



# **SOUTHWARK PARK PART OF THE LONDON CITY ORIENTEERING RACE WEEKEND 15th September 2023**

Supported by 

## **FINAL DETAILS**

Welcome to the three-event weekend that includes this race at Southwark Park, the City of London Race on Saturday organised by South London Orienteers and the British Sprint Relay Championships at Brunel University on Sunday organised by London Orienteering Klubb.

The Southwark Park and London City Races are both centred on Canada Water.

We are very pleased that this year's event is supported by **Decathlon** with Assembly in their Surrey Quays store at Canada Water.

### **Read This If Nothing Else**

Start Times: No set start time. 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 to Start: 800m
- Course closing time: 19:30
- Decathlon closes at 20:00. All participants must have left by 19:50
- We suggest you bring a head torch if you may finish after sunset (19:16)
- No personal kit etc. is able to be left at Decathlon overnight

Anyone under the age of 16 must be accompanied to the Start and from the Finish.

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

Map: Scale 1:4,000 with 2m contours. Size A4 for all courses.

Water is NOT provided. There are a number of food and drink outlets in the surrounding area.

**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**

## LOCATION AND EVENT CENTRE

The Event Centre is at the Decathlon Store, 9 Maritime Street, London SE16 7FU. This is very close to **CANADA WATER** Underground, Overground & Bus Station.  
**What3Words:** //soft.clouds.pram

Decathlon Surrey Quays is a large sports and outdoor activities shop. The ground floor is used for sports kit and equipment sales. The first floor houses a large activities space. We are using a part of this first floor activities space as the Event Centre, where you will find a changing area, registration, download, enquiries and bag storage (note that bags are left at your own risk). When you enter the Decathlon building, please use the escalator ahead of you to go straight to the Event Centre on the first floor.



We hope to have some changing cubicles available adjacent to the main competitor space - follow signs. Please do not use the toilet cubicles to change as this just creates queues for everyone. Note that there are no showers.

The Event Centre is marked out by screens but is not fully enclosed. It is not expected that many members of the general public will access the first floor but they are not prohibited from doing so.

There are toilets in the basement. Shoppers visiting the store may also use these toilets. If queues build up, we will ask competitors to allow shoppers to queue-jump as we wish to maintain good relations with Decathlon and their customers.

There are stairs serving the basement, ground and first floors. Limited lifts are available.

Decathlon closes at 20:00. Please ensure you leave by 19:50 and take all personal kit etc. with you as it cannot be left at Decathlon overnight.

## TRAVEL



**Rail:** The nearest station is **Canada Water**, which is on the London Overground and Jubilee lines. When exiting Canada Water station follow signs to the Bus Station, then cross the road and it is about 150m walk down the wide pedestrianised area to Canada Water. You will soon see the large blue and white Decathlon sign.



**Bicycle:** Cycling is one of the best ways to get to the race! There are bike racks near to the entrance to Decathlon plus plenty of space (but no racks) in the Decathlon car park. You can also hire a Santander Cycle Hire bike from any of over 400 docking stations in central London. The nearest docking station to the Event Centre is at Canada Water station.



**Car:** There is ample car parking in Decathlon's basement car park. Parking is free for 4 hours. Access to the car park is from Surrey Quays Road, very close to its junction with Maritime Street. Note that this is in the ULEZ zone, so older cars will need to pay the £12.50 daily charge (for details, see <https://tfl.gov.uk/modes/driving/ultra-low-emission-zone>).



**Bus:** There are several bus routes that stop at Canada Water bus station.

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

## **WATER AND CATERING**

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

There is no catering in the Event Centre but there are a number of other eating and drinking places nearby.

## **PERSONAL MEDICAL DETAILS**

Anyone with a known medical condition should complete the form [www.britishorienteeing.org.uk/images/uploaded/downloads/officials\\_handbook\\_safety\\_firstaid\\_medical\\_form\\_280514.doc](http://www.britishorienteeing.org.uk/images/uploaded/downloads/officials_handbook_safety_firstaid_medical_form_280514.doc), place it in a sealed envelope addressed with their name and leave it at Enquiries. Envelopes will only be opened if required for a medical emergency and unopened envelopes will be destroyed immediately after the event.

## **PRIZES**

There are no prizes for the event. However, all competitors will be able to claim a 10% discount on the day (and on Saturday) for all purchases in the Decathlon store. In order to obtain the discount you will need to go to the Decathlon desk beside Enquiries and open an online Decathlon account. Decathlon will have a list of all participants. This will enable you to obtain the 10% discount in the store (only). Please do not open a new account in advance as the process will be much simpler on the day and it is an important part of Decathlon's support that any new accounts are logged against the Surrey Quays store.

## **START**

The Start is about 800m from Decathlon. The route will be signed with red and white tape. There are no toilets at the Start. There is space for a warm up just before you reach the Start.

If you are not collecting a hired dibber then you do not need to visit the Enquiries desk at the Event Centre and can go directly to the start.

Please follow the tapes 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 will be a tent at the Start and Finish should anyone wish to leave kit. This will not be manned so any kit left will be at your responsibility.

Control Descriptions are printed on the map for all courses. The Girls and Boys courses have English text descriptions. All other courses have IOF description only. Loose control description sheets printed on waterproof paper will be available in the Start lanes for all courses.

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 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 flag, control number, SI box will be secured to an immovable object.

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 very close to the Start. You must punch at the Finish control.

After you finish, return to the Event Centre and proceed straight to Download. 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 Southwark Park will be closed at 20:00 by which all controls have to have been removed. The courses therefore will close promptly at 19:30 and all controls will start to be collected as soon as we reach this time. Make sure you start in good time to expect to finish by 19:30.

Sunset is at 19:16 and the light will fall away quickly after this, especially if it is cloudy or wet. We suggest you bring a head torch if you think you may not be finishing will close to the 19:30 time when courses close.

Decathlon closes at 20:00 so we ask that all competitors have left the store by 19:50.

***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 will be accepted online until midday of the event at [https://www.sientries.co.uk/list.php?event\\_id=11917](https://www.sientries.co.uk/list.php?event_id=11917)

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 a bad choice for this event – wear trainers or similar

## COURSES

Course	Class	Straight Line Course Length (km)	Number of Controls	Control Descriptions
1	Men's Elite Men's Open	6.0	28	IOF Pictorial
2	Women's Elite Women's Open Men's Vets (M40+)	4.9	25	IOF Pictorial
3	Women's Vets (W40+) Men's Super Vets (M55+)	4.2	23	IOF Pictorial
4	Women's Super Vets (W55+) Men's Ultra Vets (M65+)	3.6	18	IOF Pictorial
5	Women's Ultra Vets (W65+) Women's Hyper Vets (W75+) Men's Hyper Vets (M75+)	2.6	14	IOF Pictorial
6	Junior Women (W16-) Junior Men (M16-)	3.1	15	IOF Pictorial
7	Girls (W12-) Boys (M12-)	2.1	12	English Text

The optimal route on courses 1 to 5 will typically be 15-20% longer than the above straight line distances. On courses 6 to 7, the optimal distance is less 10% longer than the above straight line distances

## TERRAIN AND MAP

### All Courses

All of the courses make extensive use of Southwark Park.

The park is essentially flat so there is minimal climb (less than 5m) on all courses.

There is a road which bisects the park which has a speed limit of 5mph and severe speed humps to seek to reduce traffic speed but vehicles can and do exceed this speed. The road is not a through road so traffic is minimal and infrequent.

Courses 1 to 5 also visit the surrounding urban area. On these courses over 80% of the distance covered will be in parkland.

### Courses 6 and 7 (Junior & Children)

None of these courses cross a road with any significant degree of traffic, however care is still needed when crossing the road that bisects the park.

The map is 1:4,000 with contours interval of 2m. All maps are of size A4 and single sided.












The map was prepared by Don McKerrow in 2021 and updated by Andrew Evans in 2023. 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, private gardens or private paths.

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	Out of Bounds, includes children's playground and some areas of surrounding roads
	Purple	Out of Bounds, construction site
	Black	Statue
	Black	Post
	Black	Bench or playground equipment
	Black	Small newly planted tree with a fence around it

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.

There is ongoing building work in the area. 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. 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.

## **RESULTS**

Results will be available online (only). These will be updated every 5-10 mins. QR codes for the results site will be on display in the Event Centre.

## **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 traffic throughout the courses, and 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.

The area has the usual urban 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.

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. ENSURE THAT YOU RUN WITHIN YOUR CAPABILITIES.

## **UNDER 16'S**

Anyone under the age of 16 must be accompanied to the Start and from the Finish.

## **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 07794 379711– 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 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. 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**

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 (07794 379711) and an event official will attend with a First Aid kit.

The nearest Minor Injuries Unit is at: **Guy's Hospital, Great Maze Pond, London SE1 9RT**. This is near to London Bridge station.

The nearest A&E Department is at **The Royal London Hospital, Whitechapel Road, London E1 1FR**

## 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.

## OFFICIALS AND CONTACTS

Planner: Geoff Goodwin (Dartford Orienteers)  
Organiser: Andrew Evans (Dartford Orienteers)  
Controller: Vince Roper (SLOW)

SI Entries and Website: Philip Craven (Dartford Orienteers)  
Weekend Coordinator: Alan Leahey (SLOW)

For questions concerning entries or any other matter: [cityraceentries@slow.org.uk](mailto: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:

- Decathlon
- Southwark Council