



GREENWICH PARK PART OF THE LONDON CITY ORIENTEERING RACE WEEKEND 19th September 2025

FINAL DETAILS

Welcome to the three-event weekend that includes this race at Greenwich Park (<https://www.royalparks.org.uk/visit/parks/greenwich-park>), the City of London Race on Saturday organised by South London Orienteers and an event on Hampstead Heath on Sunday organised by London Orienteering Klubb.

Read This If Nothing Else

Start Times: There are no set start times. Turn up at the start and you will be started as soon as there is a space on your course. No race bib is needed.

- Start Times: 17:00-18:45
- Distance from Event Centre to Start: 1km
- Course closing time: 19:30
- Park closes at 20:00. All participants must leave the park by 19:40
- Bring a torch if you might finish after sunset (19:05)

Starts will be at one-minute intervals and you do not need to keep to your selected start block window. Line up to go when you are ready to start.

Control units will be SIAC-enabled ("touch-free" punching), but with a PUNCHING START and a PUNCHING FINISH.

ISSprOM Map: Scale 1:5,000 with contour lines at 2.5m. Size A4 for all courses. Course 1 is a double sided map with a map flip.

Please do not jeopardise future use of the area through reckless or inconsiderate running which causes annoyance or injury to others. Take particular care when running round corners and where the paths are narrow and fenced in and where there are dogs and squirrels. Many cyclists use the park as a cut through on their return from work; take particular care when crossing the roads.

YOU MUST DOWNLOAD EVEN IF YOU DO NOT COMPLETE YOUR COURSE

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

EVENT CENTRE

The Event Centre is at the Richard The First, 52/54 Royal Hill, Greenwich, London, SE10 8RT.

Please only use the toilet cubicles to change where necessary as this creates queues for everyone. Note that there are no showers. There are toilets in Greenwich Park close to the start but a payment card is needed for the 20p entrance cost.

We have access until the pub shuts, so please stay after your run. We have guaranteed a minimum spend at the pub, so please let them know you are a participant.

TRAVEL



Rail/DLR: The nearest station is **Greenwich Station**, which has South Eastern, Thameslink and Docklands Light Railway services. It is a 7 minute walk from the station to the event centre.



Bicycle: Cycling is one of the best ways to get to the race! There isn't much space to leave cycles next to the pub, buy plenty nearby. Note cycling is at your own risk.



Bus: There are lots of buses from London to Greenwich.



Thames Clipper operates a service along the Thames (highly recommended for day trippers) to Greenwich Pier which is a 12 minute walk to the event centre. <https://www.thamesclippers.com/plan-your-journey/find-your-pier/greenwich-pier>



Car: There is some free car parking along the south side of the park and paid parking inside the park (35p per 15mins; no charge after 6pm). There is limited street parking elsewhere. If you park in the park you must walk to the Event Centre to download after your run (and before your run if you are hiring a SI card) and walk back to the park in time to leave before the park gates shut at 8pm. See park at the end of these details. Note that there are several Low Traffic Neighbourhood zones operating between 3 and 7pm which means they are closed to vehicles during this period. Greenwich is also in the ultra low emission zone, ULEZ, so older cars will need to pay a £12.50 daily charge (for details, see <https://tfl.gov.uk/modes/driving/ultra-low-emission-zone>).

TIP: Consult the Transport for London website at <http://www.tfl.gov.uk/> for full travel options and late-breaking information on Underground closures. Google maps gives real time transport options.

WATER AND CATERING

Water is not provided. Competitors should bring their own drinks and ensure adequate hydration before and after the event.

The Richard the First and Greenwich town centre have lots of food and drink options for before and after the event. We have guaranteed the Richard the First a minimum spend, so please let them know you are part of the event if you order anything there.

PERSONAL MEDICAL DETAILS

Anyone with a known medical condition should complete the form below, place it in an envelope addressed with their name, seal it and leave it at Enquiries. Envelopes will only be opened if required for a medical emergency and uncollected envelopes will be destroyed immediately after the event. www.britishorienteering.org.uk/images/uploaded/downloads/officials_handbook_safety_firstaid_medical_form_280514.doc

PRIZES

There are no prizes for the event.

EVENT CENTRE

The Event Centre is in a Pub with a large beer garden, we have exclusive use of part of this, but as this is a Friday night it may be busy.

TOILETS

There are toilets at the Event Centre and there are toilets in the park on the way to the start. Entry to the toilets in the park costs 20p and you need to use a payment card.

START

If you are not collecting a hired dibber then you do not need to visit the Enquiries desk at the Event Centre, just go directly to the Start. Please follow the red and white tapes 1km from the Event Centre to the Start so that you enter the Park at the most appropriate location for the Start without straying into areas used on the courses. There is ample space for a warm up at the Start.

There will be no facility to leave kit at the Start and Finish.

Control Descriptions are printed on the map for all courses. The Young Persons Course (Course 7) has English text descriptions. All other courses have IOF descriptions only. Loose control description sheets printed on waterproof paper will be available in the Start lanes for all courses.

Starts will be at one minute intervals and you do not need to keep to your selected start block window. Line up to go when you are ready to start. There will be start boxes for the 4 minutes immediately 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 tray 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 and at the Finish boxes.

For each control unit, the kite, control number, SI box will be attached to a stake. If a control appears to be missing due to vandalism, you should be certain 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

You must punch at the Finish control.

After you finish, proceed straight to Download at the Event Centre (a 5 minute walk). If you have hired a SI card, please return it here, even if you are hiring a SI card for Saturday's race as you will be allocated a

different SI card for Saturday. There will be a charge of £30 if you lose a hired SI card or £60 if you lose a hired SIAC card.

The gates to Greenwich Park are closed at 20:00 in September by which time all controls have to be removed. The courses therefore will close promptly at 19:30 and controls will start to be collected at this time. Make sure you finish by 19:30.

Sunset is at 19:05 and the light will fail quickly afterwards, especially if it is cloudy or wet. We suggest you bring a torch if you think you may be finishing close to the 19:30 cut-off.

YOU MUST DOWNLOAD EVEN IF YOU DO NOT COMPLETE YOUR COURSE. This is a safety check to ensure that all competitors are back.

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.

LATE ENTRIES

Entries have now closed.

CLOTHING AND FOOTWEAR

Full body cover is not required; shorts and singlets may be worn, although there are a few small patches of undergrowth. Studded or spiked shoes are a poor choice for this event – wear trainers or similar.

COURSES

Course	Class	Optimal Length (km)	Number of Controls	Elevation (m)	Control Descriptions
1	Men's Elite Men's Open	6.6	27	90	IOF Pictorial
2	Women's Elite Women's Open Men's Vets (M40+)	5.4	23	80	IOF Pictorial
3	Women's Vets (W40+) Men's Super Vets (M55+)	4.1	19	60	IOF Pictorial
4	Women's Super Vets (W55+) Men's Ultra Vets (M65+)	3.2	14	60	IOF Pictorial
5	Women's Ultra Vets (W65+) Women's Hyper Vets (W75+) Men's Hyper Vets (M75+)	2.2	12	60	IOF Pictorial
6	Junior Women (W16-) Junior Men (M16-)	2.9	16	60	IOF Pictorial
7	Girls (W12-) Boys (M12-)	1.7	12	50	English Text

TERRAIN AND MAP

All Courses

All the courses are entirely within Greenwich Park.

No courses cross a road with any significant degree of traffic, however care is still needed when crossing the Park entrance in the southern half of the park which has light slow moving traffic and a road in the northern part of the park which is closed to vehicles but is a well-used route through the park for cyclists travelling to and from work. Take particular care when crossing any road.

The map is 1:5,000 with contours interval of 2.5m. All maps are of size A4, Course 1 is double sided and all the other Courses single sided.

The map was prepared by Andrew Evans in 2024 and updated by him in 2025. 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:

Impassable/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 appears 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 or areas which we do not have permission to enter. Failure to comply with the above may jeopardise our future use of the park and may result in disqualification if seen by one of our marshals.

Important Symbols

SYMBOL	COLOUR	MEANING
	Black	Impassable fence
	Black	Impassable wall
	Light grey	Canopy – may be passed under
	Green/black	Impassable vegetation – not to be crossed
	Green/yellow	Forbidden access
	Purple	Temporary Out of Bounds, usually where construction is taking place
	Black	Monument or statue (also used as a control site on the CD)

Out of bounds areas can change at short notice. Maps in the start lane will highlight any significant very recent changes to the area which are not reflected on the map.

RESULTS

Results will be available online (only). These will be updated every 5-10 mins. There will be a QR code for access to live results 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 the roads in the competition areas. However, no roads are closed for the event, and you may therefore meet vehicles and bicycles on these. It is your responsibility to take care.

Please be courteous to other users of the competition area, such as pedestrians and cyclists, and take particular care when running round corners. This especially applies near to the Observatory which can be busy with tourists on a warm September evening and some of the paths near there are narrow. Walk if necessary to avoid pushing past pedestrians or colliding with them.

The area has the usual parkland array of steps, fences, walls and other items of which you will need to be careful. This includes steps that can be slippery when wet.

Ticks may be present in the area. Please take sensible precautions and check after your run.

It is a privilege to run this type of race in a Royal Park in London. Please 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.

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. An Emergency Contact number will be 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 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.

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-Vis vest.

FIRST AID AND EMERGENCIES

A first aid kit will be at the Event Centre. First Aid will be largely on a self serve basis at the Event Centre although a club member qualified in Sports First Aid will be in attendance.

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 and an event official will attend with a First Aid kit.

The nearest A&E Department is at: **University Hospital Lewisham, Lewisham High Street, London, SE13 6LH (3km).**

THE SMALL PRINT

By entering this event competitors agree to abide by the [Participant Code of Conduct](#).

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.

OFFICIALS AND CONTACTS

Planner:	JB Rae-Smith, Dartford Orienteers (DFOK)
Organiser:	Andrew Evans, Dartford Orienteers (DFOK)
Controller:	Janet Biggs, Havering Orienteering Club (HAVOC)

Weekend Coordinator:	Alan Leahey, South London orienteers (SLOW)
Entries Coordinators:	Gordon Parker and Nigel Saker (SLOW)

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

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

ACKNOWLEDGMENTS

Thanks for access and facilities are due to:

- Royal Parks and the Greenwich Park team
- Management and staff at the Richard the First public house

