

17th LONDON CITY ORIENTEERING RACE



Celebrating 50 Years

19th September 2026

Final Details



Welcome to the 17th London City Race which is a UKOL event and part of a three-event weekend that includes a Sprint Park Race on Friday evening organised by London Orienteering Klubb at Middlesex University Hendon, and a double sprint UKOL race in Thamesmead on Sunday organised by Dartford Orienteers. This year we are again offering an Accessible course designed for wheelchair users.

The London City Race is based in Bermondsey, around 80% of which is brand new to orienteering. It offers an extensive, intricate mix of low-rise urban redevelopment with some elevated walkways and parkland and, for the longer courses, waterfront spaces along the Thames. There is low vehicle traffic in most locations.

READ THIS IF NOTHING ELSE

VERY IMPORTANT NOTICE

In previous year's events 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 have 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.

Football fans may be passing through the competition area, please be courteous and considerate.

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.

NO BIBS NO RUN.

Travel to Event

You must travel to the assembly via one of the designated routes (see page below). Do **NOT** use South Bermondsey Station (before or after your run) – a football match is taking place at Millwall and there will be a significant police presence.

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

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: 300m
- Course closing time: 15:00

Map: Scale 1:4,000 with 2.5m contours. Size A3+ for all courses. Courses 1 - 5 have double-sided portrait maps.

A water fountain is available. There are limited food and drink outlets in the surrounding area, we suggest bringing your own.

YOU MUST DOWNLOAD EVEN IF YOU ABANDON YOUR RACE

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

LOCATION, EVENT CENTRE & TRAVEL

The Event Centre is at the London City Academy, 240 Lynton Road, London SE1 5LA. The school should be accessed from the west side of St James's Road (not the main entrance) – see diagrams below. The event centre opens at 9am, you will not be allowed to enter before then.

Bib collection will be on entering the school buildings.

Registration, download, enquiries and bag storage (note that bags are left at your own risk) is in the sports hall.

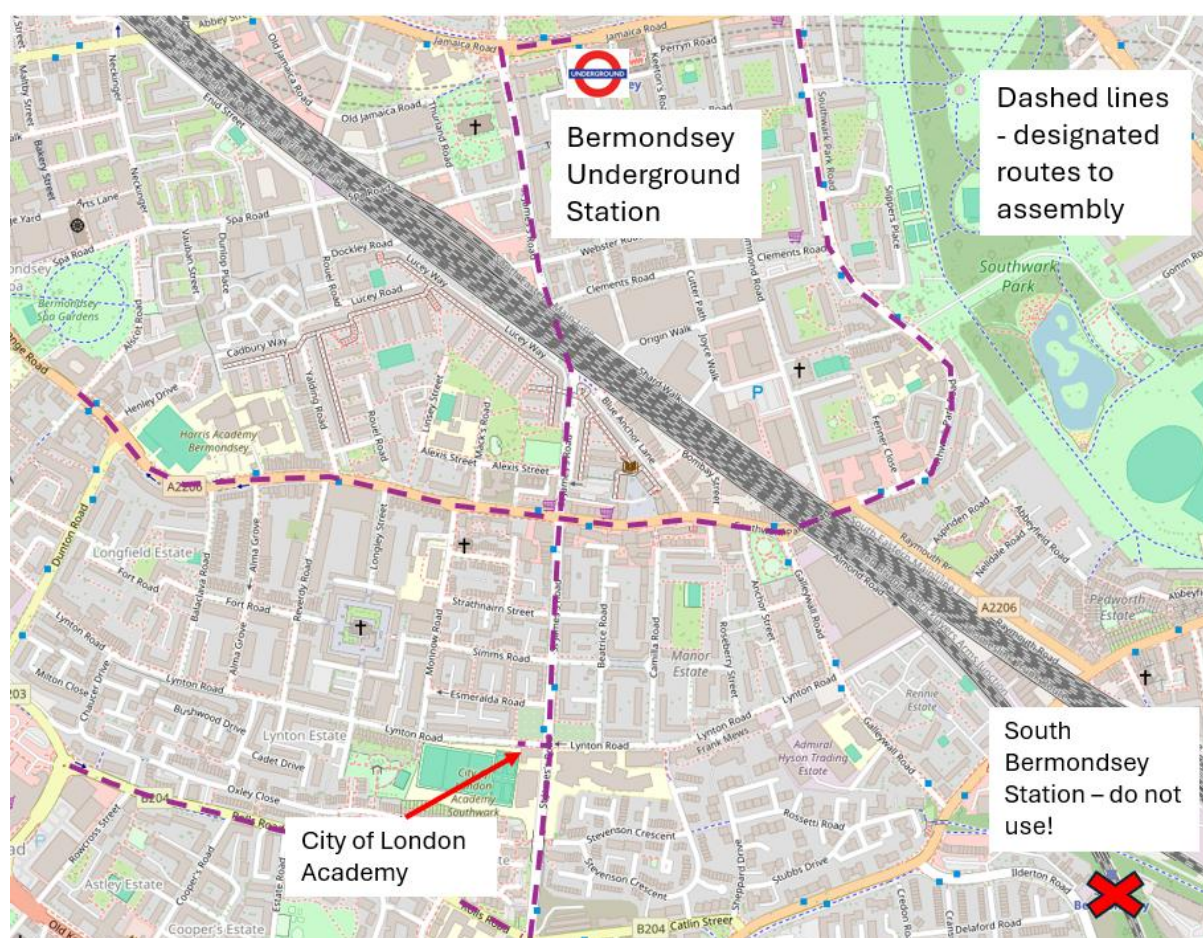
The school entrance routes to the sports hall are wheelchair friendly.

Toilets are available within the school.

Changing rooms are available, please use these and do not change bottom / top layers in the sports hall.

ROUTES TO EVENT CENTRE

The event centre is within the competition area. Please only travel to the school by using designated routes highlighted on the map below - Southwark Park Road, St James's Road or Rolls until you reach Lynton Road.



School location and surrounds



School layout - note some new additional building works to west of sports hall not shown



Rail: Underground to Bermondsey; turn left on exiting the station to walk along Jamaica Road, then left onto St James's Road. 1100m walk in total, 15 minutes. **You must not use South Bermondsey Station** to travel to or from the school. Millwall are playing West Ham (kick-off 12:30) and there will be a significant police presence at the station and surrounding area. The Windrush line passes east of the area. Do not use Surrey Quays station. You can use Canada Water to change to the Jubilee line, although it will be extremely busy after 10:30.



Bus: Nearest stops are Esmeralda Road (route 381) and Southwark Park Road / St James's Road (route 1). See [tfl website](#) for travel advice.



Cycling: There are a number of cycle racks inside the school entrance, next to the sports pitches. If these fill up there are nearby metal railings, but do not attach your bike to the railings immediately outside the main school entrance. Lime, Forest and Voi operate in Southwark - please park considerately and not on the route to the start (South side of Lynton Road) or near the finish outside the school entrance.

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

A water fountain is available – on the SW outside corner of the sports hall building.

There are limited catering options in the vicinity of the school. You are advised to bring your own food. Food can be consumed in the outside areas of the school.

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 14th September 2026 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 medical form www.britishorienteering.org.uk/images/uploaded/downloads (must be logged in as a BOF member), 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. Blank forms will be available at enquiries.

PRIZES & PRIZEGIVING

We aim to hold the Prizegiving in the Event Centre at about 2:15pm

There will be prizes 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 memorial prizes to the top 3 in M21E/W21E and M40/W40 in memory of our late club member Ed Catmur.

The prizegiving will be held in the Event Centre as soon as possible after 2.15pm. Please stay for the prizegiving to show your support.

START TIMES

Start times (as selected by you) are posted at [SiEntries - London City Races - Bermondsey](#)

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 200m from the school entrance, under 5 mins walk. The route will be signed with a mixture of Orienteering arrows and red/white streamer tape. There are no toilets at the Start.

So that everyone is on an equal footing we are not displaying blank maps at the start. The part of the area that has been used before (the far north) can be seen here:

<https://www.slow.routegadget.co.uk/rg2/#188>

IOF Pictorial Control Descriptions are printed on the map for all courses with English text on course 12 as well. 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 adjacent to the entrance of the school. When you have finished, please do not block access to the Finish.

After you finish, proceed straight to Download back inside the school. **Enter the school via the main entrance** (do not cross St James's Road), see the diagram on p4 above. 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 Race Bermondsey](#)

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)	Number of Controls	Control Descriptions ***
1	Men Elite	12.2	33*	IOF Pictorial
2	Women Elite	9.6	30*	IOF Pictorial
3	Men's Veteran (M40+)	9.6	30*	IOF Pictorial
4	Women's Veteran (W40+)	8.6	30*	IOF Pictorial
5	Men's Super Vets (M55+)	8.9	25	IOF Pictorial
6	Women's Super Vets (W55+)	7.3	23	IOF Pictorial
7	Men's Ultra Vets (M65+) Men's Open	7.6	29	IOF Pictorial
8	Women's Ultra Vets (W65+) Women's Open	5.6	21	IOF Pictorial
9	Men's Hyper Vets (M75+)	5.7	22	IOF Pictorial
10	Women's Hyper Vets (W75+)	3.1	14	IOF Pictorial

11	Junior Men (M16-) Junior Women (W16-)	4.9	20	IOF Pictorial & English Text
12	Boys (M12-) Girld (M12-)	2.0	15	IOF Pictorial & English Text
13	Adventurer (Newcomers)	5.1	20	IOF Pictorial & English Text
14	Accessible**	2.8	12	IOF Pictorial

Climb on all courses is negligible.

* 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 along with English text descriptions for Course 12 maps. 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%

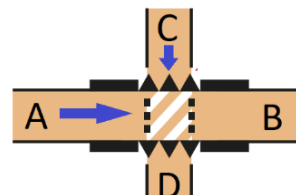
Map scale is 1:4,000 with contour interval of 2.5m. All maps are size A3+.

Courses 1 to 5 are double-sided.

Most of the map is new to orienteering, mapped by Don McKerrow. 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:

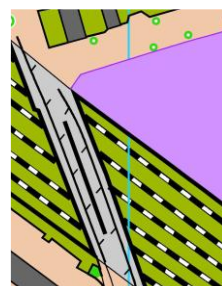
Symbols for Areas Passable at 2 Levels

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..



Symbols for roads under railway lines

Railway bridges where you can cross under the railway are mapped as canopies to allow the detail underneath the bridge to be shown. An example is shown here where the road goes under the railway and there are two fences and an uncrossable wall on the roadway:



Uncrossable / Out Of Bounds (Standard Rules)

No wall or fence mapped as uncrossable 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	Uncrossable fence – DO NOT CROSS
	Black	Uncrossable wall – DO NOT CROSS
	Light grey	Canopy – may be passed under
	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	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. Small barriers on paths which are offset to slow pedestrians up are not mapped.

For clarity some short uncrossable fences have been mapped as uncrossable Walls (i.e. the double tags have been omitted and only a solid black line used)

There are a number of stairs in some of the housing estate areas which stick out into the path at about head height – please be aware of these steps when running in these areas to avoid injury.

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. If a building has scaffolding around it, we have shown it as the original building without the solid purple symbol. 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

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

There are some cycle paths in the area which can be busy – please cross with care. **They also go in the opposite direction to the traffic in some locations – look both ways when crossing cycle paths.**

Courses 1 – 10 and 13

All roads in the competition area, except Jamaica Road, are subject to 20mph speed limits with significant numbers of speed humps and zebra crossings on the busier roads. Courses have been planned to use the zebra crossings where possible or to cross at an angle. Jamaica Road is shown as out of bounds on the map – the only way to cross Jamaica Road is via the underpass which will have a different control when going north and south – make sure to punch the correct ones!

Courses 11 (Junior)

Course 11 uses quieter roads in the area, but they are **not** traffic free. Most of the roads are cul de sacs. This course does cross Lynton Road which can be a little busier – however controls have been placed either side of this road on a large speedhump where cars travel very slowly. A cycle lane also exists in one part of the course. *Make sure to punch these controls on both the outward and return crossings and take care when crossing. Please remain alert to traffic and cycles.*

Course 12 (Children)

This course has minimal interaction with traffic. The only crossing of roads is across the entrances to cul-de-sac roads. A control has been placed at the start of each such crossing. Children should still be alert to traffic and cycles when crossing all roads.

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. Also, a lot of pavements have large trees planted on them reducing accessible space on the pavement to around 70cm. If the width of your mobility device is larger you will need to use the edge of the road in some locations. 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 mins. QR codes for the results site will be on display in the Event Centre and on your Download printout.

The results web address is:

<https://www.sportident.co.uk/results/SLOW/2026/20260919LondonCityRaceBermondsey/The>
QR code is here and is also on your map:



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 will 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. If you are challenged by anyone as to what you are doing, please stop and advise them what is happening and that permission has been granted by Southwark Council. When at download please advise us of any such incidence and its location. Do not be abusive or shout at members of the public.

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 on arrival at the Event Centre.

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 and A&E Department is at: **Guy's Hospital, Great Maze Pond, London SE1 9RT**. This is near to London Bridge station.

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.

MISCELLANEOUS

The [Bermondsey street festival](#) is taking place just to the west of the competition area – why not visit on your way home.

OFFICIALS AND CONTACTS

Planner: Gordon Parker (SLOW) with assistance from Nathan Havel (SLOW)

Organiser: Steven Clelland (SLOW)

Controller: Simon Errington (HH)

Equipment, SI Guru: Gordon Parker (SLOW)

SI Entries: Gordon Parker (SLOW) and Nigel Saker (SLOW)

Weekend Coordinator: Alan Leahey (SLOW)

For questions concerning entries or any other matter: cityraceentries@slow.org.uk

Check the [SLOW website](#) for any last-minute news.

ACKNOWLEDGMENTS

Thanks for access and facilities are due to:

- The City of London Academy
- Southwark Council and Housing