



Thamesmead Urban

UK Urban League 26.10.24- Final Details



**COMPASS
POINT**

Welcome to Thamesmead

Welcome to DFOK's first ever urban event! We previously hosted the SE Sprint Championships in 2021 at Chatham Dockyards, however, this is our first full urban and we are delighted to announce that is included in the UK and Southern England Urban Orienteering League for 2024!



READ THIS IF NOTHING ELSE

- **Start Times:** 10:30-12:30 (No allocated start times, there may be a queue if busy)
- **Distance to Start/ Finish from Event Centre:** Approx. 600m (Juniors must be accompanied)
- **Course closing time: 14:00. You must download even if you don't finish the race**

Controls will be SIAC (Beacon mode), but you will need to punch the start and finish.

COURSE 1: Has over 30 controls so please make sure that your SI card is able to support this. If in doubt, please ask at enquiries on the day.

- **Map Scale:** 1:4000
- **Contour intervals:** 2m (virtually no climb on courses)
- **Drawn to:** ISSprOM 2019-2

Competitors take part at their own risk, and are responsible for their safety **and behaviour** whilst on their course.

OFFICIALS:

- Luke Bennett (Planner)
- Keith Bennett (Organiser)
- Andrew Evans (Controller)
- Neil Speers (Mapper)

Any last-minute enquiries, please contact Keith Bennett at keefbennett@hotmail.com or 07766658913

Our Partners



We are delighted to announce that we are supported by three event partners for the Thamesmead Urban!

Compass Point are a fantastic orienteering gear shop who will be supplying prizes for the winners in each category. We are grateful for their kind contribution to our first urban event.

The Abbey Arms is a great local pub next to Abbey Wood station, who previously supported us in our London Park Race event at Lesnes Abbey. All competitors at the Thamesmead Urban are able to gain a 10% discount on food if they show their course map when ordering on the day of the event. Pop in for a post-race beverage and some excellent food for lunch before you head home!

The Peabody Trust Are the land owners at Thamesmead and we are extremely grateful for their support of the event and the use of the Nest Community Centre. We are committed to making orienteering an accessible and enjoyable sport for everyone and have provided a free community course for all local residents as well as an accessible course.

About Thamesmead

Thamesmead, once named "Town of the future" is perhaps surprisingly a historical place, despite only being built in the 1960s. The land it was built on, once belonged to the Royal Arsenal, who made ammunition for the British Forces until the end of WW2. Thamesmead was built to help relieve the housing crisis after the war. Its brutalist architecture, marked by its raw concrete structures and repetitive geometric patterns, was intended to represent a new, modern era. However, for our event this style makes perfect urban orienteering terrain, with many route choices and intricate passageways!

Getting to Thamesmead

We are encouraging all competitors to make use of the excellent public transport network. The event centre is less than 10 minutes from Abbey Wood station which has direct links into Central London on the Elizabeth Line, South Eastern Trains and Thameslink. The SL3 bus also stops at Abbey Wood station. There will be limited, on-street parking in Bazalgette Way and Hartslock Drive.

For competitors coming from further afield, the closest airport is London City Airport, but London Heathrow is direct on the Elizabeth Line. There are unlimited accommodation options in the capital!



BUSES TO SOUTHMERE LAKE

244 every 10-15 minutes

472 every 10 minutes

301 every 12-15 minutes

229 every 8-12 minutes

Event Centre

The Nest ([W3W: bank.nods.ages](http://W3W:bank.nods.ages)) will be used as our assembly centre for this event. It is an open room with a 180-degree view across the lake and in the distance, you will see the competition area! There are toilets, including accessible toilets, space to store baggage, and also a small kitchen, so refreshments will be available after the event. It is in **Cygnets Square, SE2 9UH**.

Please do not go into the Thamesmead Community Library. The entrance to The Nest is on your right as you enter the main doors. We will have a member of DFOK on the door to welcome you.

Refreshments

We will have a range of refreshments on offer in The Nest including; tea, coffee, squash and cake. All proceeds will go towards the development of the DFOK Junior Squad.

Event Area

Thamesmead offers very technical urban orienteering, with plenty of route choice. The Longer courses will also get the chance to run along the River Thames, with views across to Barking Riverside and London City Airport in the distance. As it is a former factory site for the Royal Arsenal, there are many cannons around the town. How many can you spot on your course?

There is no strict embargo on the event area. If you enter the competition area prior to the event, you will still be competitive. However, to ensure the fairness of the competition, please do not do any form of orienteering within the competition area until the event. You may view the competition area through the following link [here](#) .

Courses

In order to be competitive for league and ranking points, you must run the course that is designated to your age class. Under 16s on the day must only run course 6 or 7. **Please note** that due to the minimal traffic, we have been able to make **all courses** fully urban (Approx 95% concrete). All distances are **optimum**.

| Courses | Classes | Controls | Distance | Map |
|--------------------|---|-----------------|-----------------|--------------------------|
| 1 | MO (Men's open) | 41 | 11.9km | A3 (double sided) |
| 2 | WO (Women's open), MV (M40+) | 29 | 9.3km | A3 |
| 3 | WV (W40+), MSV (M55+) | 30 | 8.3km | A3 |
| 4 | MUV (M65+), WSV (W55+) | 24 | 6.3km | A3 |
| 5 | MHV (M75+), WUV (W65+), WHV (W75+) | 19 | 4.2km | A3 |
| 6 | MJ (M16-), WJ (W16-) | 20 | 4.8km | A3 |
| 7 | MYJ (M12-), WYJ (W12-) | 16 | 2.1km | A4 |
| Accessible* | Open to all classes | 12 | 1.8km | A4 |






*An Inclusive event

Orienteering is a sport for everyone to enjoy, and so we have decided to put on an accessible course. It is 1.8km and will be fully wheelchair and pushchair accessible, taking around 30 minutes to complete). Please feel free to contact us if you have any questions about the accessible course.

Map

Map has been newly drawn by Neil Speers over the last few years to ISSprOM 2019-2 specification, printed by BML Print. Competitors should be aware of the latest urban map symbols. Please take special notice of the particular map symbols below:

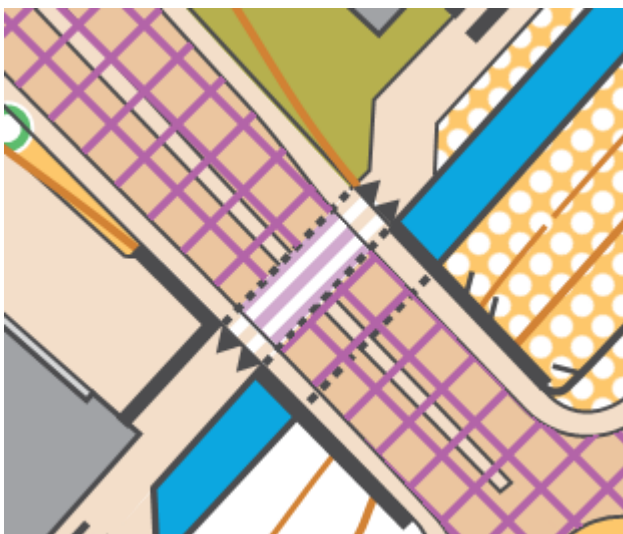
Legend

-  Out of bounds - do not enter
-  Out of bounds - do not enter
-  Uncrossable wall
-  Uncrossable fence
-  Uncrossable vegetation
- Lamp post used as a control
- × Other man made feature

Please take notice of the OOB symbols. You are not permitted to cross these and will be disqualified if seen crossing any of them. We will have marshals on the course!

Please also note that a dot will be used to mark a lamppost with a control on. Not all lampposts have been mapped.

There will be no legend on the map, so please take note of this now.



Please note this multi-level symbol. The road is strictly out of bounds on the top level. YOU MUST NOT cross any roads hashed out with the purple OOB symbol or you will be disqualified. Please always use the underpasses. The entrances to these underpasses are shown with the black 'dragon's teeth' symbol.

We have calculated expected times of those legs that cross roads and if you have a quicker time than this, we will require GPS evidence that you did not cross the road or you will be disqualified.



Here is an extract from the Thamesmead map, which shows the intricacies of the area. We hope you enjoy navigating through this urban jungle!

Behaviour and etiquette

Thamesmead is a densely populated area and you will encounter pedestrians, cyclists and dog walkers on your run. Please be respectful at all times and give way to the local residents.

Thamesmead is a fantastic place for an urban event and any anti-social behaviour will jeopardise our ability to host an event here again.

Results

There will be a QR code to live results on your map. There will also be live results available in the event centre, updated every 5-10 minutes.

Prizegiving

Prizegiving will take place at 2pm. We invite everyone to stay and celebrate the achievements of our fellow orienteers. There will be prizes for the top 3 in each category, with the winner receiving a prize from Compass Point.

Safety and Risk

We have carried out an extensive risk assessment however please be aware that when you are running, your safety is your responsibility. A first aid kit will be available at the event centre with a first-aid trained club member in attendance at the Event Centre. The nearest hospital is Queen Elizabeth Hospital, Stadium Road, London, SE18 4QH. Please do not attend the event if you or a member of your household has COVID-19 symptoms. You must adhere to the British Orienteering Participant Code of Conduct.

Acknowledgements

Special thanks to:

Neil Speers for the development of the map and initial negotiations with Peabody

Dave Cave-Ayland for a sourcing and managing the 57 gripples for the event!

Luke Bennett for the planning and development of intricate courses.

Keith Bennett for the organisation of our first urban event.

Andrew Evans for controlling the event and negotiations with Peabody.

British Orienteering for assisting promotion of the event.

The Peabody Trust for allowing land access and use of the Nest for the event centre.

Romualdas Stupelis at Compass Point for providing prizes for the winners.

The Abbey Arms (a great local pub) for a generous discount for food after the event.