



London City Race

Stage 3



Thamesmead

Double Sprints

Sunday 20th September 2026

Final Details



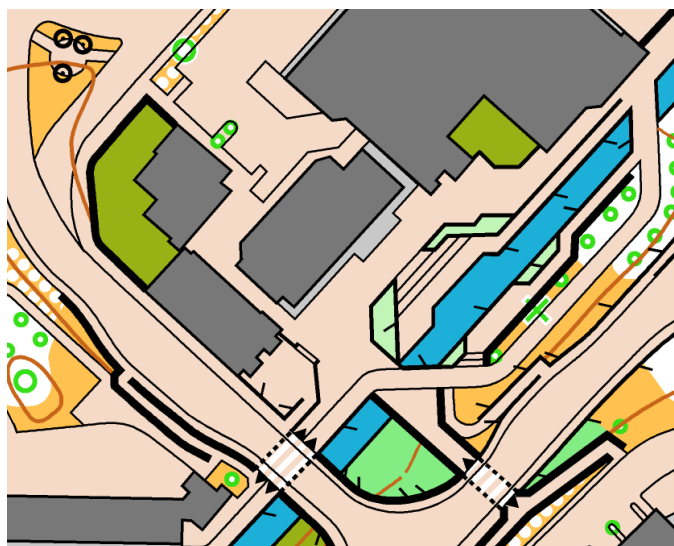
Welcome to Thamesmead

Welcome to Stage 3 of the London City Race 2026. This year, the London City Race weekend visits the complex housing estate of Thamesmead. Competitors will enjoy 2 fast-paced sprint races, based from a fabulous event centre, The Nest Building. The previous map of the area has been extended for the afternoon race so all competitors can expect plenty of new surprises and challenges.

We are grateful to the Peabody Trust who have allowed us access to Thamesmead for providing a state-of-the-art event centre in the Nest-Thamesmead's community hub and library.

In addition to the City Race weekend, the event has been included in the UK Orienteering League and we are also putting on a community course for the local residents of Thamesmead. Please give them a warm welcome to our sport!

If you have any questions or queries about the sprints, please do not hesitate to get in touch with us. We look forward to seeing you in Thamesmead in September!



Event Information

.Event Website

dfok.co.uk

Event Officials

Organiser: Keith Bennett (keefbennett@hotmail.com)

Planner: Luke Bennett

Mapper: Richard Bostock and Neil Speers (2024-2026)

Controller: Paul Todd (LOK)

.Event Centre

The Nest Community Building and Library,
3 Cygnet Square,
London SE2 9FA

W3W: ///slap.visa.breed

Entries and start list

[SI Entries](#) (Late entries online until 20 September
11:30- Subject to map availability)

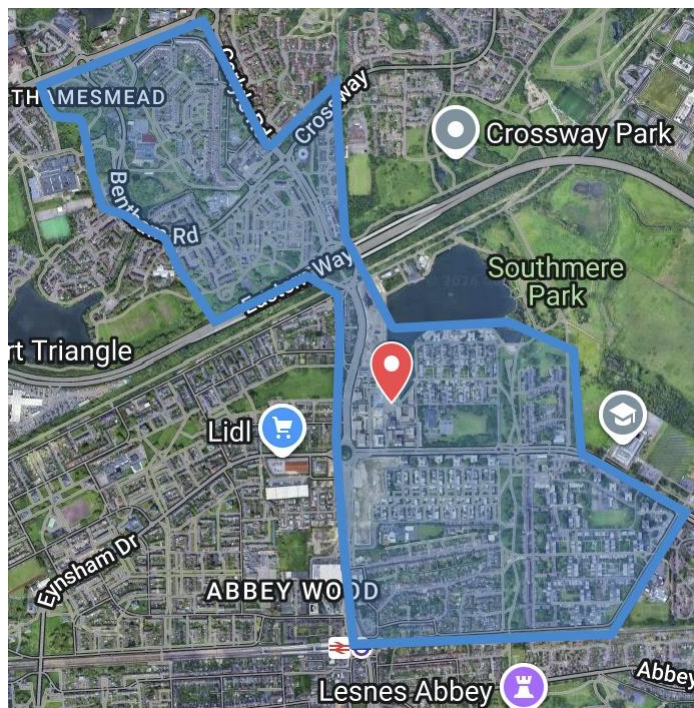
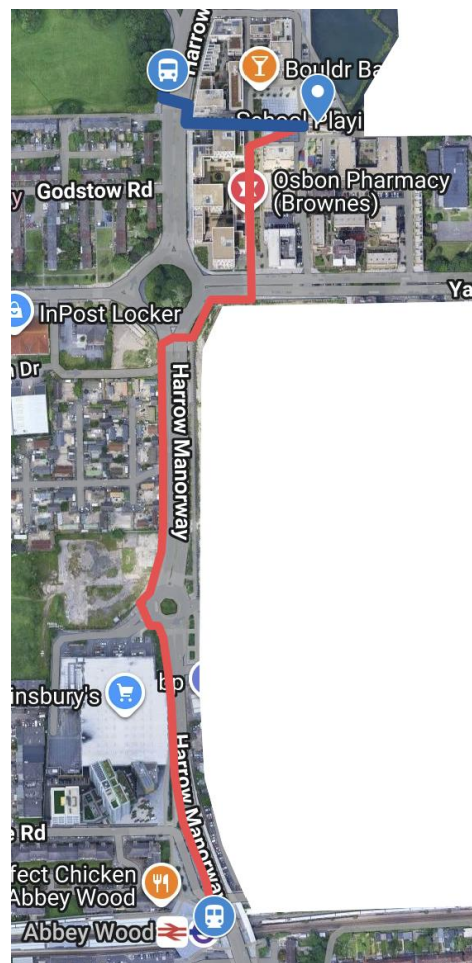
Getting Here

We ask competitors to get to the event using public transport if possible. The Nest is a 10-minute walk from Abbey Wood Station, where Thameslink, Southeastern and the Elizabeth Line operate. All have short journey times into the centre of London and other rail interchanges.

Southmere Lake bus stop is a 2- minute walk from the Nest. A number of different buses from Abbey Wood stop here.

If you do walk, we ask that you follow the **red** route on the map from Abbey Wood station and the **blue** route from the bus stop, so that you avoid the competition area. This route is the most direct way to the event centre.

There is very limited parking in the area, however if you chose to come by car, you must park east of Harrow Manorway and follow routes on this map: [Parking information](#)



Competition Area

There is no strict embargo on the area. You may walk through the competition area to get to shopping facilities or accommodation before race day. On the day of the event, you must follow permitted routes between train stations/ bus stops and the arena/ start.

You must not run in this area with or without a map before the last race is finished on Sunday afternoon. Routechoice testing on the area before the event is strictly prohibited.

This map depicts the competition area. For more information on the competition area, please see the [overview map](#).

Programme

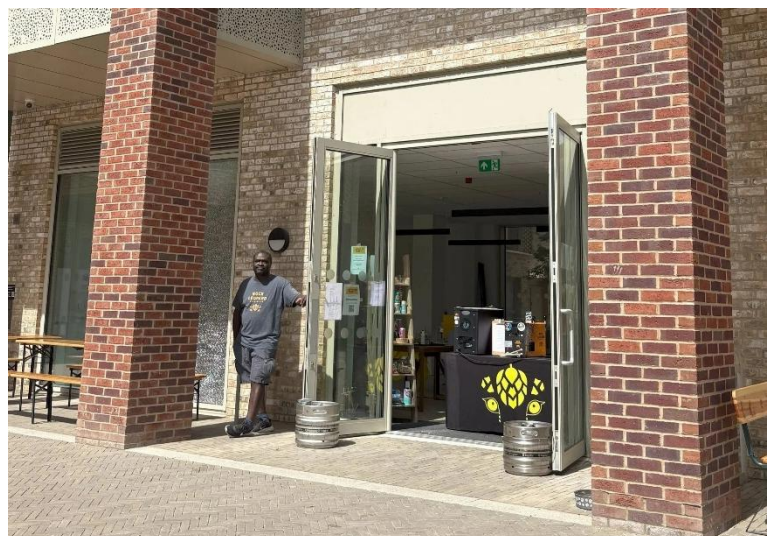
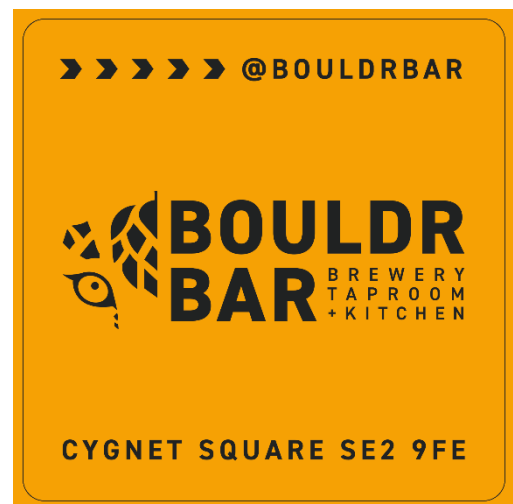
- 09:00 – Event Centre opens
- 09:00 – Bouldr Bar opens (Coffee and Cake)
- 10:30 – Sprint 1 first start
- 11:00 – Bouldr Bar serves lunch / refreshments
- 12:00 – Sprint 1 last start
- 12:30 – Sprint 2 first start
- 14:00 – Sprint 2 last start
- 14:30 – Courses Close
- 15:00 – Event Centre closes

Refreshments/ Arena

We are very grateful to our official event partner, Bouldr Bar, who will be providing refreshments for competitors throughout the day. Located just across Cygnet Square, within close proximity to the event centre, you will be able to buy coffee and cake in the morning. Throughout the day, pizza and Jollof rice will be on offer to competitors, once they have finished. Please go and help support a local business!

In the event centre, there will be a cake stall which will raise money for the DFOK Junior Squad! Also in the Nest are toilets including disabled toilets.

To get into the Nest, please go through the library entrance but turn immediately right and up a flight of stairs. You will also be able to spectate the run in for the afternoon race from the balcony (weather permitting).



Sprint 1- Thamesmead North

Race Details:

Map: Thamesmead North

Scale: 1:4000 (Course 1-5), 1:3000 (Course 6-9)

Contour Interval: 2m

Spec: ISSprOM2019-2

Mapper: Neil Speers (2024), minor updates by Richard Bostock (2026)

Course Setter: Luke Bennett

Old map: [Thamesmead North \(2024\)](#)

Map Size: A4 (297 × 210 mm)

Distances:

Event Centre to Start: 750m (Follow taped route)

Finish to Event Centre: 730m (Follow taped route)



In the Morning area there are some gas pipe replacement works being carried out where they are digging holes along paths. These are generally not blocking off any paths/routes, but we don't know where they will be on the day. If there is anything materially affecting the courses we will communicate this in the start lanes.

Course	Class	Distance (km)	Controls	Climb (m)
1	Men Open (21+) Men Junior (20-)	3.6	24	15
2	Women Open (21+) Women Junior (20-)	3.3	23	10
3	Men Veteran (40+) Men Youth (16-)	3.2	22	15
4	Women Veteran (40+) Women Youth (16-)	2.9	22	8
5	Men Super Vet (55+)	2.6	17	8
6	Men Ultra Vet (65+)	2.3	17	10
7	Women Super Vet (55+)	2.2	14	10
8	Women Ultra Vet (65+) Men Hyper Vet (75+) Women Hyper Vet (75+)	2.0	15	8
9*	Men Young Junior (12-) Women Young Junior (12-)	1.5	18	2.5

**Course 9 will also be used for the Thamesmead free community course*

Sprint 2 - Thamesmead South

Race Details:

Map: Thamesmead South
Scale: 1:4000 (Course 1-5), 1:3000 (Course 6-9)
Contour Interval: 2m
Spec: ISSprOM2019-2
Mapper: Richard Bostock (2026)
Course Setter: Luke Bennett
Old map: Newly mapped for 2026
Map Size: SRA4 (225 × 320 mm)



Distances:

Event Centre to Start: 1100m (Follow taped route)
Finish to Event Centre: 0m

Course	Class	Distance (km)	Controls	Climb (m)
1	Men Open (21+) Men Junior (20-)	3.5	26	25
2	Women Open (21+) Women Junior (20-)	3.1	25	20
3	Men Veteran (40+) Men Youth (16-)	3.0	23	15
4	Women Veteran (40+) Women Youth (16-)	2.8	23	20
5	Men Super Vet (55+)	2.7	19	20
6	Men Ultra Vet (65+)	2.5	17	20
7	Women Super Vet (55+)	2.1	16	15
8	Women Ultra Vet (65+) Men Hyper Vet (75+) Women Hyper Vet (75+)	2.0	14	25
9	Men Young Junior (12-) Women Young Junior (12-)	1.5	16	15

**Course 9 will also be used for the Thamesmead free community course*

Race Timing

Both sprint races use SI timing and ‘controls’ will be in beacon mode (contactless). There will be a timed start and a contactless (flyby) finish. All controls on the course are in contactless mode

Please adhere to your start times. There will be a timed start for all competitors (no punch at the start). If you are late for your start, the start official will direct you into the late start lane. Please be aware that you may have to wait to start due to high volumes of runners on some courses. If you arrive after 11:30, we cannot offer a late start as start equipment will be transported to the sprint 2 start location. Please familiarise yourself with the start procedure.

Clothing

London is usually warm in mid-September (15-25 degrees). Shorts and vests/ singlets are permitted and road shoes are recommended. Please do not wear shoes with metal spikes or studs.

Safety/ Etiquette

We are grateful to Peabody Trust for giving us permission to use the area. It is a densely populated area with many pedestrians. Please give way to them and respect the area. Failure to compete responsibly could jeopardise our ability to host here again.

We will have a qualified first aider on site, should you need it. The nearest hospital is Erith and District Hospital, DA8 3EE.

Results

Live results will be provided through the QR code on the map.

Course Closure Time

Morning Course: 12:30

Afternoon Course: 14:30

Please note: If you think you will take longer than 30 minutes, please chose an early start time.

Start Procedure

-4	Call up
-3	SI Check
-2	Loose Descriptions
-1	Stand next to map
-10s (First short beep)	Hold corner of the map
0s (On the long beep)	Start

Important Course Information

There are a few busy dual carriageways in the area. They have been marked as OOB on the map and will be patrolled on the ground. Please cross these roads using the bridges or underpasses.

Artificial barriers may also be in use on the area, to enhance routechoice difficulty. They will be mapped as shown by figure 1 below. On the ground, there will be cones and a marshal. **It is not permitted to cross these barriers** and will result in disqualification. It is allowed to approach the barrier, realise your mistake and turn back to find an alternative route.

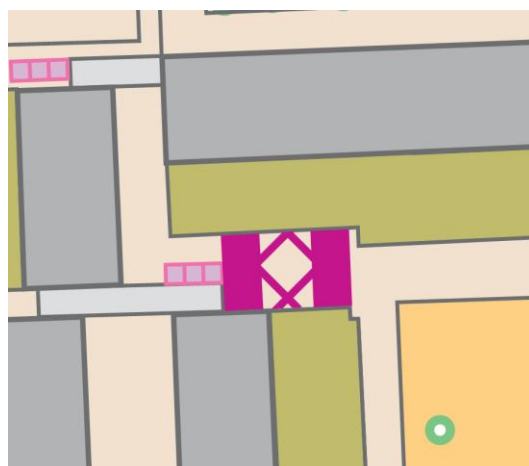


Figure 1- Example artificial barrier on the map

Mapping Notes

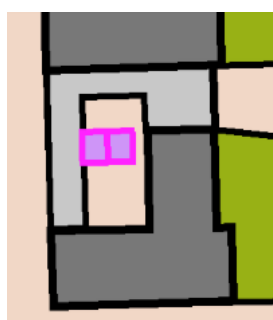
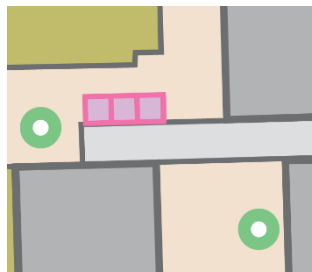
Richard Bostock DFOK

Stairs

There are many small sets of stairs linked to residential blocks in the course areas. These lead to dead ends and/or residential outdoor areas. Some are gated, at the top or bottom, some are not. All are OUT OF BOUNDS.

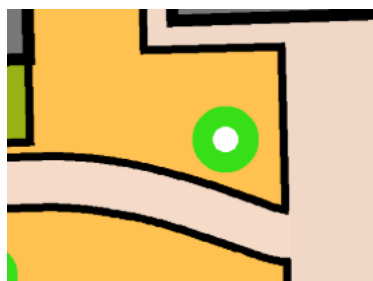
There are no routes through these areas, and the staircases are marked as out of bounds using a special staircase symbol in out of bounds colours. Controls may be hung at the bottom of these stairs.

Staircases mapped in black and white are in bounds as usual.



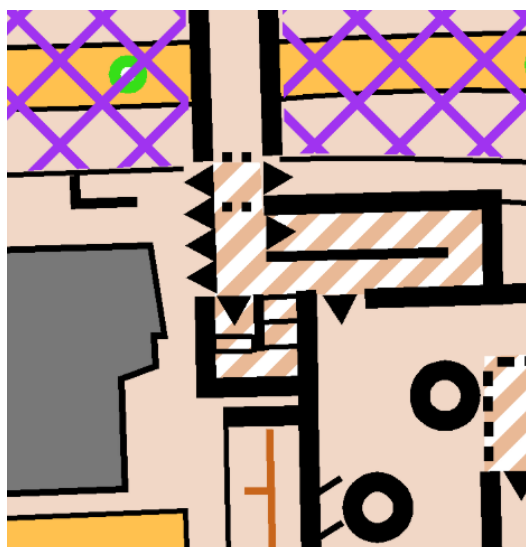
Small Retaining Walls

Many open areas are surrounded by small retaining walls, usually less than 50cm tall but occasionally as much as 70cm. All are easily passable and they are marked as kerb lines only



Bridges over OOB Main Road

Bridges over the main road are high, equivalent to second story height. Staircases and ramps to reach the bridges are two stories, looping twice to attain the necessary height, and have been mapped as runnable at two levels to reflect this. In the example below it is possible to exit the staircase and the ramp at the first floor onto an elevated terrace to the South East. Entering at this point would allow access either up to the bridge or down to ground level, in both cases by either the stairs or ramp



Please note:
The m/w12 course crosses this bridge.
Please ensure they are aware of the multi-level mapping and how to get across the bridge.