

Are you still the contact for your club? If not, please pass this on to the new incumbent and also let us know the details of the new contact.

## SOUTH OF THE THAMES

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### CROSS COUNTRY ASSOCIATION

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Est. 1893, Affiliated to UKA and SEAA

Tel 01202 433486

Dear Club Contact

#### **CHAMPIONSHIPS RACE, Beckenham Place Park, 15 December 2018**

- Start:** 2.00pm. Near West Gate on the south side of the park. There are toilets near the Mansion House near the start. Numbers will be issued from the race HQ and at last minute near the start.
- Travel:** The nearest railway station to the HQ is Beckenham Junction, but Beckenham Hill is also within walking distance. When travelling by car from outside the M25 leave at junction 4 and travel via Bromley. Allow plenty of time as much of the approach will be through busy town streets, although less than when accessing it from other Junctions.
- Parking:** You may park at the race HQ and surrounding streets, but should avoid parking at the Mansion House, due to other events.
- Race HQ:** Beckenham Cricket / Tennis / Hockey / Club, **Foxgrove Road, BR3 5AS**. Note there are at least two other Beckenham Cricket Clubs at different locations! **We have use of the toilets and bar but not of the changing rooms.** This is **about 500m** from the start via West Gate.
- Course:** A course of one short lap and two long laps on grassland and woodland with some gravel tracks, totalling ca. 7.5 miles (12K). It is suitable for studded shoes or short spikes. A course map is available.
- Teams:** Men and women run together but are scored separately. 6 to score per team, both men and women, scored in order of finishing. Open to 1<sup>st</sup> claim runners only. Collect numbers on the day from race HQ. No team declarations required.

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Fees: £2.00 per runner Cheques payable to South of the Thames Cross Country Association.

Closing Date: 8 December 2018.

Entries to: **Don Turner**  
**40 Rosedale Road**  
**Stoneleigh**  
**Epsom**  
**KT17 2JH**

Tel 020 8393 8950

Please use the enclosed entry forms; separate forms for men and women. Photocopies are acceptable.

## **IMPORTANT NOTES TO TEAM MANAGERS**

### **1. Late Entries, etc.**

You are reminded that entry on the day is not normally permitted. A motion proposed by me at the 2011 AGM to allow this, subject to payment of a surcharge, was very heavily defeated. If you don't like this, you should attend the AGM in future and take more interest in the running of the Association.

In exceptional circumstances team managers should contact Don Turner the race secretary ASAP. Afterwards is too late. His discretion is absolute and final.

You are also reminded that unauthorised substitutions and 2nd claim runners are also not permitted. This caused problems at the 2010 races when runners running under other runner's numbers won awards (one in the wrong age category!!) and compounded the problem by not coming clean at the time. We were lenient on these occasions but will not be so in future. Individuals or even complete teams will be disqualified in future. Repeat offenders beware!

The race entry fee is deliberately kept low, so that when in doubt clubs do not lose out greatly by entering runners on spec. However, in these days when most people are on email it is usually possible to establish who may or may not be available with relatively little effort.

### **2. Affiliation Fees**

The race is open to runners from affiliated clubs only. Some clubs have neglected to affiliate this year. If in doubt bring your chequebook or cash to the race. The fee is only £7.00 per club.

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3. **Please remove all muddy footwear before entering the Race HQ. We are guests of the Sports Club. Please reward them by buying drinks in the bar.**
4. **We are still a few marshals short for the race. Could clubs please bring one or two people prepared to help out?**

Thank you

Geoff Newton  
General Secretary : tel 01202 433486