



The 6th London City Race

Sunday 22 September 2013

Final Details

Version 3 (21 September 2013)

Changes: Finalised shortest running distances added. Additional information on Greenwich parking options. Tweaked course names in the Course Details table.

Welcome to the 6th London City Race, organised by South London Orienteers and supported by ClifBar. This year, for the first time, the race is taking place on the Isle of Dogs, including Canary Wharf. The area has a unique set of challenges which we hope will lead to an interesting and enjoyable race for all competitors.

Key Information

- The nearest station to the Event Centre is Island Gardens DLR.
- The event centre opens at 0845.
- All competitors must wear race bibs. Your personalised race bib can be picked up from the Event Centre.
- All competitors except those on the Juniors/Children courses will travel on the Docklands Light Railway to get to the Main Start. A ticket for this is pre-printed on your race bib.
- Allow 30-35 minutes to get from the Event Centre to the Main Start.
- Juniors/Children have a Junior Start very close to the Event Centre.
- The area has numerous swing bridges. There is a small chance that one may open and block your route to your next control. Use your map to find an alternative route and report the opened bridge to the download team once you have finished.
- Do not enter buildings or indoor shopping arcades.
- Competitors must obey instructions from security personnel, police or race marshals, while on the course.
- All courses except Juniors/Children are in two parts, with double-sided maps – turn over the map at the end of Part 1, to continue.
- Very limited entry on day, while maps available.
- Start times and bib numbers are published (please remember your bib number for arrival) at <http://fabian4.co.uk/start/list.aspx?EventID=841>

Event Centre

Event Centre Location

The Event Centre is the sports hall of the Island Sports Trust, which is part of George Green's School, 100 Manchester Road, E14 3DW. Please use only the front (north) entrance to the school, off Manchester Road, not the back entrance on Saunders Ness Road which is reserved for finishers only.

The nearest station is Island Gardens (DLR).

Driving: Those who arrive by car are recommended to go to Greenwich rather than the Isle of Dogs itself. Watch out for closed roads in central London (north of the River Thames) due to preparations for the Tour of Britain cycling event which takes place in the afternoon.

Park in the streets or two public car parks in Greenwich (e.g. Burney Street SE10 8EX, £2.50/hour) and use the Greenwich Foot Tunnel to walk to the Event Centre (900m). An alternative car park is the one in Greenwich Park, by the Royal Observatory (accessed from the south). It is a much longer walk to the Event Centre (2km) but the car park is much larger and cheaper (£1.20/hour, 4 hours max) than the other Greenwich car parks, and has a spectacular view of the whole London City Race area, and indeed right across London, as you head towards the foot tunnel.

Watch out for runners if you approach the Event Centre from the foot tunnel, particularly around corners!

Trains: See <http://www.tfl.gov.uk/> for late-breaking transport disruption news. Please note the DLR is closed on the day between Bank/Tower Gateway and West India Quay. If using the Jubilee Line, change at Canary Wharf Jubilee Line Station, and walk to Heron Quay DLR station (200m away) rather than Canary Wharf DLR station, as this is a shorter transfer and ensures you don't enter the competition area. See map for this transfer, at <http://cityrace.org/location/>.

Cycling: If cycling to the event, take your bike into the main entrance, through the corridor and store it in the cycle racks near the sports hall entrance. There are two docking stations by the school, for people arriving by Barclays Cycle Hire.

Boat etc: For full details of travel options to get to the race, including maps, see <http://cityrace.org/location/>. Taking a boat is a viable option for later starters!

Event Centre Facilities

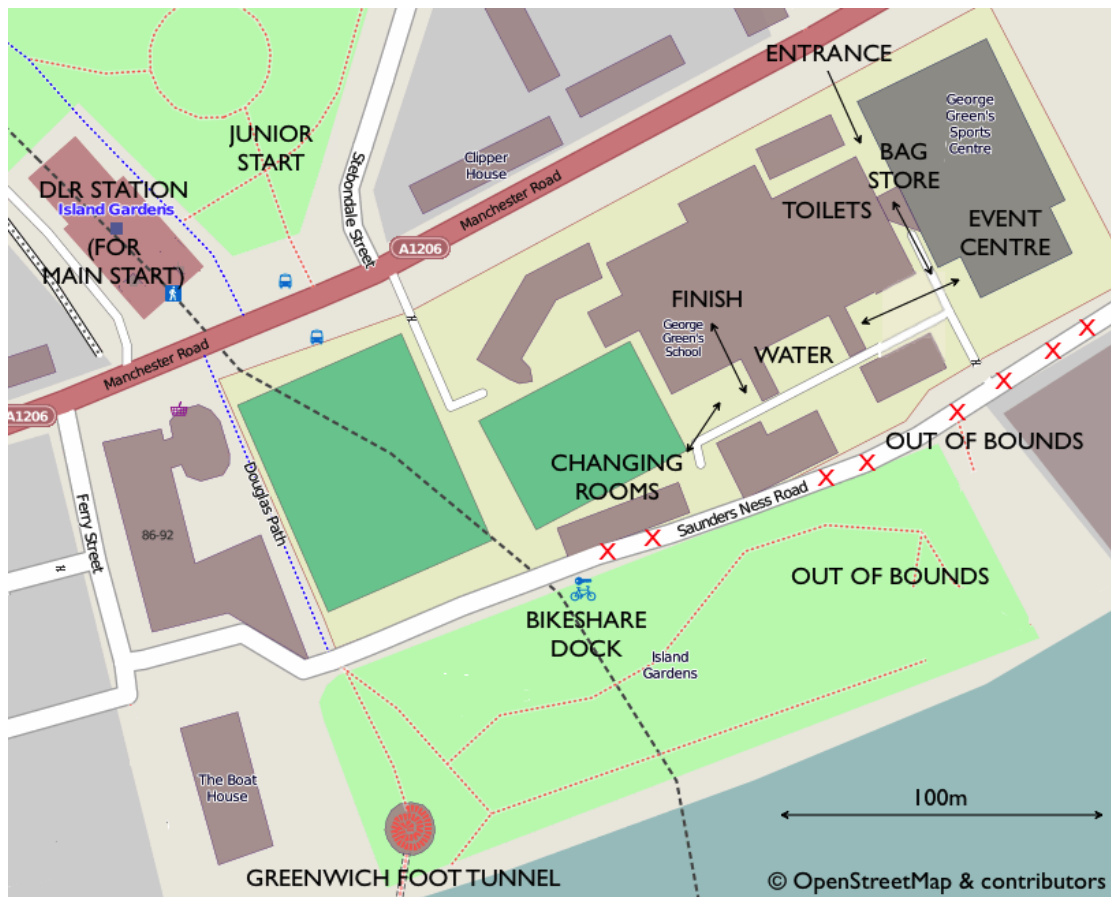
Upon arrival, first pick up your race bib. It will have your start number, start time, name and course printed on it.

In the Event Centre:

- Enquiries
- Entry on Day desk (only while spare maps remain)
- Race bib collection
- SI hire collection
- Pre-ordered T-shirt collection
- T-shirt on-the-day sales (limited stock!)
- Download (results splits/SI hire return)
- Results display
- First aid service.

Nearby:

- Bag storage (in a supervised room, but at own risk)
- Cycle storage
- Water fountains
- Toilets
- M/F changing rooms (but please do not leave bags here)
- Ultrasport (orienteering trader)



Event Centre: approach routes and layout

Times

0845	Event Centre opens
1000	First starts
1300	Last starts
1415	Prizegiving at Event Centre

1515 Courses close
1530 Event Centre closes

Starts

You must visit the Event Centre before going to your start, to get your race bib.

Main Start - all courses except Juniors (16-) and Children (12-)

- Allow 30-35 minutes.
- To get to your start, exit out of the Event Centre, turn left and walk to Island Gardens DLR station. Take the first train from the left hand platform. You do not need to “tap in” your Oyster card or buy a ticket, your race bib already has your ticket on it. The trains are every 10 minutes and the journey will take about 10 minutes. Alight at West India Quay DLR station (only a few seconds after Canary Wharf DLR station) and the start is beside the station.
- There are no toilet facilities for orienteers at the start, but you can alight one stop early at Canary Wharf DLR station, locate a toilet in the shopping centre beneath this station, and then get the next train to West India Quay.
- Competitors arriving late will be accommodated at the start officials’ discretion but may have a long wait for an available start slot. This does not apply to Newcomers course runners who have open start times.

Junior Start – Juniors (16-) and Children (12-) only

- Allow 5 minutes.
- This start is beside Island Gardens DLR station, at the entrance to Millwall Park. From the Event Centre entrance, turn left, walk along Manchester Road, and the start is on the right.

At the starts:

- Loose control descriptions will be provided at the starts.
- Call-up will be four minutes before your start time. Clear your SI card at the clear stations, before entering the start boxes.
- Map boxes have the course number on them.
- It is a punching start. Remember you must punch the start control, then pick up your map from the correct map box.
- Clothing: Road shoes/trainers recommended. Do not wear studded shoes or similar. Full leg cover is not required.

Map Notes

The maps are printed on waterproof paper, size RA3, scale 1:5000 with 2.5m contour interval, 150m interval between northing lines, and are not bagged.

Survey: early 2013, Remo Madella of REM Maps. Drawn to ISSOM 2007 standard. All courses starting from the Main Start have double-sided maps.

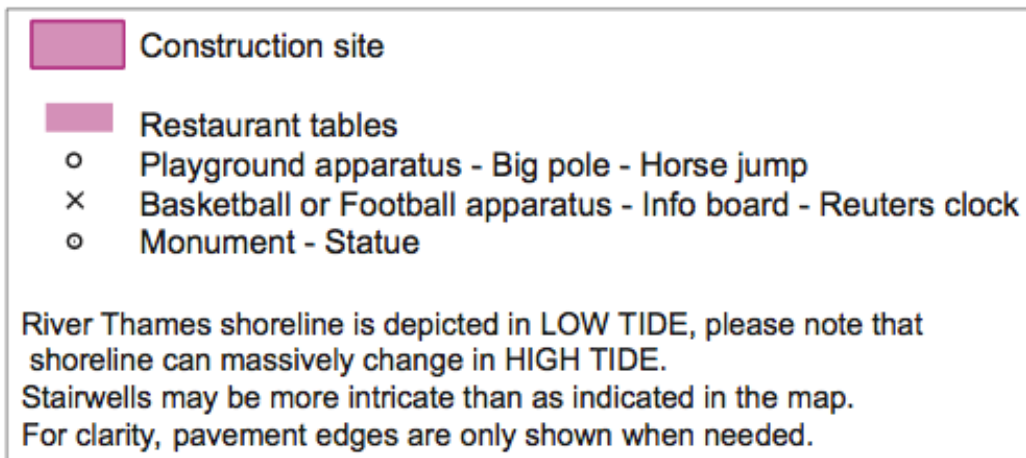
On the map, pavement edges are only shown where significant pedestrian areas.

Most gates are not shown on the map.

Do not enter out of bounds areas (olive green for permanent out of bounds, solid pink with pink border for temporary out of bounds, purple lines for out of bounds roads) or cross any uncrossable walls or fences (thick black lines) or hedges (dark green lines) or thick vegetation (dark green).

The following panel shows special symbols that appear on the map:

SPECIAL SYMBOLS



Construction site

Restaurant tables

- Playground apparatus - Big pole - Horse jump
- × Basketball or Football apparatus - Info board - Reuters clock
- Monument - Statue

River Thames shoreline is depicted in LOW TIDE, please note that shoreline can massively change in HIGH TIDE.
Stairwells may be more intricate than as indicated in the map.
For clarity, pavement edges are only shown when needed.

Course Notes

- All controls are BS8 SI so are suitable for all SI card types.
- The first part of all Main Start courses visits Canary Wharf. This is a private estate. You must obey any special instructions given to you by security staff there.
- All courses except Juniors and Children are in two parts. After you reach the end of Part 1, turn over your map and continue on Part 2.
- The area has numerous swing bridges. There is a small chance that one may open and block your route to your next control. Use your map to find an alternative route and report the opened bridge to the download team once you have finished.
- This is an urban event held on open roads. Beware of moving obstacles, such as road traffic, cyclists or pedestrians.
- Terrain: Mainly hard-standing (tarmac, concrete, tiles) but with a small section of grass and possibly mud for all competitors. Juniors and Children have courses mainly on grass.
- Please take care when running by the school, near the finish, in case of pedestrians, such as other competitors arriving at, or leaving, the race.

- Juniors and Children have four road crossings near the end of their course. Three of these are on very quiet roads and one is at a raised zebra crossing. All will be marshaled but not timed out.
- The nature of urban races is that it is possible that you may come across a vandalised or missing control, or a route may be blocked. If this happens, continue your race, and report the incident at download.
- If a control unit has failed and is not registering your SI card, punch a corner of the map with the backup pin punch, and report this at download.
- In wet weather, areas of the courses will be very slippery – particularly the tiled surfaces at the start and for the first few controls of the race. Please take extra care moving through these areas if it is wet/raining.
- Do not enter buildings or indoor shopping arcades.
- There are some unmarked tunnels – if you encounter one, don't use it.
- You may encounter unmapped construction sites that have appeared since the map was printed.

Course Details

No	Name	Straight Line Distance /km	Min Running Distance /km	Controls	Start
1	Men's Elite	10.0	12.9	30	Main
2	Women's Elite	8.1	10.5	27	Main
3	Men's Open	8.0	10.7	27	Main
4	Women's Open	7.0	10.1	26	Main
5	Men's Vets (40+)	8.3	11.1	26	Main
6	Women's Vets (40+)	6.1	7.6	21	Main
7	Men's Supervets (50+)	6.0	8.0	21	Main
8	Women's Supervets (50+)	5.2	7.0	17	Main
9	Men's Ultravets (60+)	5.2	7.1	18	Main
10	Women's Ultravets (60+)	4.1	5.4	17	Main
11	Juniors (16-)	3.1	3.3	24	Junior
12	Children (12-)	2.1	2.2	20	Junior
13	Newcomers	5.6	7.0	26	Main

Please see <http://cityrace.org/courses/> for expected lead times, technical difficulty, description type and UKOL classes. Courses are largely flat, with steps, but only very small hills.

Finish

All competitors finish at the Event Centre, the finish line is on a roof terrace. When running in from the final control, watch out for several sharp bends and steps.

Please download back at the Event Centre. All competitors who start the race must download, so that we know that you are back safely from the course.

If you have hired an SI card, you must return it at download. Unreturned cards will be blacklisted and you will be charged £50 for their replacement.

Water will be available for finishers, on the route between the finish line and download.

There will not be a map collection. Please don't show your map to competitors who have yet to start.

There is plenty of space for spectators at/beside the finish line, on the roof terrace.

Clubs are encouraged to bring their feather flags and stands, and erect them beside the final part of the finish run-in on the roof terrace, to add colour and atmosphere to the finish area. Note the area is hard-standing but there are fences to tie flags to if you don't have stands.

Post-Race

Please stay for the prizegiving which is at 1415. The top three on all courses will receive prizes. For the Juniors (16-), Children (12-) and Newcomers classes, the top 3 men and women will receive prizes.

There are a number of nearby venues for post-race food. We have visited the following and recommend them!

- Mudchute Farm Kitchen - <http://www.mudchute.org/mudchute-kitchen>
 - visit and pet the animals at Mudchute Farm and enjoy locally sourced food at the café there. 600m north from the Event Centre.
- The Great Eastern - <http://www.greateasterndocklands.com/>
 - pub, serves Sunday roasts, free wifi. 200m east from the Event Centre.
- The Old Fire Station <http://www.theoldfirestation.co/>
 - bistro bar and restaurant. 400m west from the Event Centre.
- Goddards at Greenwich - <http://www.goddardsatgreenwich.co.uk/>
 - famous pie restaurant. 1km south from the Event Centre (via the foot tunnel).

Results

Results will be displayed in the Event Centre. We also hope to have them online at <http://cityrace.org/> as soon as possible after the event. UK Orienteering League points will be calculated subsequently.

Organising Team

Organiser: Vince Roper
Planner: Oliver O'Brien
Controller: David Rosen (SROC)

Entries secretary: Nigel Saker
Start manager: Don McKerrow
Download manager: Gordon Parker
Merchandise manager: Angus Lund
Equipment manager: Chris Fry
Volunteer manager: Andy Robinson
Ground manager: Paul Whiston

Marshals: South London Orienteers and friends.

With thanks to: Southern Navigators, Chigwell and Epping Forest Orienteers, and South-East Orienteering Association, British Orienteering, Canary Wharf Management Ltd, Island Sports Trust/George Green's School, X-Leisure Ltd/West India Quay Management, Mudchute Farm, Canal & River Trust Events, London Yard Management, Harbour Exchange Square Management, Docklands Light /Transport for London and all the many other organisations who have contributed to the staging of the event.

Competitors take part in this event at their own risk. Entry and participation means you give consent to your details being stored on computer.

PLEASE CHECK <http://cityrace.org/> FOR ANY LATE BREAKING NEWS.

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 people may be unfamiliar. It is of great importance that all competitors are aware of these, especially those which denote features which crossing is forbidden. The below guide to map symbols was produced by Simon Errington.

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.

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.

