hard Surface >95%
- Grass/Soft Path <5%
- Forest 0%

## WATER

None provided, although there is one tap at Assembly on the Main Level, in the kitchenette beside the Men's Toilets. Competitors should bring their own drinks and ensure adequate hydration pre and post event

## CATERING

None onsite. However, the *Barbican Kitchen* deli/café is 100m away.

## MAP

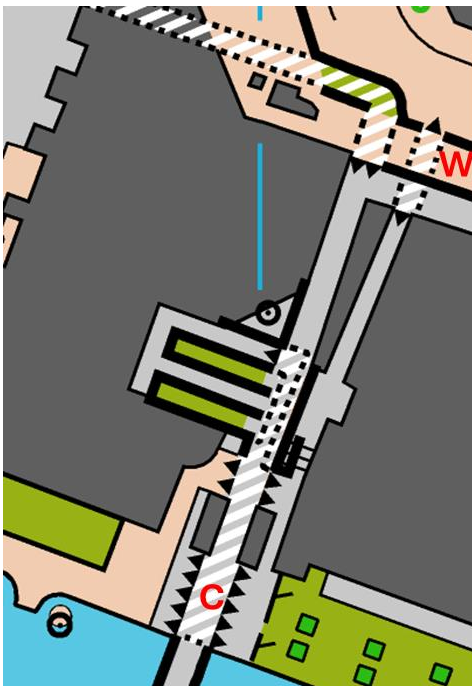
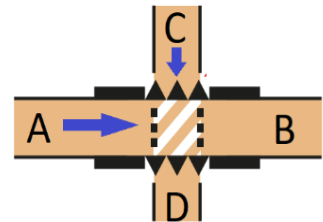
1:4,000 with minimal contours (2.5m)

Updated Don McKerrrow, August 2024

The map is drawn to ISSprOM 2019-2. Competitors should make sure they are aware of the latest map symbols. 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 TWO 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 is also made more obvious by the striped 'passable at two levels' symbol. In addition, the sawtooth symbol shown confirms that an underpass exists. Thus, in this example 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.

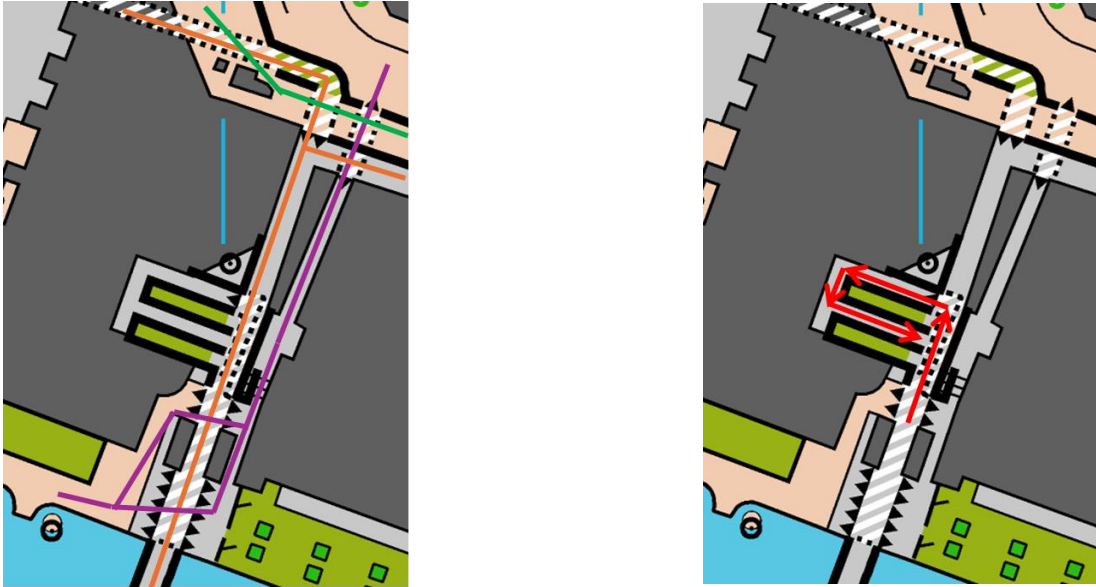


Competitors should also be aware that the colours used in the striped 'passable at two levels' symbol vary depending upon the nature of the upper level.

In this example:

- passable routes under an upper walkway (marked **W**) are shown with a brown (paved area)/white stripe combination
- passable routes under an out-of-bounds area are shown with an olive green (private area) / white stripe combination
- passable routes under a mid-level covered walkway route (marked **C**) are shown with a grey (canopy) / white stripe combination. Note that mapped width of the tunnel below this canopy (which is indicated by the dotted lines), has been reduced slightly to improve clarity

There are in fact three levels within the Barbican complex, but most importantly only two at any one point. The most intricate area is shown below to give you the opportunity to familiarise yourself with the layout.



The left-hand map sample shows routes on the different levels:

- Green shows the uppermost route
- Orange shows the mid-level walkway / tunnel
- Purple shows the street level canopy / tunnel

In the right-hand sample, the red arrows show the connection from street level (the lower level of the mapped multi-level area) to the mid-level walkway, using ramps in the heart of the complex.

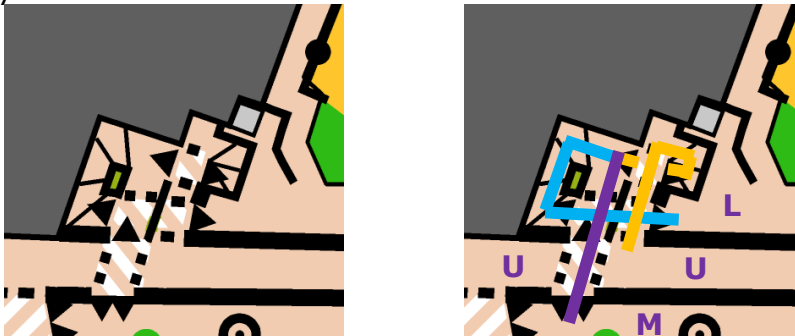
### STAIRS

A number of the staircases have been simplified, omitting turns and complications from the map but more clearly showing where access is possible and where not.

### Example 2

One staircase in particular is still quite complex (and small) on the map and shown here to help you. On the left you see it as it appears on the map (but enlarged). On the right, the three levels have been marked U (upper), M (middle) and L (lower).

- The purple line shows access to the stairs from the road, at middle level
- The blue line shows access from here down to the lower level
- The yellow line shows access from the middle level to the upper level.



### Example 3



These stairs connect ground level and a walkway but are much more complicated than shown and would be too difficult to read if mapped with the actual turns.

### IMPASSABLE/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 FOR FEATURES YOU MUST NOT CROSS

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

### SYMBOLS FOR SPECIAL FEATURES

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

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 – but you may have to navigate around other temporary works - go with the flow!



# PLANNER'S NOTES

## ALL COURSES

**Be nice to others!** The Barbican complex in particular has blind corners and narrow walkways - slow down and go wide round corners; be polite to people walking. Be aware that what seems like a friendly call from you to warn of your approach can seem like an aggressive yell to others. It is a privilege to run in such a complex area as the Barbican, please help us ensure that we are welcome back. **Run within your capabilities!**

The City of London is mostly quiet on weekends, but there are occasional vehicles that do travel on the quiet residential roads around the Barbican, as well as the roads to the south. Very busy roads have been marked out of bounds, with alternative routes to cross and you may decide to cross some roads using the mapped pedestrian routes that pass under them (usually close to Tube stations).

The Barbican complex is the ultimate orienteering challenge as it provides a large, detailed multilevel complex of buildings and small green areas, which requires intricate map reading and accurate execution. It is not difficult to become completely disorientated in the Barbican. With such a detailed map it is important to have an understanding of how the transitions between levels are mapped (see above) and watching previous videos of runners going through the Barbican is also recommended.

Elsewhere, be aware of dedicated cycle paths, where bikes may not be moving in the same direction as vehicle traffic.

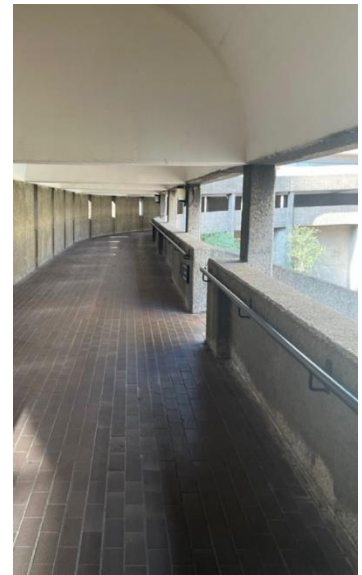
**Courses 11 & 12 (Juniors & Children, i.e. U16s)** The fact that the Barbican consists mainly of complex buildings, pedestrian areas and quiet residential streets means that the Planner has been able to create courses for these classes that are still a worthy test of the competitors' skills, with very few restrictions. . Course 11 (Juniors) will cross some roads that could have light speed-controlled traffic. Parents should make sure that their charges know the map and control descriptions for urban features. Spare legends will be available at Enquiries.

### Wheelchair Accessible Course

The Accessible course has been planned so that participants don't miss out on the multilevel Barbican that is the centre of the 2024 race. There will be two changes of level using an elevator. Elevators are marked with the crossing point symbol (see right). Elevators only move between two levels and **will not be timed out.**



There is one section of the Accessible course that has a gentle ramp (the participants will go up and down this ramp). The Barbican has listed this as accessible friendly, but we will have a volunteer at this section for any participants that require assistance.



## 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. Please stay to show your support. Thanks to our support from Decathlon, the top 3 in each class (top Man and Woman in Adventurer and Accessible Courses) will receive a Decathlon voucher as well as a small memento. There will also be a draw for the spot prize of a pair of Altra shoes.

In addition, we are providing a memorial prize to the top 3 in M21E, W21E, M40 and W40 in memory of our club member Ed Catmur, who was an M40 at the time of his tragic death at the beginning of this year. As well being a respected international software standards guru, talented chorist and outstanding ultra distance runner, Ed was a highly successful orienteer. As an M35 in 2017 he won the JK Sprint, both forest days of the JK, the British Long, the British Middle and the British Sprint Championships! He was also a mainstay of SLOW relay teams for many years. Along with all this he planned the London City Race in 2017 and 2018, so we felt it right to take this opportunity to pay tribute to him. You can find more information here about [Ed Catmur](#).

## 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. Some of the longer courses may experience some busier roads – take care crossing them.

The traffic direction has been changed on some roads and is now travelling on the 'wrong' 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 city like London. Do not jeopardise future use of the area through reckless or inconsiderate running which causes annoyance or injury to others. In particular, be very careful running around bends in the Barbican where you are likely to encounter locals going about their normal activities. ENSURE THAT YOU RUN WITHIN YOUR CAPABILITIES

## UNDER 16s

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 compete only on course 11 (Juniors) or 12 (Children), which have been planned to use traffic-free and low-speed 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.

## 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 will be 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 16's 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 [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.

### 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

Don't come to the event if you are suffering from Covid – get in touch for a refund.

## 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 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 BOF website and hand it in to Enquiries. You will be identified by your bib number.

## THE SMALL PRINT

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

## CONTACTS

For any questions concerning entries, email [cityraceentries@slow.org.uk](mailto:cityraceentries@slow.org.uk)  
Please check the website at <http://cityrace.org/> for any last-minute news.

## OFFICIALS

Planner:	Michael Crone (SLOW)
Organiser:	Vince Roper (SLOW)
Controller:	Roger Thetford (TVOC)
Entries Manager:	Gordon Parker & Nigel Saker (SLOW)
Volunteer Coordinator:	Steve Clelland & Sarah Brown (SLOW)
Equipment & SI Guru:	Gordon Parker (SLOW)
Weekend Coordinator:	Alan Leakey (SLOW)
Website:	Paul Street (SLOW)

## ACKNOWLEDGEMENTS

### Thanks for access and facilities are due to:

- City of London School for Girls
- The City of London Corporation
- The Barbican Estate
- The Borough of Islington

### And for their sponsorship:

- Decathlon Sports
- Altra Running