

12TH CITY OF LONDON RACES

20th, 21st, 22nd September 2019

FINAL DETAILS (Version 2.4)

READ THIS IF NOTHING ELSE

Start Times will be posted at https://www.sientries.co.uk/list.php?event_id=5885

SI Punching

- Control units will be SIAC ("touch-free" punching) enabled on all 3 days with a punching Start for everyone
- Hired SI cards will be collected after each race and reissued for the next one
- Some of the longer courses have more than 30 controls. Check that your SI card can handle this and if not then hire one

Competitors are required to wear a race bib on each day. Collect your bib at the first event you attend.

Water is NOT provided on any day – bring your own please

Friday:

- Urban Sprint Race
- Map Scale 1:2,000
- Start Times: 17:45-19:15
- Distance to Start: 50m
- Course closing time: **20:30**
- More than 30 controls: Course 1, Men's Elite

Saturday:

- Classic Distance Urban Race
- Map Scale 1:5,000,
- Start Times: 10:00-13:00
- Distance to Start: 400m
- Course closing time: **15:00**

More than 30 controls:

- Course 1, Men's Elite
- Course 5, Men's Vets (M40+)
- The map is drawn to the ISSOM 2007 specification but incorporates the new multilevel symbol from ISSprOM 2019.

Sunday:

- Middle Distance Park & Urban Race
- Map Scale 1:5,000,
- Start Times: 09:00 to 11:15 No late starts permitted as a condition from Royal Parks.
- Distance to Start: 600m
- Course closing time: **12:00**

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

OVERALL

Welcome to the 12th London City Orienteering Weekend. We have had a challenging time this year in order to get to this stage but once again we bring you three high class areas, with an abundance of technical orienteering and tourist sights. First off, we have an intricate university campus. Then we have the back alleyways and elevated walkways between famous sights in the City of London. And finally, we have the dramatic scenery of Greenwich Park. As an orienteer you know all about the difference between magnetic north and true north – don't you? But did you know that at some point about a week before the event compasses at Greenwich will point true north for the first time in about 360 years? Enjoy your runs but do look up from time to time and enjoy the views!.



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 TIMES

These are posted at https://www.sientries.co.uk/list.php?event_id=5885. 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.

In order to provide flexibility for those parents that wish to shadow their children or see them start, start times have not been allocated for competitors on the Children's and Junior courses on each day - turn up and run. However, parents wishing to shadow must have completed their run first if they wish to be competitive on their course.

LATE ENTRIES AND ENTRY ON THE DAY

Entries will be accepted online at https://www.sientries.co.uk/list.php?event_id=5885 until midnight, Sunday 15th September at the standard entry rate. However, entry to some courses may close earlier if they are full; in particular on Sunday where there is a limit of **136** on any one course. Entries will be taken at each event on the day subject to the availability of maps and start times - places are likely to be very limited on some courses.

ELECTRONIC PUNCHING

All events will use SportIdent electronic punching. Control units will be SIAC enabled so you can either *punch* or *swipe* depending upon which type of SI card you are using. All competitors must *punch* at the Start box, but all other units, including the Finish will be SIAC enabled.

Some of the longer courses have more than 30 controls; check that your SI card can handle this. These versions do not:

- SI-Card 5 (1-4999,999)
- SI-Card 8 (2,000,001 – 2,999,999)

If you are uncertain you can also check here:

https://www.sportident.co.uk/information_sheets/SPORTident-CardComparison.pdf

If you are running on one of these courses and you have one of these cards, you can hire one with more capacity when entering or at Registration on the day.

START

You will be called up 4 minutes before your start. Loose control descriptions printed on waterproof paper will be available after call-up. It is a punching start. On the start beep punch at the start control and then pick up a map from the correct map box for your course and go!

DURING THE RACE

For each control unit other than in Greenwich Park, 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

On **Friday** there is one Finish for all courses. Punch (SI card) or swipe (SIAC card) at the Finish control to record your finish time

On **Saturday** there are two Finishes. Punch (SI card) or swipe (SIAC card) at the Finish control to record your finish time. Competitors at the Childrens (Course 11 Finish) will then punch at the additional control after the finish for a safety check (since this is a remote Finish)

On **Sunday** there is one Finish for all courses. Punch (SI card) or swipe (SIAC card) at the Finish control to record your finish time and then punch at the additional control after the finish for a safety check on all competitors.

Note the course closing times for each race – you must report to the Download by this time.

In all cases proceed straight to Download after you finish. If you have hired an SI card, please return it here. Hired cards will be issued and collected each day. There will be a charge of £30 if you lose a hired SI card or £60 if you lose a hired SIAC card.

SAFETY

There is little traffic on many of the roads in the competition areas. However, no roads are closed for the events and you may therefore meet traffic throughout the courses and it is your responsibility to take care. Some of the longer courses on Saturday are likely to experience much busier roads – take care crossing them.

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.

Note that traffic direction has been changed on some roads and is now travelling on the incorrect side of the road for the UK. This includes cycle lanes going 'the wrong way' down one-way streets. Check for traffic in both directions before you cross any road.

It is a privilege to run this type of races 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.

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

FIRST AID

On Friday a first aider with kit will be present at Enquiries.

On Saturday a professional first aid operation will be present

On Sunday a first aider with kit will be present at Enquiries.

For Friday

- The nearest A&E Department is the Royal Free Hospital, Pond Street, London NW3 2QG 3.7 miles away.

For Saturday

- The nearest Minor Injuries Unit is at Guy's Hospital, near to London Bridge station.
- The nearest A&E Department is at University College Hospital, 235 Euston Road, NW1 2BU

For Sunday the nearest A&E Departments are at:

- Lewisham Hospital, High Street, Lewisham SE13 6LH
- Queen Elizabeth Hospital, Stadium Road, Woolwich SE18 4QH.
- Both are about one mile away.

CLOTHING & FOOTWEAR

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

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 on Saturday & Sundays events. If you have entered under 16's on any other class than these please contact the Entries Secretary immediately to change to one of these courses. The Friday evening Sprint (Middlesex University) is on a car free campus with no road crossings, so all courses are suitable for under 16s.

Please see the specific comments about courses 10 and 11 on Saturday in the details below about the City Race

PHOTOGRAPHY

Steve Rush & Andy Johnson will be taking photographs at Saturdays event. If you don't want a photo published where you or a family member are the focus, please complete a form at Enquiries. 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 make themselves aware of British Orienteering policy. The 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. Persons may take photographs of their immediate family and friends without restriction.

MAPS

Drawn to ISSOM 2007 (the International Sprint Map standard). with one modification from **ISSprOM 2019 for Saturday's race**. Printed on waterproof paper. Map bags will not be used.

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 areas. 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.

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 the green/yellow (olive green) "settlement" colour are not to be entered. Such areas might be flower beds, private gardens or private paths.

Some areas will have certain edges or parts taped off as Out Of Bounds. Do NOT cross these tapes under any circumstances as this could jeopardise our use of the area in the future.

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

If you are unfamiliar with urban orienteering maps, please read the general information about map symbols at the end of these details.

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.

CONTROL DESCRIPTIONS

Printed on the map for all courses. On each day the Children & Junior courses will have both IOF and English text 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.

RACE NUMBERS

Competitors will have one race bib for the weekend. Collect your bib at Assembly at the first event you attend. You must wear your bib at every race

CONTACTS

For any questions concerning entries, email cityraceentries@slow.org.uk

For any other questions email [london\[at\]cityrace.org](mailto:london[at]cityrace.org)

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

ACKNOWLEDGEMENTS

Thanks for access and facilities are due to:

- Middlesex University.
- The City of London Corporation, Queen Mary University, the Inner and Middle Temples
- Royal Borough of Greenwich, Royal Parks (Greenwich Park) and Greenwich West Community and Arts Centre

And once again to **Clifbar** for their support.

OFFICIALS

Day 1

Planner: Neil Brooks (LOK) – captain@LondonOrienteering.co.uk
Organiser: Brais Piñeiro (LOK) - brapifra@gmail.com
Controller: Simon Errington (HH)

Day 2

Planner: Andy Johnson (HOC/SLOW)
Organiser: Alan Leakey (SLOW)
Controller: Alan Rosen (HH)

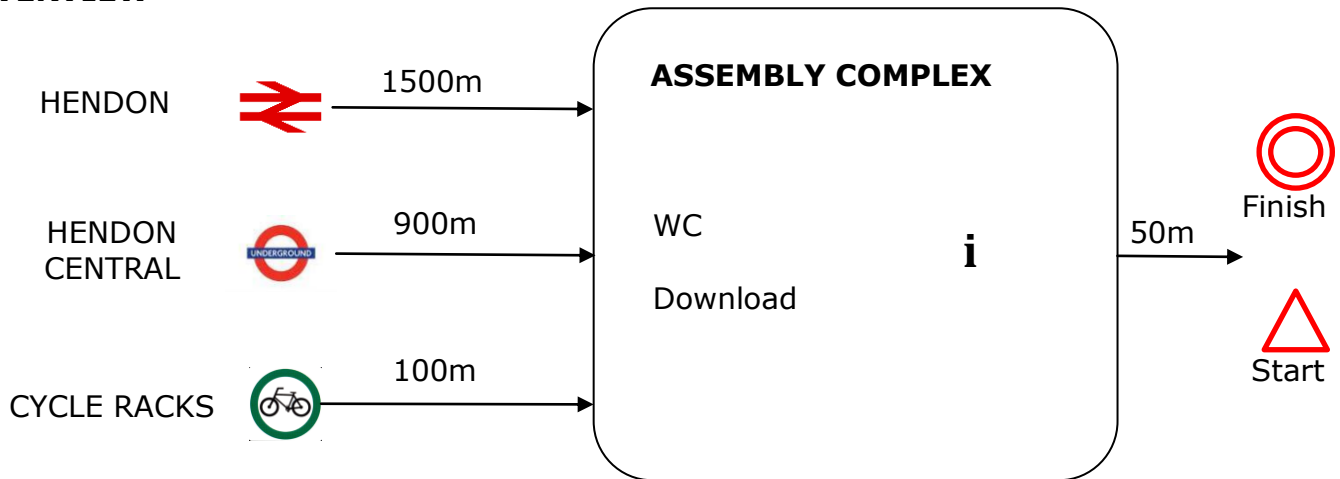
Day 3

Planner: Geoff Goodwin (DFOK)
Organiser: Andrew Evans (DFOK)
Controller: Mike Solomon (Saxons)

Entries Manager: Nigel Saker (SLOW)
SI Guru: Gordon Parker (SLOW)
Race Numbers: Angus Lund (SLOW)
Weekend Coordinator: Alan Leakey (SLOW)
Website: Paul Street (SLOW)
Steve Clelland (SLOW)

Friday 20th September – Middlesex University Hendon Campus

OVERVIEW



LOCATION

Assembly is at Middlesex University Hendon Campus, The Burroughs, Hendon, London NW4 4HD. Registration is directly off The Burroughs, on the east of the campus, north of Hendon Fire Station.

TRAVEL



Rail: The closest station is Hendon Central Station (Northern Line). From the station it is a 900m / 12 minute walk. On exiting the station turn right along Watford Way, then turn right at the junction with The Burroughs and then keep walking 450m. The assembly complex will be on your left. Alternatively, Hendon rail station is 1500m / 20 minute walk.



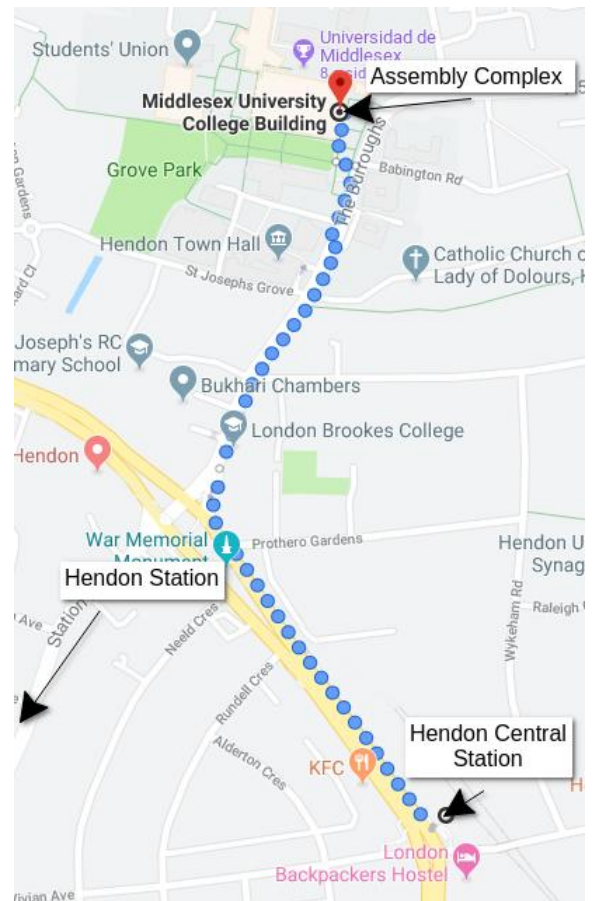
Bicycle: There are several cycle racks around the area. The closest one is just 100m away from the assembly complex.

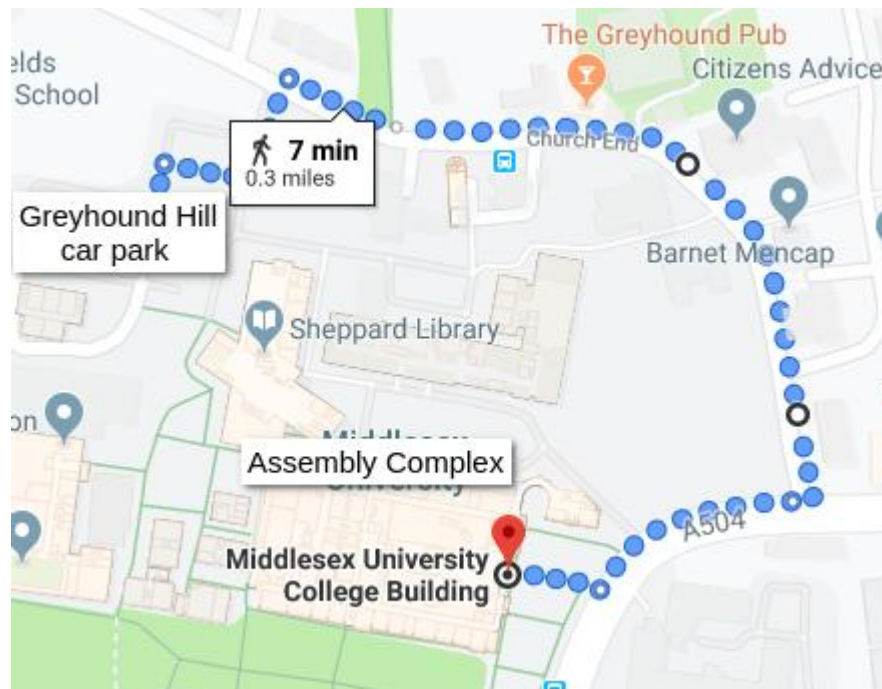


Bus: There are a couple of bus routes that have a stop near the Assembly Complex: Hendon War Memorial (Stop H) and Church End (Stop R).



Car: Visitor parking is freely available in the Greyhound Hill car park after 4.30pm. Also, the parking restrictions on many of the local roads finish at 5.00pm. It is important to note that people that park at Greyhound Hill **must** take the following route in order to get to the Assembly 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.

ASSEMBLY

The Assembly Complex consists of a large covered space with several facilities and will be open from 17:00.

All competitors, including pre-entered competitors, must collect their race number (to be used for all days) on arrival. Your entry number on the start list is your race number. Competitors can also pick up hired SI cards or SIAC from Enquiries.

THE ASSEMBLY COMPLEX INCLUDES THE FOLLOWING:

- Benches & Tables
- Toilets
- Cafe
- Race Number collection (to be used for all days)
- Enquiries (open from 17:00)
- Entry on the Day (open from 17:00)
- Download
- Results display
- Bag storage (Please note bags are left at your own risk)

Note: there are no dedicated changing rooms or showers.

TRADERS & CATERING

A Costa Coffee will be open until 20:00 in the Assembly area.

START

START TIMES: 17:45-19:15

The Start is 50m from the Assembly area.

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

MAP

1:2,000. No contours (it's flat!). Originally surveyed & drawn by Don McKerrow, October 2012. Latest updates by Neil Brooks, September 2019.

Where mapping does not allow for clarity around dead-end passages, the passage is marked using purple cross-hatching as Out of Bounds.

COURSES

These details are subject to final controlling. The distances given are the shortest feasible routes.

Course	Class	Course Length km	No. of Controls	Control Descriptions
1	Men's Elite Men's Open Men's Under 21 (M20-) Men's Vets (M40+)	4.7	32 *	IOF Pictorial
2	Women's Elite Women's Open Women's Under 21s (W20-)	4.4	28	IOF Pictorial
3	Men's Super Vets (M55+) Women's Vets (W40+)	3.2	25	IOF Pictorial
4	Men's Ultra Vets (M65+) Men's Hyper Vets (M75+) Women's Super Vets (W55+) Women's Ultra Vets (W65+) Women's Hyper Vets (W75+) Juniors (M/W16-)	2.7	23	IOF Pictorial
5	Children (M/W12-)	1.9	20	IOF Pictorial + English Text for Newcomers

*Check that your SI card can handle this number of controls (more info in OVERALL section)

TERRAIN

A small, car free campus with closely packed irregular buildings.

- Hard Surface > 80%
- Grass < 20%

PLANNER'S NOTES

Given the earlier onset of twilight at this time of year (sunset is at 19:15) competitors with late start times are advised to wear a small headtorch to help read their map in the gloom.

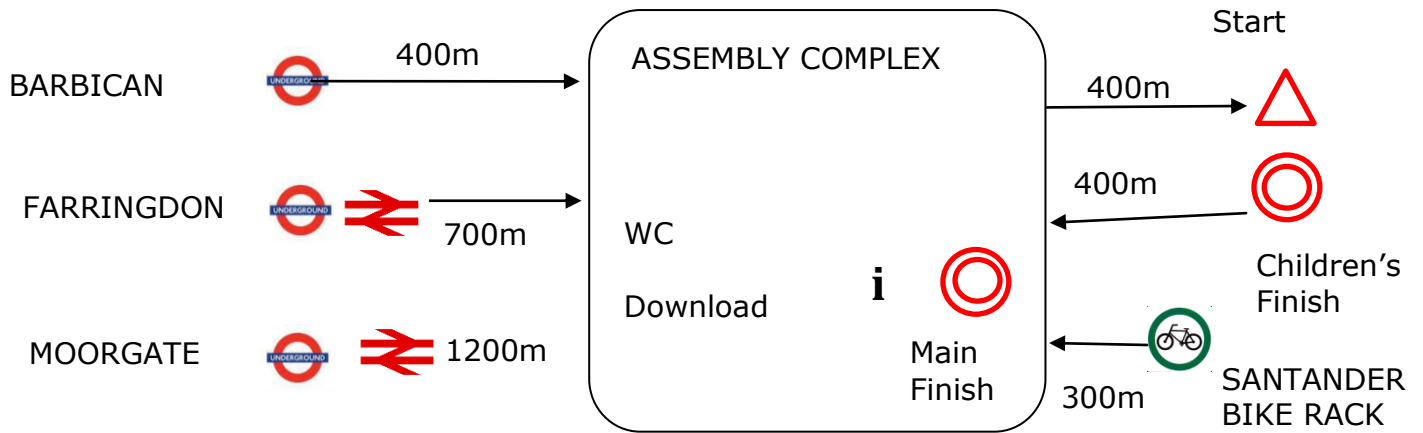
Courses 4 & 5 (Juniors & Children) Middlesex University campus is essentially a car free campus with no road crossings, however the possibility of staff or maintenance vehicles is possible. Marshals will monitor the areas where this is a possibility to ensure no competitors are endangered or hindered by vehicles. Accordingly, the courses are considered suitable for under 16s.

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, underpass and stairs. Spare legends will be available at Enquiries.

Saturday 21st September City of London

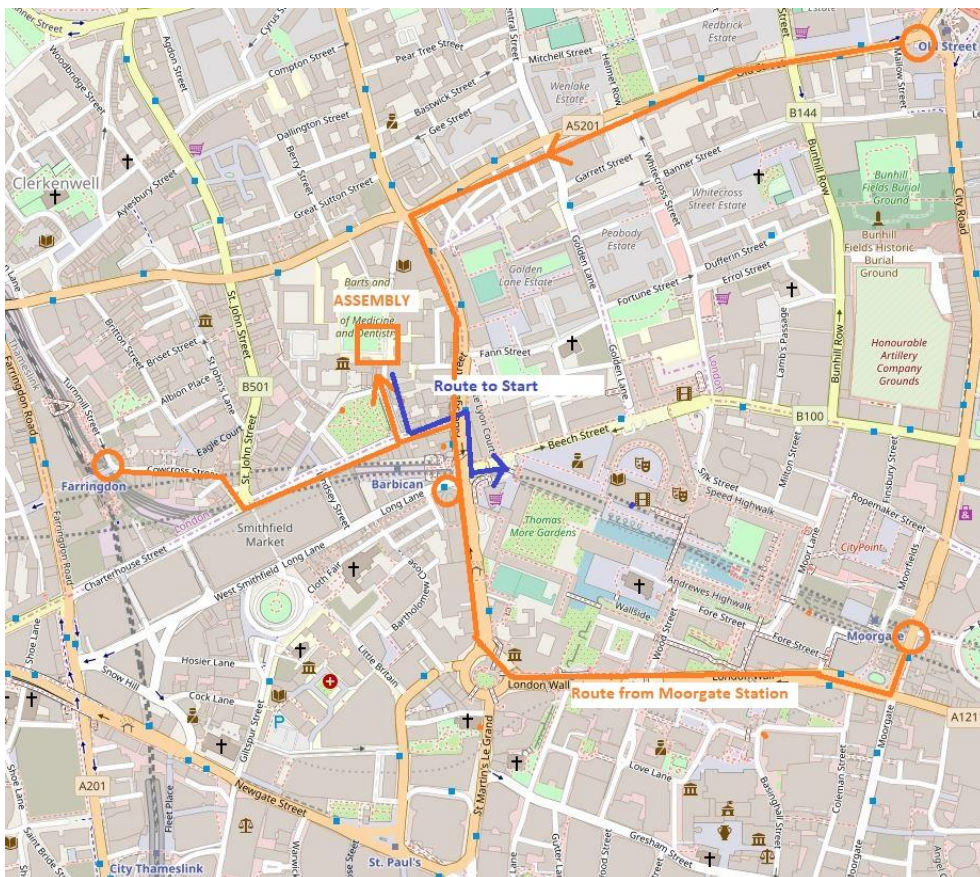
A UK Urban League City Race

OVERVIEW



LOCATION

Assembly is the Joseph Rotblat Building, Queen Mary University of London, Charterhouse Square Campus, London, EC1M 6BQ. Entry by the Southern entrance only
[What3Words ///zones.rocky.seat](http://What3Words:///zones.rocky.seat)



TRAVEL



Rail: Nearby stations are:

- Barbican Underground Station: 400m / 5-minute walk from Assembly
 - Hammersmith & City, Metropolitan Lines
- Farringdon: 700m/10-minute walk from Assembly
 - Hammersmith & City, Metropolitan Lines plus Thameslink
- Moorgate: (1200m 15-minute walk) from Assembly
 - Hammersmith & City, Metropolitan Lines) plus National Rail
 - Competitors travelling via Moorgate station must follow the route to Assembly shown on the attached map rather than walking through the Barbican

NOTE: The Circle Line is not scheduled to be running on this date



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 nearest docking to Assembly is 300m in Aldersgate Street



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 does not apply on a Saturday.



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.

THE ASSEMBLY AREA INCLUDES THE FOLLOWING:

- Finish
- A large grass quadrangle with Benches & Tables
- Bike racks

Joseph Rotblat Building:

- Race Number collection
 - Enquiries (open from 09:00)
 - Entry on the Day (open from 09:00)
 - Results display
 - Toilets
 - Download
 - Bag storage (Please note bags are left at your own risk)
- Note: there are no dedicated changing rooms or showers.

As this is an inner-city location, we will be monitoring everyone entering the university grounds; so please bear with us if you are challenged on entry.

All competitors, including pre-entered competitors, must collect their race number on arrival (if not collected at Friday's race). Your entry number on the start list is your race number. Competitors can also pick up hired SI cards or SIAC from Enquiries.

FINISH

The MAIN FINISH is in the Assembly Area

Due to planning constraints the CHILDRENS FINISH (Course 11 Only) is 400m from Assembly and close to the Start. The walk back crosses one road with speed restricted traffic

TRADERS & CATERING

Please bring your own water

We are trying to arrange for the Shield café (Tea/Coffee/Cakes/Sandwiches) to be open for the event. It is situated in the building next to Assembly – please give them your patronage

Clif Bars kindly provided by our sponsors **Clif** (<http://www.clifbar.co.uk>) will be handed out after you have downloaded.

STARTS

The Start is 400m from the Assembly area and the route will be signed. Competitors should make their way to the Start, entering the Barbican at ground level and using pedestrian crossings, via the warmup area; see map. The footbridge from Barbican station into the Estate must not be used to gain access to the Start area.

There are no toilets at the Start.

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



COURSES

Subject to final controlling.

Please note your course number to ensure that you pick up the correct map on starting.

Course	Class	Optimum Running Distance (km)	Number of Controls	Control Descriptions
1	Men's Elite Men's Under 21 (M20-)	12.2	36*	IOF Pictorial
2	Women's Elite Women's Under 21 (W20-)	10.5	25	IOF Pictorial
3	Men's Vets (M40+)	10.8	32*	IOF Pictorial
4	Women's Vets (W40+)	7.1	16	IOF Pictorial
5	Men's Super Vets (M55+)	9	25	IOF Pictorial
6	Women's Super Vets (W55+) Women's Open	5.5	18	IOF Pictorial
7	Men's Ultra Vets (M65+)	7.7	17	IOF Pictorial
8	Women's Ultra Vets (W65+)	4.7	17	IOF Pictorial
9	Men's Open	7.8	19	IOF Pictorial
10	Men's Hyper Vets (M75+)	4	17	IOF Pictorial
11	Women's Hyper Vets (W75+)	3.4	11	IOF Pictorial
12	Juniors (W16-) Juniors (M16-)	2.6	16	IOF Pictorial
13	Children (W12-) Children (M12-)	2.2	12	English Text
14	Newcomers/Tourist	5.7	19	English Text

*Check that your SI card can handle this number of controls (more info in OVERALL section)

TERRAIN

City Centre urban with some small open spaces. All courses will encounter the challenge of the multi-level Barbican complex. In addition, all courses except under 16s will visit the many small alleyways characteristic of the ancient heart of London

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

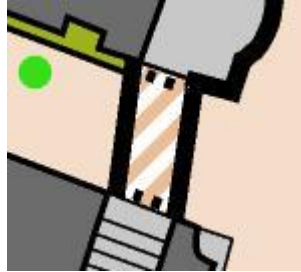
MAP

1:5,000 with minimal contours (2.5m). some courses will have double sided maps.

Updated Don McKerrow, September 2019

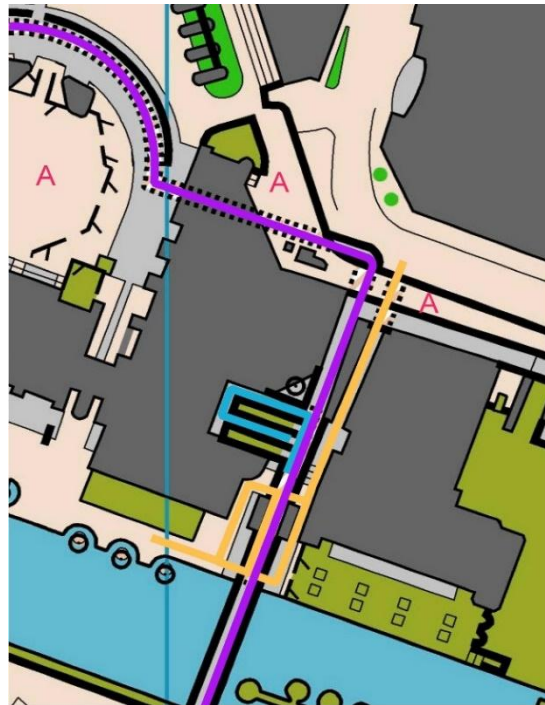
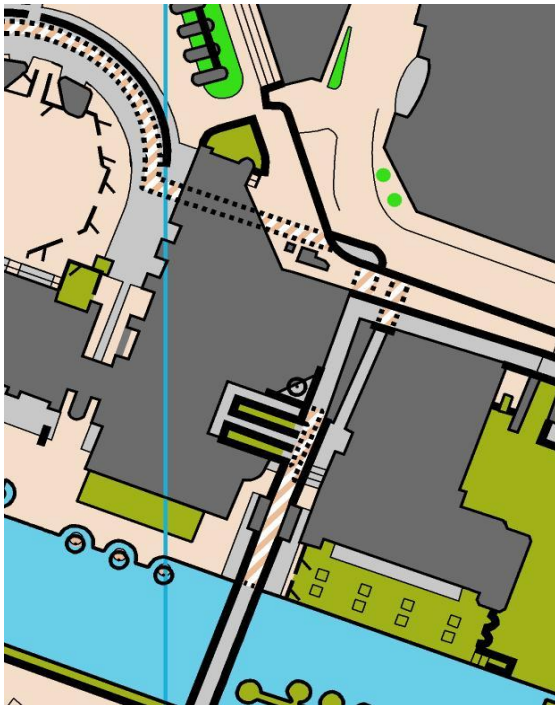
Special Passable at 2 Levels Symbol

The map is drawn to the ISSOM 2007 specification, but we have incorporated one new symbol from ISSprOM 2019. This is the symbol for an area passable at two levels. The ability to go underneath a bridge, for example, was previously shown by the black dots of the underpass symbol. This remains but is made more obvious by the striped "passable at 2 levels" symbol. In the example below you can go over the bridge North/South; you can also go under it in the East/West direction shown by the black dots and emphasised by the striped area.



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 a way through shown in purple.
- A route shown in blue which links the lower and middle levels.
- The upper level marked A in red does not connect at all, in the area shown, with the middle or lower levels.



Also note the olive green next to the blue line. This shows routes into the building which are strictly Out of Bounds. There are NO circumstances where you need to enter through a building door – if you do you are in an Out Of Bounds area.

Within the Barbican, there are many walls which are concrete or brick in places and more like fences in others. Some control sites have descriptions of (stone) walls as that is what is shown on the map but are actually metal (and sometimes glass) fences.

PLANNER'S NOTES

Courses 1-14,17

These courses cross or run along roads that may feature fast-moving traffic, both vehicles and bikes; take care at all times.

Courses 15 & 16 (Juniors & Children) are shorter than recommended due to safety requirements so that they are mainly in pedestrianised areas and only cross minor roads with limited traffic. Nonetheless the usual care will be needed when crossing roads. Those responsible for Juniors and Children 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 clear about the symbols for covered walkway, bridge, underpass and stairs. Spare legends will be available at Enquiries.

All controls on the M/W12 course are on the same level. Competitors on this course do not need to go up or down any stairs or escalators, but lots of the course is under canopies.

Smiley/grumpy face signs will be in place to assist.

For M/W16, the course is quite challenging as it is largely within the Barbican complex and involves all of the levels – careful mapreading and route planning is essential. Some controls are in a very quiet area to the south of the Barbican: these are all accessed via footbridges over the main road. Because of the constraints on planning there is some running along the same parts of the Barbican more than once.

Anyone competitor shadowing a junior must complete their own run first.

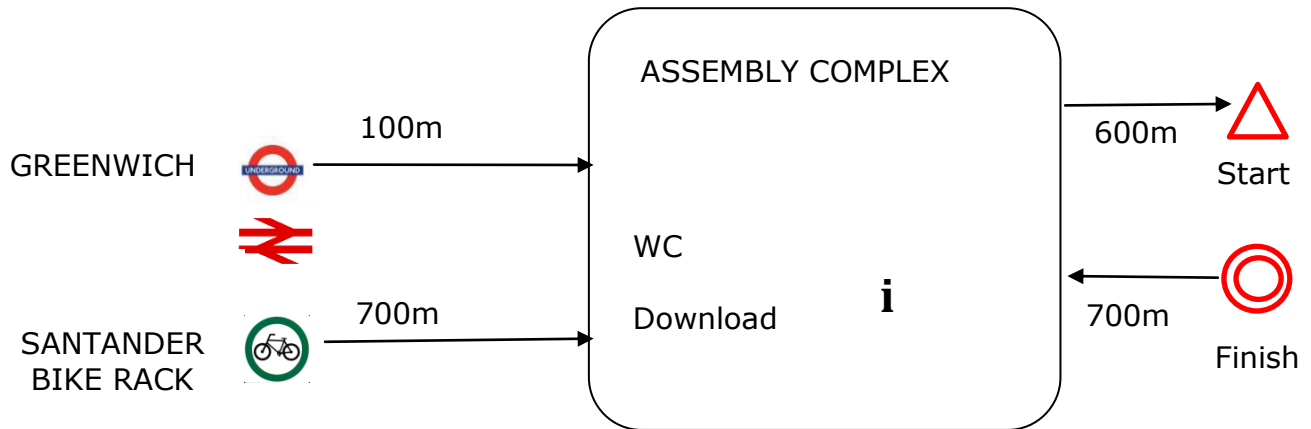
PRIZEGIVING

In the Quadrangle, as soon as possible after 14:15. Please stay for the prize-giving to show your support. If the event of bad weather the prizegiving will be moved into the Joseph Rotblat Building.

Sunday 22nd September – Greenwich Park

RACE LOCATION AND ACCESS

OVERVIEW



LOCATION

New Haddo, Greenwich West Community & Arts Centre, 29 Tarves Way, Greenwich, London, SE10 9JU.



TRAVEL

The event centre is adjacent to Greenwich station and accessible by steps down from the Docklands Light Railway (DLR) platform. Greenwich station is on the



SouthEastern lines from Charing Cross, Waterloo East and London Bridge. It is also on the DLR from Bank, Tower Hill Gateway and Stratford. There are easy connections to London City Airport via the DLR.



There is very limited street parking in the area and arriving by public transport will generally be easier. Note that the residential roads to the west of Greenwich Park between A2 (Blackheath Hill / Shooters Hill Road), A2211 (Greenwich South Street) and A206 (Greenwich High Road) are out of bounds to competitors.



For those hoping to arrive by Santander Cycle Hire, there are no nearby docking stations in Greenwich and public transport is advised.

ASSEMBLY

Assembly Building:

- Race Number collection
- Enquiries (open from 08:15)
- Entry on the Day (open from 08:30)
- Results display
- Toilets
- Download
- Bag storage (Please note bags are left at your own risk)

TRADERS & CATERING

- Food and drinks are available at many nearby shops and cafes.

WATER

None provided. Bring your own

START

START TIMES: 9:00am to 11:15am.

The Start is 600m from Assembly and the route will be signed.

There are no toilets at the Start

You must collect your race number before you leave the Assembly Complex (if not collected on previous days).

FINISH

The Finish is 700m from Assembly.

COURSES

These details are subject to final controlling. 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 than the straight-line distance.

Course	Class	Course Length (Km)	No. of Controls	Control Descriptions
1	Men's Elite Men's Open Men's Under 21 (M20-)	6.5	27	IOF Pictorial
2	Women's Elite, Women's Open Women's Under 21s (W20-) Men's Vets (M40+)	5.2	23	IOF Pictorial
3	Women's Vets (W40+) Men's Super Vets (M55+)	4.7	18	IOF Pictorial
4	Women's Super Vets (W55+) Men's Ultra Vets (M65+)	3.8	15	IOF Pictorial
5	Women's Ultra Vets (W65+), Women's Hyper Vets (W75+) Men's Hyper Vets (M75+) Newcomers	3.0	14	IOF Pictorial + English Text for Newcomers
6	Juniors (M/W16-)	2.7	12	IOF Pictorial & English Text
7	Children (M/W12-)	1.6	10	IOF Pictorial & English Text

MAP

The competition map comprises Greenwich Park (fast open parkland with some trees) and adjacent residential roads for the longer courses, with all courses crossing the Meridien Line at least twice. The map scale is 1:5,000 for all courses. Courses 1 to 4 will be printed on A3 waterproof paper, while Courses 5 to 7 will be printed on A4 size waterproof paper.

A few map notes:

- 1) The map is drawn to the sprint map specification ISSOM 2007 by Neil Speers 2019.
- 2) The park is drawn to ISSOM non-urban symbols, while outside the Park ISSOM urban symbols have been used.
- 3) For map clarity the 'crossing point' symbol is generally not shown for gates and openings in uncrossable walls or fences.
- 4) The only variation from the standard ISSOM symbols is with regard to urban staircases and ramps in the residential areas (see photo below). The size of the normal uncrossable wall symbol makes these areas illegible (Fig 1) and so in these areas only the uncrossable walls with the vertical drops have been shown with the slightly narrower building exterior black line to improve legibility (Fig 2).



Ramp photo

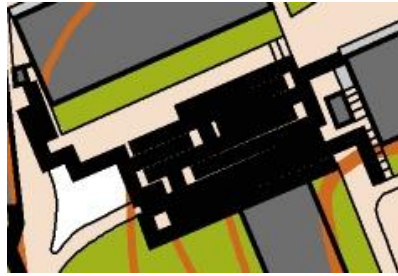


Fig 1 - Standard ISSOM uncrossable wall symbol showing illegibility

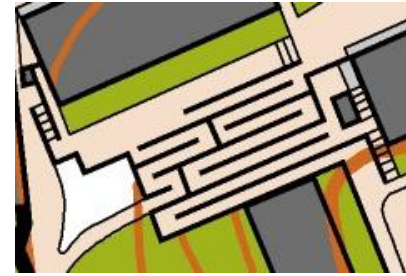


Fig 2 - Map as drawn using building exterior line symbol for legibility

TERRAIN

All courses use Greenwich Royal Park, home to the Royal Observatory and the Prime Meridian, the longitudinal line dividing the Eastern and Western hemispheres. All courses will cross the meridian line at least twice so you will run in both the Eastern and Western hemispheres. The longer courses visit the park and also some streets in the surrounding urban area.

Greenwich Park has a height difference within the park of 40m. There are spectacular views northwards towards Canary Wharf, London's main business district, from the top of the hill for those welcoming a rest on their run!

- Hard Surface <40%
- Grass >60%
- Forest 0%

PLANNER'S NOTES

Courses 1-5. These courses cross or run along a number of roads that may feature fast moving traffic, take care at all times. There are a few places with long grass in Greenwich Park with occasional stinging plants which may make shorts unattractive for some but there are also routes to avoid these areas if preferred.

Courses 6 & 7 (Juniors & Children) are entirely within Greenwich Park















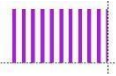
Juniors and Children should not return to the Event Centre unaccompanied. Those responsible for Juniors and Children should make arrangements to collect Juniors and Children from the finish. Please also make sure that their charges know the map and control descriptions for urban features, as shown in the last section of these details.

Urban Maps

General notes for those new to this type of event

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 (and a selection of symbols will appear in the map legend too):

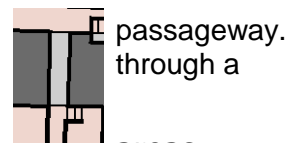
Symbol	Colour	Meaning
--------	--------	---------

	Black	Passable fence
	Black	Impassable fence
	Grey	Passable wall
	Black	Impassable wall
	Medium grey	Building – not to be entered
	Light grey	Canopy – may be passed under
	Black	Steps of a stairway
	Black	Underpass or tunnel
	Green/black	Impassable vegetation – not to be crossed
	Green/yellow	Forbidden access (as for “forest maps”)
	Green	Large tree (more than 0.5 m diameter)
	Green	Small tree (less than 0.5 m diameter) or bush
	Black	Monument or statue
	Black	Out of Bounds
	Purple	Out of Bounds
	Purple	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 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.





Control Descriptions

IOF Pictorial Descriptions (only) will be used for all courses, although the Children’s and Newcomers courses will also have text descriptions. The following are highlights of the IOF Descriptions that you should understand:

WHAT TYPE OF FEATURE IS IT?

-  Building
-  Stairway
-  Monument
-  Covered way
-  Thicket
-  Hedge or linear thicket
-  Stone wall
-  Fence
-  Distinctive tree
-  Track or path
-  Road
-  Paved Area
- Small out of bounds area (Note: This is a non-Standard Description)

WHERE ON THE FEATURE IS IT?

- North east side
-  East corner (inside); e.g. inside where a wall bends through a right angle
-  South corner (but outside); similar to above
-  North west end; e.g. NW end of a hedge
-  Junction; e.g. where one path meets another

Out of Bounds

No impassable wall or fence may be crossed, neither may vegetation (often hedges) mapped as green/black be crossed – even if there appear to be passable gaps in it. Also, 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.