



2XU WOMEN'S SURREY CROSS COUNTRY LEAGUE 2014/15 MATCH 3 PRE-RACE INFORMATION

Hosted by Wimbledon Windmilers

Date: Saturday 10th January 2015

Venue: Wimbledon Common

Race Times & Approx. Distances

- Seniors (12.00) 7km
- U15's & U17's (13.00) 4km
- U13's (13.30) 3km

Travelling to the venue

The race start & finish area is on the Richardson Evans Memorial Playing Fields, or University Playing Fields as indicated on the attached maps (Roehampton Vale, London, SW15 3PQ). The entrance is alongside the A3, just north of the Robin Hood junction.

Please share cars or use public transport if possible. There will be **NO** on-site parking available due to other events taking place on the playing fields on the same day. If you do travel by car, the nearest car parking facility is a short walk away from race HQ, at the ASDA Roehampton Superstore (SW15 3DT) – please check for any parking restrictions.

The No. 85 bus runs between Kingston & Putney, both of which are served by National Rail.

Facilities

There will be port-a-loos on-site, though no changing facilities will be available. Runners should arrive ready to compete. The nearest food & refreshments are available at ASDA.

Health & Safety

Please note the courses are different to those used by Thames Hare & Hounds (which some runners would have competed on back in January this year), and run in an anti-clockwise direction. A risk assessment has been carried out and will be updated to the time of the races.

Wimbledon Common provides a wide range of undulating terrain & challenging conditions underfoot. Depending on the weather, there can be some very deep mud. Technical footwear would be advised, and please be aware there are stony paths in some places.

Runners should exercise care, looking out for tree routes and other trip hazards, muddy areas and any other obstacles. There is one small concrete bridge with no side rails over a small stream. The courses will be fully marshalled by club members in yellow hi-visibility bibs.

Members of the public, many of whom walk their dogs or have young children, use the Common extensively. The Common is a public area- all users have a right to be there and should be respected.

First Assist Ltd, will be providing first aid cover throughout the time of the races, based at the start/finish area. The nearest A&E hospital is St George's Hospital (Tooting), Blackshaw Road, London, SW17 0QT (0208 672 1255)

Race finish

To assist timekeepers and their assistants, runners finishing their race **MUST** stay in order and keep moving along the funnel, only exiting at the end and not through the sides.

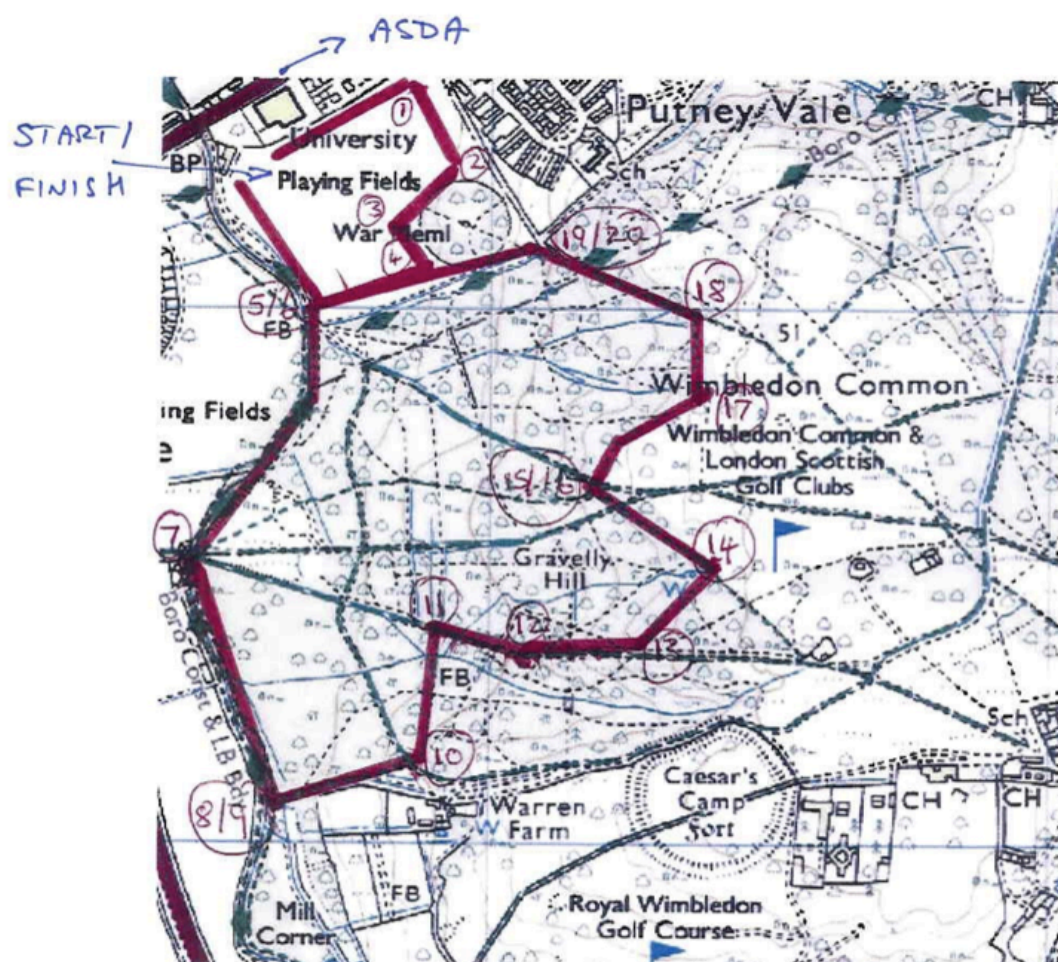
Declarations and Results

Team managers should hand in declaration sheets at race HQ in good time before the start of each race. Results will be compiled and released as soon as possible after the completion of each event.

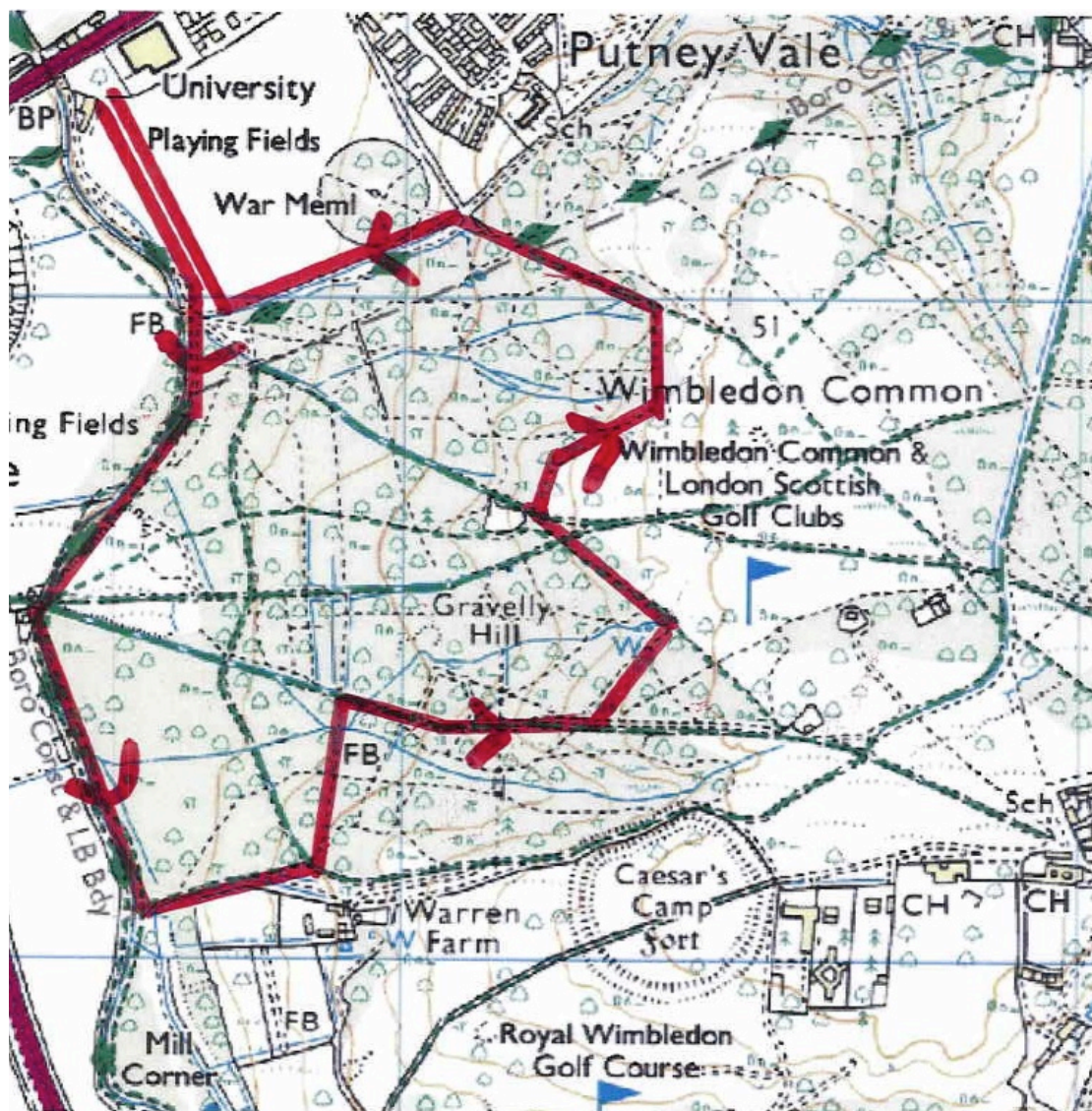
Other Information

The senior Men's Surrey Cross Country League (Division 2) fixture will be taking place at the same location at 2:30pm, hosted by Dulwich Runners.

SENIORS COURSE MAP (2 laps)



UNDER 15's & 17's COURSE MAP (1 lap)



UNDER 13's COURSE MAP (1 lap)

