

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



**20th September 2025**

## **FINAL DETAILS**

*Supported by*



Welcome to the 16th London City Race which is part of a three-event weekend that includes a Park Race on Friday evening organised by Dartford Orienteers in [Greenwich Park](#), and a race on [Hampstead Heath](#) on Sunday organised by London Orienteering Klubb. This year we are again offering an Accessible course designed for wheelchair users.

The London City Race is centred 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 1<sup>st</sup> floor of their Surrey Quays store and a contribution towards prizes – please use the escalator once you enter the store.

The race is part of the City Race Euro Tour series.

## READ THIS IF NOTHING ELSE

### VERY IMPORTANT NOTICE

*At last year's event a number of competitors caused issues by trying to run at speed through an area that was unexpectedly crowded with members of the public. As a result the organisers received a number of complaints and had to work very hard afterwards to ensure that the council did not take the decision to ban all future events. 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.*

*To help encourage considerate behaviour and also identify any miscreants we will be issuing everyone with two bibs, which must be worn on the front and back of the competitors top. This is an extra expense to the event which ultimately ends up on your entry fee, but the poor behaviour of a few have forced us into this step. **NO BIBS NO RUN.***

**THIS IS NOT THE WORLD CHAMPIONSHIPS - ENSURE THAT YOU RUN WITHIN YOUR CAPABILITIES.**

Start Times (selected by you) are posted at: [SiEntries - London City Races - Rotherhithe](#)

Competitors are required to wear two race numbers, front and back. Bibs (with pins) will be issued in the Event Centre. **Event Centre opens at 9am, please do not enter before that.**

- Start Times: 10:00-13:00
- Distance to Start: 450m
- 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-)

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. Event centre opens at 9am, please do not enter the store before that. **What3Words: ///poet.friend.bowls**

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.

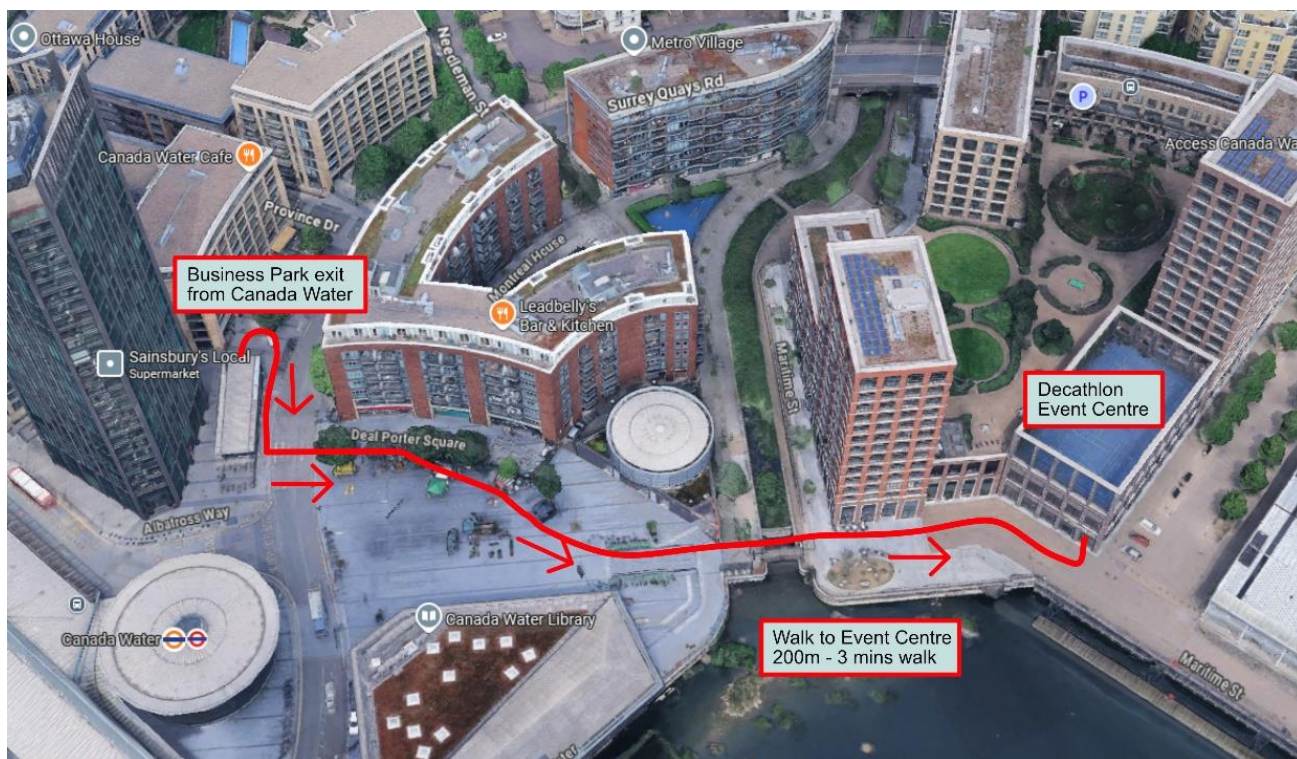
There will be no changing cubicles available – please bring a large towel. Please **do not** use the toilet cubicles to change as this just creates queues for everyone. Note that there are no showers. The Event Centre is marked out by 0.4m wooden blocks surrounding three sides and screen on one side - it is not fully enclosed. Do not go beyond the wooden blocks as these areas are rented by other people. Members of the general public will access the first floor to take part in other activities and the Cafe. 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.

In addition to the escalator up to the first floor, there are stairs serving the basement, ground and first floors. Limited lifts are available for those who really need them.

## TRAVEL



**Rail:** The nearest station is **Canada Water**, which is on the London Overground (Windrush line) and Jubilee lines. After the ticket barriers, walk ahead 50m then turn left and follow the **Way Out** signs towards the Business Park. Please **DO NOT** use the exits for Lower Road, buses or Shopping Centre. At the top of the steps at the **Business Park exit** make a 180 degree turn, walk 10m along the pavement and cross Surrey Quays Road at the Zebra crossing, then go straight ahead. It is about a 150m walk down the wide pedestrianized area to Canada Water itself. You will soon see the large blue and white Decathlon sign on the other side of a bridge over a canal.



**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 only parking for event officials and disabled competitors / carers. Please give your registration number to reception.



**Bus:** There are several bus routes that stop at Canada Water bus station, including 47, 188, 199 and 381

**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 a cafe in the Event Centre but there are also a number of other eating and drinking places nearby.

## RACE BIBS AND PERSONAL MEDICAL DETAILS

You must wear a bib (front and back – pins will be supplied) during the race. Bibs should be collected from the Event Centre. **No Bibs, No Run.**

For all entries received before 9am on Monday 15 September 2024 bibs will be in alphabetical order and populated with your name, course, class and start time. Make sure to collect two bibs for each runner.

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.

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, or ensure you have provided that information when entering on SiEntries. Envelopes will only be opened if required for a medical emergency and unopened envelopes will be destroyed immediately after the event.

## PRIZES & PRIZEGIVING

We aim to hold the Prizegiving 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:

- First and second Man only and first and second Woman only on course 13 – Adventurers
- First Man and First Woman on course 14 - Accessible.

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 2024.

The prizegiving 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 [SiEntries - London City Races - Rotherhithe](#)

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 450m from Decathlon, about a 5 min walk. The route crosses the pedestrian crossing at Canada Water station, please take care, there will be a marshal. Children under 16 must be accompanied to the start as it is a busy main road. The route will be signed with a mixture of Orienteering arrows and red/white streamer tape. 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 with both Pictorial and English Text for the Junior, Children and Adventurer/ Newcomer courses (courses 11, 12 and 13). 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 on the front of the SI box, 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 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 about 40m from the Decathlon store. There are 2 last controls, one for courses 11,12 and 14 and another for everyone else. When you have finished, please do not block access to the Finish.

After you finish, proceed straight to Download inside the Decathlon store. 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 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. 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 12:30 on the day of the event (subject to map availability) at [SiEntries - London City Races 2025](#)

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 not a good 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-)	12.4	20	35*	IOF Pictorial
2	Women's Elite Women's Under 21s (W20-)	10.0	10	26	IOF Pictorial
3	Men's Vets (M40+)	10.9	10	29	IOF Pictorial



4	Women's Vets (W40+)	7.5	20	25	IOF Pictorial
5	Men's Super Vets (M55+)	9.0	10	26	IOF Pictorial
6	Women's Super Vets (W55+)	6.7	10	27	IOF Pictorial
7	Men's Ultra Vets (M65+) Men's Open	7.9	10	28	IOF Pictorial
8	Women's Open Women's Ultra Vets (W65+)	5.7	10	24	IOF Pictorial
9	Men's Hyper Vets (M75+)	5.9	10	24	IOF Pictorial
10	Women's Hyper Vets (W75+)	3.3	10	17	IOF Pictorial
11	Juniors (M/W16-)	5.0	10	21	IOF Pictorial
12	Children (M/W12-)	2.5	10	21	IOF Pictorial & English Text
13	Adventurer / Newcomer	4.9	20	21	IOF Pictorial & English Text
14	Accessible **	2.3	10	14	IOF Pictorial & English Text

\* 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 card required for ease of punching – included in your entry

\*\*\* 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 Junior, Children and Newcomers courses also having English text ones.

## TERRAIN AND MAP

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

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

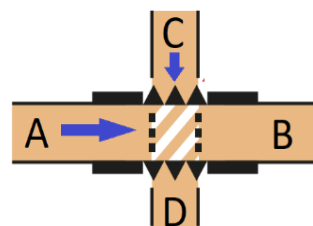
**Map** scale is 1:4,000 with contour interval of 2.5m. All maps are size A3+.

Courses 1 to 3 are double-sided.

The map was updated by Gordon Parker and Don McKerrow in August 2025. 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 confirms that an underpass exists. Thus, in the example shown 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 – DO NOT CROSS
	Black	Impassable wall – DO NOT CROSS
	Light grey	Canopy – may be passed under
	Green/black	Impassable vegetation – Do NOT CROSS
	Olive green/yellow	Forbidden access (as for "forest maps") - DO NOT CROSS
	Purple	Out of Bounds; Dangerous or forbidden – DO NOT ENTER
	Purple	Out of Bounds; Building work etc. - DO NOT ENTER
	Black	Monument
	Black	Playground Equipment etc.
<b>x</b>	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 a 20mph speed limit, although care is still needed, in particular on adult courses where they cross the ring road.

**Be nice to others – particularly the public and children playing – this is not the World Championships.** It is a privilege to around these build up areas – remember we are guests.

There are several cycle paths in the area – please cross with care.

### **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. These courses will have a different last control from all other courses to avoid traffic. They will have the same finish but will approach it from the opposite direction to all other competitors.

### **Course 14 (Accessible)**

We have endeavoured to make this course as wheelchair/mobility scooter friendly as possible. It is step free, with no need to use unpaved paths, although there are the occasional block paving or short lengths of cobbles. There are a number of small climbs in the area (a 2 or 3% incline at most) but generally it is flat. Competitors on this course should use a SIAC card in order to ensure ease of punching at controls. Competitors on this course should take extra care to read where steps and walls are on the map – this will impact your route choice decisions!

## **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. Pop outside the store where there is good mobile signal.

The results web address is:

<https://www.sportident.co.uk/results/SLOW/2025/20250920LCRRotherhithe/>. The QR code is:



## **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. 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 area has 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 that 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 (Courses 11 and 12). 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 07307 187567 – 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 (07307 187567) 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: Gordon Parker (SLOW)  
Organiser: Andrew Trimble (SLOW)  
Controller: Helen Marsden (HH)

Equipment, 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