



London City Race Weekend 2016

Crystal Palace Park Sprint Race



Final Details (v3)

Friday 9 September 2016

Venue :	<p>Crystal Palace Park, Crystal Palace, south London.</p> <p>The park is a large urban park, generally open parkland with scattered trees and some lakes. Paths are generally asphalt, or concrete. It also contains the remains of the Crystal Palace, originally used for the 1851 Great Exhibition in Hyde Park and the Crystal Palace National Sports Centre used for major athletic and swimming competitions.</p>
Map :	<p>1:5,000 scale with 2.5m contours. Drawn 2014 updated 2016.</p> <p>Note: South-east of the event centre is a localised complex multi-level area which can be difficult to interpret on a map. To be fair to all competitors an extract of the map showing the three separate levels (highlighted in red) is contained at the end of this document. Copies of the multi-level map will also be on display in the start lanes.</p>
Directions :	<p>Off the A214 Anerley Hill, Crystal Palace, south London. SE19 2AZ</p> <p>Public transport: Crystal Palace Railway Station is served by trains from London Bridge Railway Station and London Victoria Railway Station. Refer to National Rail Enquiries for train times (http://www.nationalrail.co.uk). Journey times 20min to 30min from London Stations.</p>
Car Parking :	<p>Free parking is available at the National Sports Centre (until 21:00hrs), in the park (until 20:00hrs), or on some surrounding streets. SE19 2AZ</p>
Event Centre :	<p>The event centre will be based at the entrance to the Crystal Palace National Sports Centre, located in the middle of the park (see attached map). This is a few minutes walk from the onsite parking and about five minutes from Crystal Palace Railway Station (turn right as you come out of the station building and follow the signs).</p> <p>The event centre will be open from 17:30hrs until approximately 20:30hrs. Please leave spiked or particularly muddy shoes outside.</p> <p>Hired dibbers are available from the event centre.</p> <p>At the event centre male and female changing facilities are available, including toilets and showers. A limited number of lockers (approximately 24) are available adjacent to the changing rooms, these require a 20p coin. Alternatively, bags may be left adjacent to the download table at the sports centre entrance. All bags or possessions are left at your own risk.</p>
Courses :	<p>Nines courses are available, with the following details:</p> <p>Course 1 – 4.7km 105m climb (Men's open)</p> <p>Course 2 – 3.7km 80m climb (Women's open)</p> <p>Course 3 – 3.6km 75m climb (Men's veterans M40+)</p> <p>Course 4 – 3.5km 80m climb (Juniors M/W18)</p> <p>Course 5 – 3.5km 80m climb (Women's veterans W40+)</p> <p>Course 6 – 3.3km 85m climb (Men's senior veterans M60+)</p> <p>Course 7 – 3.0km 65m climb (Women's senior veterans W60+)</p> <p>Course 8 – 3.0km 75m climb (Youths M/W16-)</p> <p>Course 9 – 2.1km 40m climb (Children M/W 12-)</p> <p>It is not proposed to provide Entry On The Day to any of the courses, however late entries are available through the Organiser until 20:00hrs on Thursday 8th September. Please email neil.speers@blueyonder.co.uk and include the name of the people wishing to enter, their age classes, club, dibber number (or hire) and which courses. The entry fees are £8 for adults and £4 for juniors. £1 for a dibber hire. As the Fabian entry for the event is now closed the payment of fees will be requested by direct electronic payment.</p> <p>The park is open to the public and so please be considerate to other park users. Thanks.</p>

	<p>The competition area does not involve any road crossings but there are car parking areas within the park and associated access roads.</p> <p>IMPORTANT NOTE: It is expected to be dark just after the course closing time. If you are a late starter, depending on the cloud cover and how long you take to complete the course it could be dark by the time you finish and so it is recommended that you consider taking a small headtorch.</p> <p>Equipment: SPORTIDENT timing will be used. If you don't have a dibber, they are available to hire from registration for £1. Lost hired dibbers will be charged at a cost of £30.</p>
Starts :	<p>Starts will be between 18:00hrs and 19:15hrs. Start times will be shown on the Fabian entry page for the event in the week before the event. There is only one start which will be a 5 minute walk from the Event Centre.</p> <p>Early start 18:00hrs to 18:30hrs. Middle start 18:20hrs to 18:50hrs. Late start 18:45hrs to 19:15hrs. <i>Please note that start times are restricted as the park closes at 20:00hrs.</i></p>
Finish :	<p>There is only one finish, which will be a 5 minute walk from the Event Centre. Please proceed to the Event Centre to download.</p> <p>No water is being provided after your run. If you need some then please bring your own.</p> <p>Courses close at 20:00hrs.</p>
Results :	Results will be available on the DFOK website following the event.
Après-O :	There are a number of bars and restaurants in Crystal Palace located within a few minutes walk of the north-west corner of the area.
Organiser :	Neil Speers (DFOK) neil.speers@blueyonder.co.uk
Planner :	Angus Harrington (HH)
Controller :	Simon Ling (SLOW)

For details of other DFOK events, or club membership, then visit the DFOK website at www.dfok.co.uk .

Area Layout Map

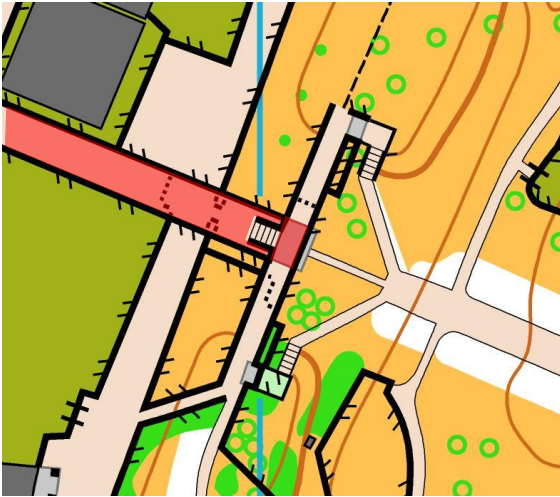
P – Parking



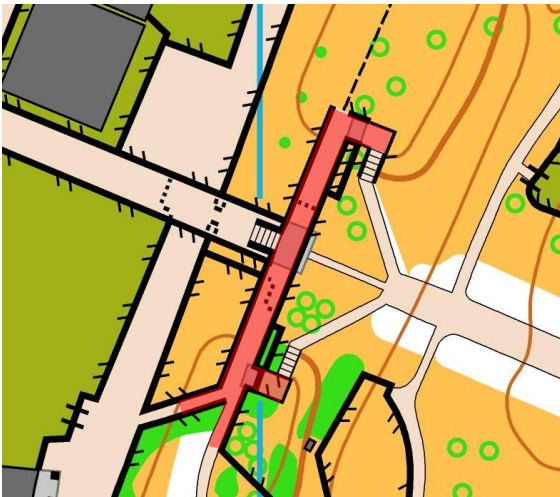
Multi-Level Area



Actual map scale



Upper Level shaded red (enlarged map)



Middle Level shaded red (enlarged map)



Lower Level shaded red (enlarged map)