

LONDON CITY RACE

Friday 8th September 2017

FINAL DETAILS

Welcome to the prelim evening race to the tenth City of London Orienteering Race, organized by South London Orienteers. This year's race arena is based in Wapping

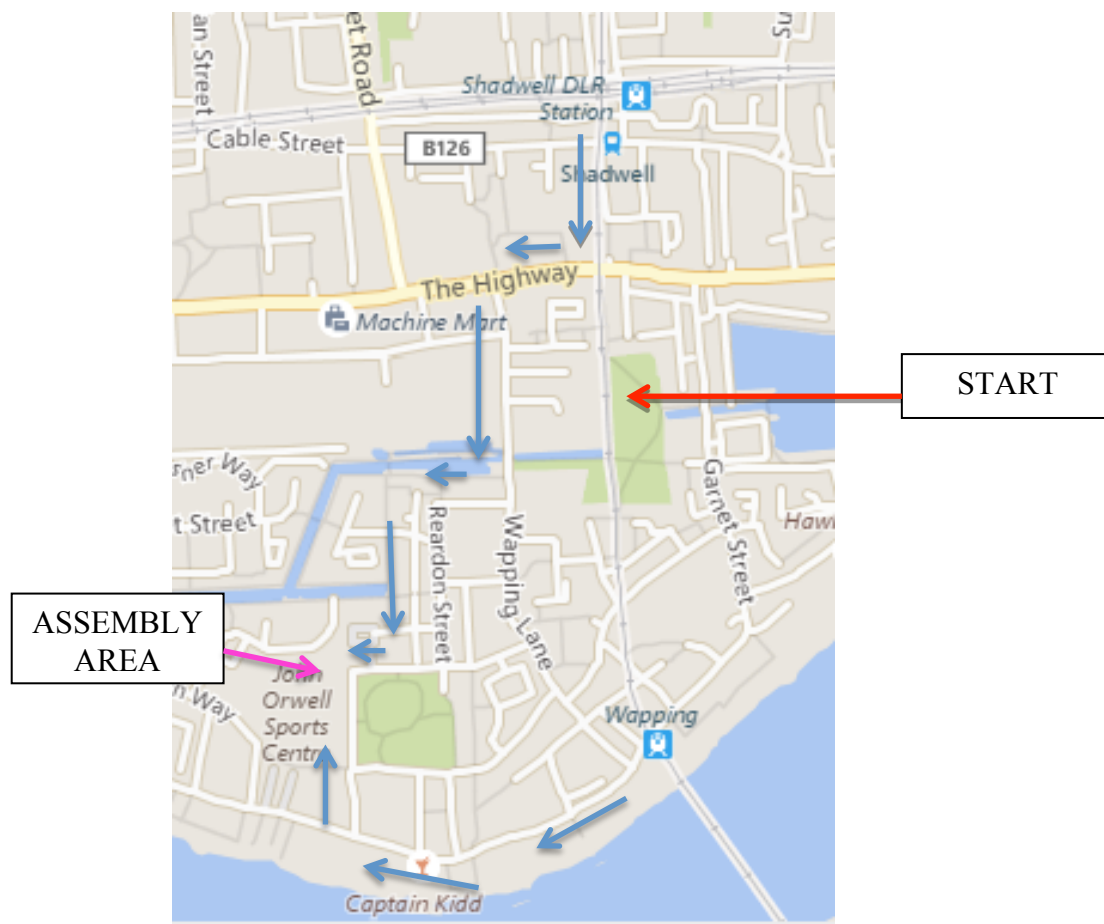
RACE LOCATION AND ACCESS

The Assembly Complex is based at John Orwell Sports Centre, Tench St, Wapping, London E1W 2QD.

The entrance to the Assembly Complex is to the North of the centre in the staff carpark.

Please do not go into the main entrance of the Sports.

This entrance also doubles as the run in for the finish so please be aware of finishing runners



TRAVEL



Rail: The closest overground station is Wapping Train Station. See the map above for the walking route from these stations.

From Wapping Station please walk West along Wapping High Street until you get to Scandrett Street, then walk straight up Scandrett Street to the assembly entrance

If coming from Shadwell Station (on DLR) please walk down to Wapping Lane, then Reardon Street
All other routes will take you into the competition area



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 Santander 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 stations are both to the East of the Assembly complex, on Wapping Lane.



Car: We do recommend that you use public transport to arrive at the race, as there is limited parking available near the Assembly Complex, and public car parks are expensive. The Congestion Charge does apply on a Friday night



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.

ASSEMBLY COMPLEX

The Assembly Complex consists of a Race Arena plus facilities in an adjacent sports Hall and will be open from 17:30. Remember that this is an urban area, please take care with your valuables.

All competitors, including pre-entered competitors, must collect their race number 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 Race Arena is in the car park includes the following

- Finish
- Toilets
- Changing Rooms – Note these are quite small

The Sports Hall

- Race Number collection
- Enquiries
- Entry on the Day

- T-Shirts
- Results display
- Download
- Bag storage (Please note bags are left at your own risk)

IMPORTANT NOTE: There will be other organisations and regular members using the Sports Centre on the day and also the other part of the sports hall so please be courteous to these users

START TIMES AND ENTRIES

Start Times: These will be posted at <http://www.fabian4.co.uk/start/list.aspx?EventID=1811> 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 are very full. Start times are from 1830 to 2030.

Please note that those starting later will get dusk/evening conditions and a head torch is advisable to at least read the map

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 Sports Hall building. The nearest Minor Injuries Unit (MIU) that will be open is at Guy's Hospital, near to London Bridge station. The nearest A&E Department is The Royal London Hospital, Whitechapel Road, Whitechapel, E1 1BB



START

There is one start, 700m walk to the NE of the Sports Centre

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

The route to the start from the Assembly Complex will be signed and/or taped 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!

If you are late you start time might be given to someone else waiting – if this is the case you will be given the next available spare slot.

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 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.

This event is being operated using mixed punching, i.e. a traditional SI Card can be used and punched as normal or a SIAC Card (Contactless cards) can be swiped over the controls and the finish. Please see details on how the event operates in the Mixed Punching Guide attached to these final instructions.

SAFETY

Some roads can get busier on a Friday evening. 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. **A lot of the roads around the Wapping areas are old cobbles/sets and these are very smooth and will get very slippery if it rains so beware of the reduced traction on the surfaces particularly near water.**

Check for traffic in both directions before you cross any road. There may be cycle paths which allow cyclists to travel in both directions – even though its one way for vehicles

There are some blind bends in the narrow alleyways and some of the tunnels and covered walkways, particularly in residential areas. 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.

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 housing estate areas of Wapping 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 6 (Juniors) or Course 7 (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 (SI card) or swipe (SIAC card) at the Finish control to record your finish time, follow the tapes to punch in the End Control Box (this is required to track all competitors back in from the course) and then proceed to Download within the Sports Hall. 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 £60 if you lose a hired SIAC 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 2100. If you have not finished by 2100, 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



MAP AND COURSE INFORMATION

Map	<p>Courses 1-7 - 1:4,000. 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.</p>
Contour Interval	<p>There are minimal contours on the map since there are no significant hills in the City.</p>
Out of Bounds (Standard Rules)	<p>No wall, gate 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.</p> <p>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.</p> <p>There are a number of gates in the area that allow residents access to their properties via key pads, but can be opened from the opposite side without a code – these gates have been marked as closed and uncrossable on the map – it is possible that a resident might leave one open – please do not be tempted to go through them.</p> <p>Some areas of the map are locked after dark and are marked with the purple out of bounds symbol. If you are running early they may be open, but you must not enter them.</p> <p>Failure to comply with the above will result in disqualification, if seen. There will be marshals out around the course at some sensitive places.</p>
Map Comments	<p>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</p> <p>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.</p> <p>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.</p>
Control Descriptions	<p>Printed on the back of the map for all courses. Course 6 (Juniors) and Course 7 (Children) will have 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.</p>
Terrain	<p>Hard Surface >95%, Grass <5%</p>
Body Cover & Footwear	<p>Full body cover is not required, shorts and singlets may be worn. Studded shoes are inappropriate for this race – wear trainers or similar.</p>

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
1	Men's Elite, Mens Open	3.9k	26	1:4000
2	Women's Elite, Women's Open & Men's Vets (M40+)	3.1k	22	1:4000
3	Women's Vets (W35+) & Men's Super Vets (M55+)	2.5k	24	1:4000
4	Women's Super Vets (W55+), Men's Ultra Vets (M65+) & Newcomers	2.3k	17	1:4000
5	Women's Ultra Vets (W65+), Women's Hyper Vets (W75+) & Men's Hyper Vets (M75+)	1.5k	14	1:4000
6	Juniors (M/W16-)	1.8k	16	1:4000
7	Children	1.3k	12	1:4000

PLANNER'S NOTES

Welcome to the Friday night race of the 10th City of London Race Weekend, which this year is mainly taking part in the area of Wapping

I hope you enjoy the technical challenges available in the varied terrain of Wapping. Most of the area is residential, so please be considerate and always remember there may be someone (either an orienteer or resident!) round any corner.

There are great views at points of your course towards London landmarks including the Shard, Tower Bridge and along the Thames, take a moment to enjoy them in your course or perhaps afterwards if you can!

Courses 1-5

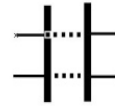
These courses cross or run along a number of roads that may feature fast moving traffic, take care at all times. Competitors - please be considerate and careful. Courses 1-4 have a spectator control which can be viewed through the sports centre fence,

Course 6&7 (Juniors) is mainly on pedestrianized areas and only crosses minor roads with limited traffic. Nonetheless the usual care will be needed when crossing roads, there will be a marshal on the most significant road crossing. The course will run alongside standing water, please take care.

All courses make extensive use around the canals and docks, these waterways are protected with a chained fence around them, except in a few places where there are steps leading down to the water, please ensure that anyone competing on these courses is aware of the dangers of the water and to keep away from the edges; 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. **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.



ACKNOWLEDGEMENTS

Thanks for access and facilities are due to: John Orwell Sports Centre, Tower Hamlets and City of London Corporation

Thanks to our supporter Clif Bar.

Race Director:	Vince Roper (SLOW)
Controllers:	Andy Robinson (SLOW) assisted by Quentin Harding (SROC)
Planner:	Katrin Harding (SLOW)
Mapper:	Remo Madella
Website:	Oliver O'Brien (SLOW)
Map Updates:	Don McKerrow (SLOW)
Organising Team:	Andy Robinson (SLOW)
Entries Manager:	Nigel Saker (SLOW)
SI Guru:	Gordon Parker (SLOW)
T-Shirts and Numbers:	Angus Lund (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

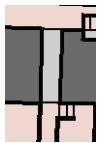
The map is drawn to ISSOM 2007, the International Sprint Map standard, and it uses some symbols with which “forest orienteers” may be unfamiliar. It is of great importance that all competitors are aware of these, especially those which denote “passability”. The most important map symbols used are shown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