

LOK welcome you to the first event of the London City race weekend – a sprint event around the Hendon Campus of Middlesex University. This event is part of the London City Race Weekend 2026 along with SLOW's [London City Race](#) on Saturday 19th in Bermondsey and DFOK's double sprint event in [Thamesmead](#) on Sunday 20th.

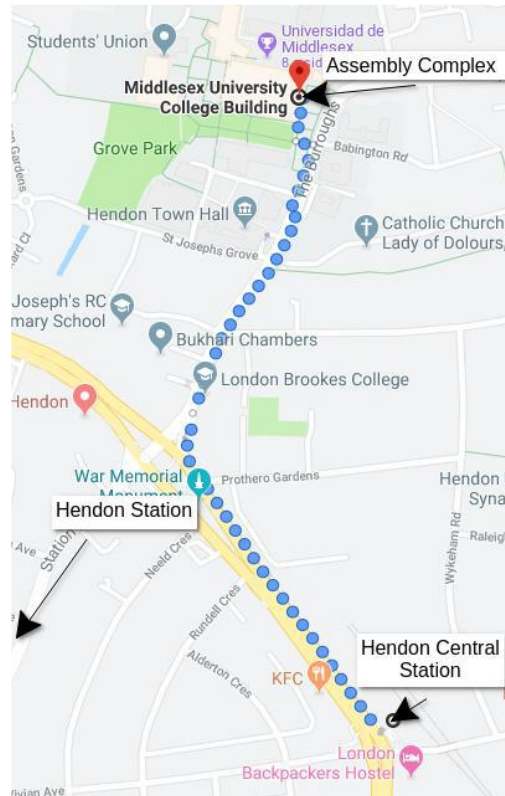
Acknowledgements: LOK would like to thank Middlesex University for permission to use the campus and for all their support in putting on this event. We would also like to thank Barnet Council and Hendon Library for permissions to use their parts of the area.

Event Centre: The event centre is at the Middlesex University Hendon Campus, The Burroughs, Hendon, London NW4 4HD; what3words: knots.lights.baking.

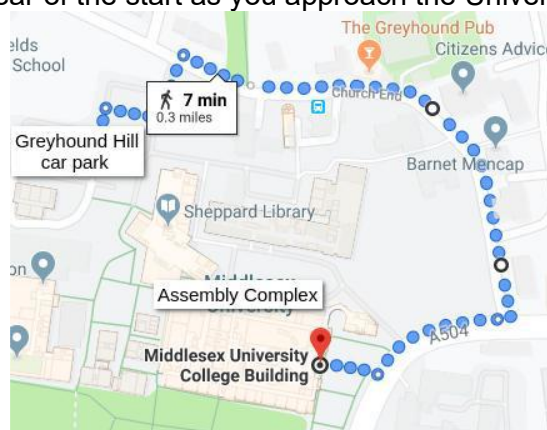
The event centre is in the Rickett Quadrangle which is a covered courtyard. Enquiries, hired dibber collection and download are on the right as you enter the Quadrangle. There are toilets in the Quadrangle – Ladies' in the far-left corner and Men's in the far-right corner. We hope to have a room which can be used for bag drop. Please note that bags are left at your own risk. We have been asked that you do **not** use the Quadrangle for changing clothes, but instead use the bag drop room or the toilets.

There are plenty of tables and chairs in the Quadrangle. Unfortunately, the coffee shop will not be open, but there is chilled drinking water available. There are shops nearby on the way from the station.

Travel: Competitors are encouraged to use public transport to the event. The nearest train station is Hendon Central which is on the Edgware branch of the Northern Line. It is a 900 metres / 12-minute walk to the event centre. On exiting the station, turn right up the hill and then turn right into The Burroughs. Cross The Burroughs at the pedestrian crossing opposite Hendon Library. At the time of writing there are no planned engineering works affecting this station. Bus routes 143, 183 and 326 have a stop on The Burroughs. Use tfl.gov.uk to check the best route and to check before setting out for any bus or tube service closures. Note that there is a Hendon station on the Thameslink line, but that is a 20-minute walk.



Visitor parking is available in the Greyhound Hill car park **after 4.30pm** on a first come first served basis. The barrier should be open, but if not use the intercom and tell Security that you are orienteering. Please be on the lookout for competitors passing through the car park. There is also parking on nearby streets. There are bicycle racks in the car park which are straight ahead as you enter from Greyhound Hill. Anyone who parks in the Greyhound Hill car park **must** take the following route to get to the Assembly area and not go through the campus. Please keep clear of the start as you approach the University building.



Entries: Enter online through [SiEntries](#). Entries are by age class if you wish to be competitive within an age class. You can run your age group, run up one or more age classes by selecting that age class or if you would like to run a Course which is shorter than your age class, you can run "down" by selecting the "Other" class on the Course you wish to run down on.

Subject to map availability, you can enter on the day, but any entries on the day must be online through SiEntries. Fees for BOF members are as follows:

	Senior	Young adult (21 – 25)	Junior
From 10/8/26	£12	£9	£6
From 14/9/26	£14	£11	£8

£2 supplement for those who are not members of BOF. SI cards may be hired – £2 for SIAC cards and £1 for SI cards. A penalty will be charged for the replacement cost of hired SI cards that are lost or not returned amounting to £70 for SIAC and £43 for standard SI dibbers.

When entering you will be asked to select a 15 minute time block. Whilst we will not be strictly enforcing this, please try to stick to your chosen block. This is to manage queues at the start and to manage the flow of runners around the course.

Course details, start and finish:

<u>Course</u>	<u>Categories</u>	<u>Distance</u>	<u>Climb</u>	<u>Controls</u>
1	Men's Open (M18-35)	3.5k	35m	26
2	Women's Open (W18-35), Veteran Men (M40+), Other course 2	3.0k	30m	20
3	Super Veteran Men (M55+), Ultra Veteran Men (M65+), Veteran Women (W40+), Other course 3	2.5k	20m	20
4	Hyper Veteran Men (M75+), Super Veteran Women (W55+), Ultra Veteran Women (W65+), Hyper Veteran Women (W75+), Junior Men (M16-), Junior Women (W16-), Other course 4	2.0k	20m	18
5	Young Junior Men (M12-), Young Junior Women (W12-), Other course 5	1.6k	15m	18

The length of each course is based on the shortest route a competitor might reasonably take. The exact details are subject to final controlling.

There is one start, which is outside the entrance to the Rickett Quadrangle. Start times are 17.45 to 19:15 with a punching start. Please make your way to the start in time to start within the fifteen-minute time block that you selected when you entered. In order to minimise queuing, please try to adhere to your selected start block as much as possible and do not arrive too early for your block. Enter the start boxes 3 minutes before your start time. If you are late for your start, please do not rush needlessly - come to your start once you are ready.

Given the earlier onset of twilight at this time of year (sunset is at 19:08), competitors with later start times are advised to wear a small headtorch to help read their map in the gloom. Control descriptions will be on the map and loose control descriptions will be available at the start.

SI electronic contactless and contact punching can be used, except for the start which must be punched. The finish will be contactless enabled. Please ensure that you punch the safety control on the way from the finish to download. The finish is near the entrance to the Rickett Quadrangle. Please make sure you go to download in the event centre.

Planner's and mapper's notes:

The map scale is 1:2000 with 2.5m contours, conforms to ISSprOM 2019-2 and was updated in summer 2026. Most water features are currently dry. All building interiors are Out of Bounds. Do not cross fences, walls or areas marked as forbidden, shown in the map legend:



Bushes - forbidden to cross

Access forbidden



Wall - forbidden to cross



Fence - forbidden to cross

All courses have pre-marked waterproof maps which are A4 size and will be printed double sided for all courses except course 5. Full body cover is not required; shorts and singlets may be worn and shoes suitable for running on tarmac and some grass.

Results: We expect to be uploading the results every few minutes. The link will be displayed in the event centre and on your splits printout.

Safety: COURSES CLOSE AT 20:15. Competitors **MUST** report to the Finish and Download by this time, whether they complete their course or not.

We will not be providing any water – please bring your own and take your litter home with you. There is chilled water available in the event centre if you need a top up.

The campus is used by lots of students, staff and members of the public, so please always give way to them and especially when competing. Dogs are allowed in the event area but not in the event centre. The courses do not cross any public roads, but you may encounter some moving vehicles or bicycles whilst on the course, so please take care crossing campus roads and when passing through the Greyhound Hill car park. Please note there is a fire station on the campus so beware of fire engines responding to an emergency.

There are the usual hazards associated with university terrain. Please take care to avoid crashing into other competitors or members of the public on blind corners, and when going through narrow passageways, gaps etc. Please also take care where there are kerbs, steps, uneven surfaces, low branches, stationary/parked vehicles etc.

The event area is bounded by fences and public roads and there is no need to cross either of these. If you become disoriented or wish to retire, head East to The Burroughs and from there back to the event centre.

A full risk assessment has been undertaken by the Organiser. Orienteering is an adventure sport. However, competitors are reminded that they take part at their own risk and are responsible at all times for their own safety. Entries and results will be processed by computer. Your entry will be taken as agreement to this. The competition is run under the rules and guidelines of, and sanctioned by, British Orienteering. Please make yourself aware of and abide by the British Orienteering Participant Code of Conduct (revised September 2022).

Medical: If you have a significant medical condition and you have not provided details on SiEntries when entering this event, we recommend you download and complete the [medical form from British Orienteering](#) and place it in a sealed envelope with your name on the outside 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.

The nearest A & E Hospital is Whittington Hospital. The A&E Entrance is off Highgate Hill, London N19 5NF. Tel: 020 7272 3070. This is approximately 8km East of the event centre. Details will be held at Enquiries. First aid will be provided by First Aid Cover Limited who will be based in the Quadrangle.

Insurance: Please note that participants who are not members of British Orienteering are not covered by British Orienteering's public liability insurance. By entering this event, you acknowledge that you are taking part at your own risk. For example, if you were to accidentally injure a member of the public or damage property during the event, you would not be covered.

Officials:

Planner – David Saunders

Controller – Graham Batty (HAVOC)

Organiser - Charles Spence chairman@londonorienteering.co.uk

www.londonorienteering.co.uk