2XU Surrey Cross Country League
Hosted by Hercules Wimbledon AC
Wimbledon Common, Saturday 11th February 2017

Start Time:	Young athletes	14:30 1 lap = 2 ½ miles
	Seniors (Division 1)	15:00 2 laps = 5 miles

Start Location: The race starts to close to the Thatched Cottage on Wimbledon Common. The attached course maps show the location of the start / finish area (as indicated by black and white circle on map).

Any club flags are to be situated on the right hand side of the course, away from the horse ride.

Please can all athletes refrain from warming up along or across the golf fairways.

Parking: There is limited street parking on surrounding roads but restrictions may apply in some places. Allow plenty of time and car share if possible.

Facilities: Limited shower, toilet and changing facilities are available at Lauriston Cottage (SW19 4TG) for seniors only. Runners should arrive ready to compete. There are no toilets at the race start – the nearest are at the windmill 500 metres from the start area.

Health & safety: The course consists of stony paths as well as muddy sections. Runners should keep alert for tree routes and trip hazards. The course will be fully marked and marshalled by club members. Spikes or trail shoes are suitable. Members of the public are likely to be close to the course – please respect their right to use the common. The course crosses a golf course in two places. There may be horses being ridden. A qualified first-aid provider will be present and will be stationed at the start / finish point. In the event of an injury out on the course runners should advise the nearest marshall.

Accidents: The nearest hospital with an A&E service is St George's Hospital, Tooting, Blackshaw Road, SW17 0QT.

Declarations: For the senior race please can all team managers declare as many runners as possible before the race on www.surreyleague.org. Any additional runners, and all young athletes are to be declared on paper declaration sheets and submitted to a table located by the start point. Results will be compiled after the race and uploaded to the Surrey League website.

Location and map of the course:

Do not warm up on the golf fairways

Flags this side

Start

No flags on this side