

LONDON CITY RACE

Sunday 21st September 2014

FINAL DETAILS

Welcome to the seventh City of London Orienteering Race, organised by South London Orienteers. This year's race arena is based in the Barbican Estate in the heart of the City.

RACE LOCATION AND ACCESS



The Assembly Complex is based at **St Giles Terrace**, a pedestrian area around the church of St Giles-without-Cripplegate at the centre of the Barbican Estate. The entrance to the Assembly Complex can be located on online maps by searching for *185 Fore Street, City of London*.

Ordnance Survey Grid Reference TQ324817
Latitude 51.5185 Longitude -0.0931

TRAVEL



Plane: Please see the location page on the race website at <http://cityrace.org/location/> for details of how to get to the race from London Heathrow, London Gatwick, Stansted, Luton and London City airports, and St Pancras International Station (Eurostar).



Rail: Transfer onto the London Underground network. The closest underground station is Barbican which is on the Circle Line, Metropolitan Line and Hammersmith & City Line. Another possibility is to approach from St Paul's station on the Central Line. See the map above for the walking route from these stations.

From Barbican Station: Leave station at street level. Turn right, cross at the traffic lights and follow Aldersgate Street down to the roundabout underneath the Museum of London. Turn left and go along London Wall. At the traffic lights, turn left and head up Wood Street. Please watch out for runners who might be finishing. The Assembly Complex is accessed at the far end of the street on the left.

From St Paul's Station: Leave station, cross over the road at the junction and head up St Martin's Le-Grand to the roundabout. Turn right and go along London Wall. At the traffic lights, turn left and head up Wood Street. The Assembly Complex is accessed at the far end of the street on the left.

We advise against using Moorgate underground station because of roadworks and construction works around the station. If using Moorgate please do not walk through the OOB area marked on the above map



Bicycle: Cycling is one of the best ways to get to the race! Bike stands are available in the Assembly Complex. You can also hire a Barclays Cycle Hire bike from any of over 400 docking stations in central London, and cycle it to a docking station near the Assembly Complex. The fee is £2 for 24hrs intermittent use, payment by credit card at the docking station. Journeys over half an hour receive additional charges. The closest docking station is 200m east of the Assembly complex, on Fore Street, there is another, larger one underneath the Museum of London. See the map above for locations of these docking stations.



Car: We do recommend that you use public transport to arrive at the race, as there is no parking available at the Assembly Complex, and public car parks are expensive. For those driving, we suggest using the NCP multi-storey car park on Aldersgate Street – marked on the map above. Charges are £8.30 for two hours. The Congestion Charge does not apply at weekends.



Bus: There are a number of bus routes serving the City of London. Please consult the Transport for London website for details.



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

IMPORTANT NOTE: The upper levels of the Barbican Estate are Out Of Bounds to all competitors until they start. Therefore when approaching the Assembly Complex you should ensure that you remain at street level. Please only approach from Fore Street/Wood Street (to the south and east).

ASSEMBLY COMPLEX

The Assembly Complex consists of a Race Arena plus facilities in an adjacent school building and will be open from 0900. Remember that this is an urban area, take care with your valuables and use the Bag Storage provided.

All competitors, including pre-entered competitors, must collect their race number immediately on arrival. You will need to wear this in order to be allowed to access the facilities in the school building as well as being permitted to start the race. Your entry number on the start list is your race number. Competitors can also pick up hired SI cards from Enquiries.

The Race Arena is on St Giles Terrace at the centre of the Barbican Estate.

- Finish

The School Building: part of the *City of London School for Girls*:

- Race Number collection
- Enquiries
- Entry on the Day
- Drinks
- Results display
- Prizegiving
- Download
- Toilets
- Bag storage (Please note bags are left at your own risk)
- Note: there are no dedicated changing rooms or showers.

IMPORTANT NOTE: There will be other organisations using the school facilities on the day and the school administration is keen to ensure that entry to the school is carefully controlled. Therefore we will monitor everyone entering the school and in order to gain entry to the school:

- Competitors should display their race number.
- Spectators and family should display an event sticker which they can collect from Enquiries.

START TIMES AND ENTRIES

Start Times: These will be posted at <http://www.fabian4.co.uk/start/list.aspx?EventID=1053> 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 courses, in particular Men's Vets, are very full. Start times are from 1030 to 1330.

In order to provide flexibility for those parents that wish to shadow their children, start times have not been allocated for competitors on Course 12 (Children's) – turn up and run. However parents wishing to shadow must have completed their run first if they wish to be competitive on their course. There will be more flexibility on the start times for Course 11 and 13

Late Entries and Entry on the Day

Entries will be taken on the day subject to the availability of maps and start times - places are likely to be very limited on some courses. Competitors will not be given a start time, they might be advised by entries when there are spare slots on the busy courses, but there will be a queueing system for late comers and entries on the day

FIRST AID

A dedicated first aid person will be available in the School building. The nearest Minor Injuries Unit (MIU) that will be open is at Guy's Hospital, near to London Bridge station. The MIU at St Bartholomew's Hospital, West Smithfield is NOT open at weekends. The nearest A&E Departments are at St Thomas' Hospital, Waterloo and The Royal London Hospital, Whitechapel Road, Whitechapel, E1 1BB



START

There are two starts: Red (courses 1-10) and Blue (courses 11-13). Both starts are within 250m from the entrance/exit to the Assembly Complex.

You must collect your race number before you leave the Assembly Complex.

The route to both starts from the Assembly Complex is south along Wood Street. The Blue start is within the Barbican estate and will be signed from Wood Street and accessible by escalator. The Red Start is on the south side of London Wall east of the junction with Wood Street. Please cross London Wall, then Wood Street, using the pedestrian crossings at the junction.

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 you must punch the start control and then pick up a map from the correct map box for your course and go!

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 backup pin-pinch attached to it to punch the box on your map as proof that you have found it. 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. We will be using BS8 SI boxes for all controls so SI v8 and v9 dibbers can be used without problems.

SAFETY

There is little traffic on many of the roads in the competition area on a Saturday. However, no roads are closed for the race and you may therefore meet traffic throughout the course and it is your responsibility to take care. A number of the longer courses may experience some busier roads – take care crossing them.

The area has the usual 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. **MUCH OF THE BARBICAN ESTATE HAS SPECIAL TILED PAVING WHICH IS UNUSUALLY SLIPPERY IF WET. OTHER PEDESTRIAN AREAS WILL ALSO BE MORE SLIPPERY IN WET CONDITIONS THAN YOU WOULD NORMALLY EXPECT.**

In addition there are a number of covered walkways in the west side of the Barbican Estate which are of relatively low height – typically no more than 1.95 metres high. Taller competitors should take appropriate care!

Please note that roadworks mean traffic direction has been changed on a number of roads in the City and is now travelling on the incorrect side of the road for the UK. Check for traffic in both directions before you cross any road.

There are some blind bends in the narrow alleyways and some of the tunnels and covered walkways. It is likely competitors and, more importantly, the general members of the public could also be in these locations. Therefore take care and adjust your speed as you go around corners to avoid accidents occurring. Be aware of cyclists as well and the many tour groups around the area including within the Barbican Estate.

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. ENSURE THAT YOU RUN WITHIN YOUR CAPABILITIES. This is especially important in the Barbican where there are local residents and we do not want to upset any of these**

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 take part on Course 11 (Juniors) or 12 (Children). If you have entered under 16s on any other class than these please contact the Entries Manager immediately to change to one of these courses.

FINISH

There is one Finish for all courses. Punch at the Finish control to record your finish time and then proceed to Download within the school building. 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.

YOU MUST DOWNLOAD BACK AT THE ASSEMBLY COMPLEX, EVEN IF YOU ABANDON YOUR RACE. This is a safety check to ensure that all competitors are back.

COURSES CLOSE AT 1530. If you have not finished by 1530, return to the Assembly Complex and download.

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

REFRESHMENTS

Water will be available at Assembly, and *Clif* Bars and sports drinks kindly provided by *Clif* (<http://www.clifbar.co.uk>) will be handed out after you have downloaded.



TRADERS

Compass Point will be in the school building – with a compact stock of all your forgotten essentials and other items



MAP AND COURSE INFORMATION

Map	Courses 1-11, 13 - 1:5,000. Size A3+. Partial Legend. Course 12 - 1:2,500. Size A4. Partial Legend. Drawn to ISSOM 2007 (the International Sprint Map standard). Printed on waterproof paper. Map bags will not be used. If you are unfamiliar with urban orienteering maps please read the general information about map symbols at the end of these details. Loose copies of the legend will be available from enquiries
Contour Interval	There are no contours on the map since there are no significant hills in the City.
Out of Bounds (Standard Rules)	No wall or fence mapped as Impassable may be crossed, The green/black impassable vegetation symbol is not used on the map Also, areas mapped by a green/yellow (olive green) "settlement" colour are also not to be entered. Such areas might be flower beds, private gardens or private paths. A number of areas might have certain edges or parts taped off. Do NOT cross these tapes under any circumstances as this could jeopardise our future use of the area. Failure to comply with the above will result in disqualification, if seen. There will be marshals out around the course at some sensitive places.
Map Comments	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) There is constant building and maintenance work going on within the mapped area. 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. All competitors should be aware that minor works in a major city can come and go too swiftly to be mapped. In particular, past experience has shown that roads can be closed in this area to vehicle traffic (but not pedestrians) for a few hours to allow cranes to work unimpeded without details being publicised in advance – be adaptable.

Control Descriptions	Printed on the map for all courses. Course 12 (Children) will have both English descriptions. All other courses will have IOF description only. Loose control description sheets printed on waterproof paper will be available in the Start lanes for all courses.
Terrain	Hard Surface >95%, Grass <5%
Body Cover & Footwear	Full body cover is not required, shorts and singlets may be worn. Studded shoes are inappropriate for this race – wear trainers or similar.

COURSES

Please note your course number to ensure that you pick up the correct map on starting. Due to the complex nature of the competition area, the actual running distance will be significantly greater on all courses, in some cases being over 50% longer than the straight line distance.

Course	Class	Course Length (km)	Number of Controls	Map Scale	Start
1	Men's Elite	8.8k	28	1:5000	Red
2	Women's Elite	7.3k	26	1:5000	Red
3	Men's Open, M18/20	7.1k	25	1:5000	Red
4	Women's Open, W18/20	5.9k	22	1:5000	Red
5	Men's Vets (M40+)	7.2k	27	1:5000	Red
6	Women's Vets (W40+)	5.3k	19	1:5000	Red
7	Men's Super Vets (M55+)	5.8k	21	1:5000	Red
8	Women's Super Vets (W55+)	3.9k	18	1:5000	Red
9	Men's Ultra Vets (M65+)	4.4k	19	1:5000	Red
10	Women's Ultra Vets (W65+)	3.2k	13	1:5000	Red
11	Juniors (M/W16-)	3.5k	21	1:5000	Blue
12	Children (M/W12-)	1.3k	13	1:2500 (A4 sheet)	Blue
13	Newcomers	3.6k	19	1:5000	Blue

PLANNER'S NOTES

Welcome to the 7th City of London Race, which this year returns to be based in the Barbican. In planning the courses I've tried to set some hard orienteering challenges, and to take most courses to parts of the map which haven't been heavily used in previous years. You will run near some of London's most famous sights, so do look up from time to time and enjoy the view! As ever, building work in the City of London is extensive and constantly changing. We have worked hard to map all of these changes, but we trust that you will understand if we have missed any last minute out of bounds.

Courses 1 – 10, & 13

These courses cross a number of roads that may feature fast moving traffic, take care at all times. You may come across some tunnels that are not shown on your map because of the complexity of the area; these do not represent sensible route choices and should not be used. Indeed, they may not come out where you expect them to or find a locked gate at the far end of the tunnel! Competitors may encounter heavy pedestrian traffic in one or two locations on their course - please be considerate and careful.

Course 11 (Juniors) only crosses minor roads with limited traffic. Nonetheless the usual care will be needed when crossing roads.

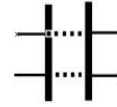
Course 12 (Children) takes place entirely within pedestrianised areas. In order to limit the impact of errors the Planner will be placing *Happy Yellow* ☺ or *Sad Red* ☹ Smileys in some locations to ensure that they don't run out of the Barbican area.

Both Junior and Children's courses make extensive use of the Barbican, with its canopies and underpasses; parents should make sure that their charges know the map and control descriptions for urban features, as shown in the

last section of these details. In particular they should be made aware of the symbols for covered walkway, bridge, stairs and the special symbol as detailed above. Spare legends will be available at Enquiries. **CHILDREN SHOULD ALSO BE INSTRUCTED THAT THEY SHOULD NOT ATTEMPT TO CLIMB ON OR CROSS ANY WALLS.**

For the Children's course ONLY any mis-punch or missed punch will result in a 10 minute penalty rather than disqualification. Multiple mis-punches or missed punches will result in multiple penalties.

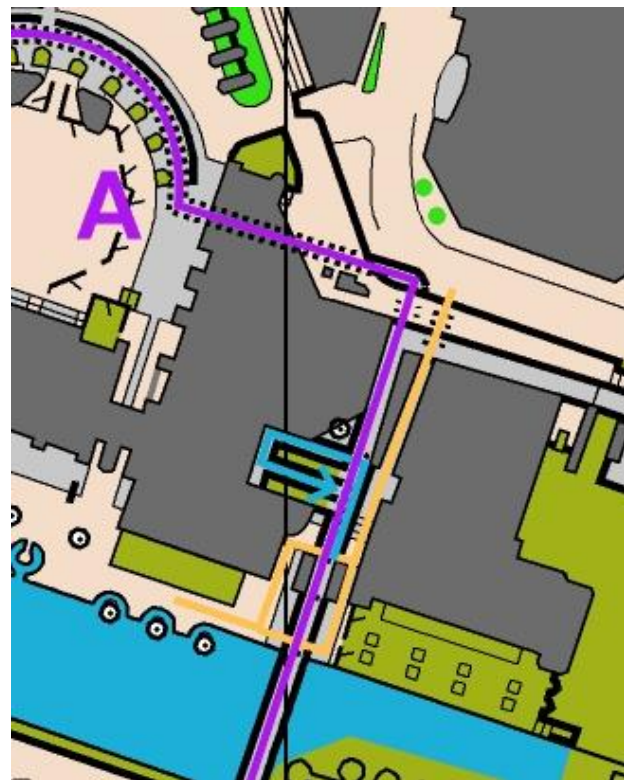
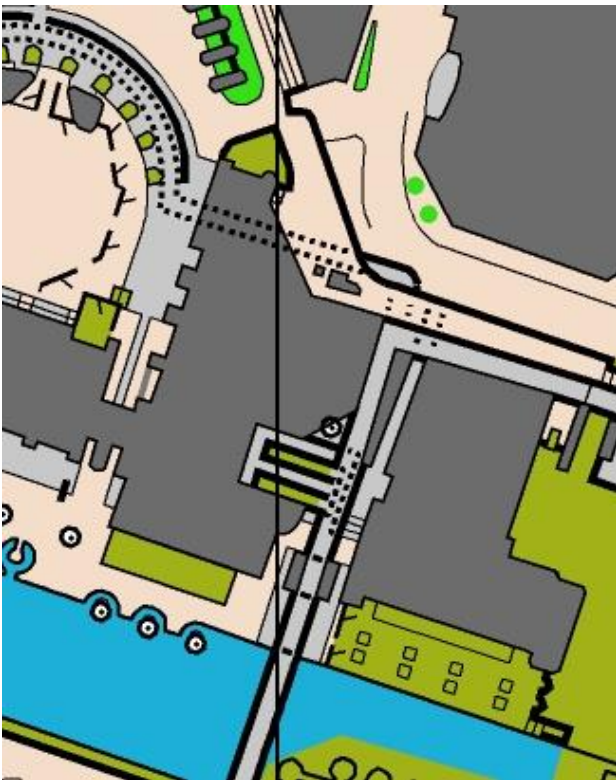
Competitors should be aware of the standard IOF map symbol for an underpass. A typical example from the map is shown here, with a street level underpass (east-west) passing below an elevated walkway (north-south). When the elevated walkway is narrow the underpass can be difficult to read on the map so take care.



Special Information on mapping of the Barbican

The Barbican is made up of three levels. The left map below shows what your race map will show. The right map has some lines added for this explanation. You can see:

- The lower, ground level with a way through shown in yellow on the right hand map. This route is not entirely level; going north, it involves going down some steps which can be seen on the map.
- The middle level with ways through shown in purple.
- The route shown in blue which links the lower and middle levels.
- The upper level marked A which does not connect at all, in the area shown, with the middle or lower levels.



In particular, note the olive green in the centre of the extract - this shows routes into the building which are 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! The car park in this area is also out of bounds.

PRIZE-GIVING

There will be prizes for the top 3 on each course this will be in the School building at approximately 1500. Please stay for the prize-giving to show your support. If the event of bad weather the prize-giving will be moved into the hall in the school building.

POST RACE

Food and drink will not be available for sale at the race itself. However, the facilities of the Barbican Centre, which is just across the lake from the Assembly Complex, include a food hall, restaurant, lounge bar, and foyer bars. You can access it by crossing a bridge over the lake. However please note this bridge and the Barbican Centre is **OUT OF BOUNDS** until after your run.



Tourist Ideas: There are of course plenty of things to see and experience in London. Of particular interest close to the race (and free) there are:

- The Museum of London – this is highlighted on the map at the top of the Final Details.
- Guildhall Art Gallery and Roman London's Amphitheatre
- Postman's Park which includes The Memorial to Heroic Self Sacrifice
- London Wall
- London open House weekend

Make a Weekend of it: GO are organizing the Guildford City Race the day before – enter either through Fabian4 or there will be limited entries on the day <http://www.guildfordorienteers.co.uk/events/go-events/20140920-guildford-city-race/>

ACKNOWLEDGEMENTS

Thanks for access and facilities are due to: City of London Corporation, Hackney Council, Islington Council, Broadgate Estates, The Barbican Estate, Golden Lane Estate, City of London School for Girls, St. Bartholomew's Hospital

Thanks for the loan of SI cards are due to: South East Orienteering Association and Southern Navigators

Thanks to our supporter Clif Bar.

Race Director & Organiser:	Vince Roper (SLOW)
Controller:	Simon Errington (HH)
Planner:	Mike Garvin (SLOW)
Assistant Planner:	Dave Wright (SLOW)
Original Map & website:	Oliver O'Brien (SLOW)
Map Updates:	Don McKerrow (SLOW)
Volunteer Coordinator:	Andy Robinson (SLOW)
Entries Manager:	Nigel Saker (SLOW)
SI Guru:	Gordon Parker (SLOW)
Marshals:	Members of South London Orienteers (SLOW)

We hope you have an enjoyable race.

For any questions concerning entries, email entries [at] cityrace.org and for any other questions email london [at] cityrace.org

























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

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

APPENDIX: URBAN MAPS

GENERAL NOTES FOR THOSE NEW TO THIS TYPE OF RACE

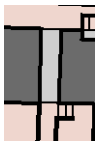
The map is drawn to ISSOM 2007, the International Sprint Map standard, and it uses some symbols with which “forest orienteers” may be unfamiliar. It is of great importance that all competitors are aware of these, especially those which denote “passability”. The most important map symbols used are shown below:

Symbol	Meaning	CONTROL DESCRIPTIONS: URBAN FEATURES	
	Passable fence		Building
	Impassable fence		Stairway
	Passable wall		Monument
	Impassable wall		Covered way
	Building – not to be entered		Thicket
	Canopy – may be passed under		Hedge or linear thicket
	Steps of a stairway		Stone wall
	Underpass or tunnel		Fence
	Forbidden access (as for “forest maps”)		Distinctive tree
	Large tree		Track or path
	Small tree		Road
	Monument or statue		
	Out of Bounds		

In general, a thick black line represents a feature which is **impassable**, i.e. **must not** be crossed, whether or not it looks crossable.

Steps: Flights of steps are only indicative of the stairway, which may be more complicated than shown (e.g. turning in on itself).

Passageways: In some places passage through a building is possible via an open passageway. The map section here shows an example of such a passageway running north-south through a building.



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.

Out of Bounds

No impassable wall or fence may be crossed. Areas mapped by a green/yellow (olive green) “settlement” colour are not to be entered. Such areas might be flower beds, railway areas or private property.