

SOUTH OF THE THAMES  
CROSS COUNTRY ASSOCIATION

Est. 1893, Affiliated to UKA

Tel 01202 433486

**CHAMPIONSHIP RACE 2023, LLOYD PARK, CROYDON**

**SATURDAY 16 DECEMBER 2023**

**Travel:** Race HQ is at Sandilands Club CR0 5DB, a 5 minute walk from Sandilands tram stop on Line 2 to Elmers End and Beckenham Junction and is located south of the A232. The start is close to Lloyd Park tram stop on Line 3 from Wimbledon to New Addington near the A212 at CR0 5RA.

**Parking:** There a free medium size car park at race HQ and also a time limited one at Lloyd Park tramstop which requires a ticket from the machines which may or may not be free. There should be street parking in side streets south of the A232 near race HQ which may or may not be metered and free parking in side streets south of the A212 a short walk from the start. Car sharing is recommended.

**Facilities:** Race HQ at the club has toilets and limited changing facilities and showers. We hope to have the bar open after the race for drinks, snacks and to calculate the results and to hold the presentations there. There are also toilets in the café near the start. **Please take off muddy shoes before entering both buildings.**

**Start:** This is at **2pm**, close to Lloyd Park tram stop about 10 minutes signed walk from the HQ. Men and women start and run together but will be recorded separately for the results. A bar code system will be in use. **Number collection from race HQ.**

**Course:** This is of three undulating laps, mostly on grass which can be very muddy in wet weather. The course is suitable for spikes. A map is attached. Beware ruts, tree roots and overhanging branches.

**Teams:** Teams comprise six runners for both men's and women's teams in order of finishing. There are no team declarations, or restrictions on the number of runners. First claim runners only. A bar code system will be in operation so runners should stay in order of finishing until their numbers have been scanned.

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**Entries:** The race is open to all clubs affiliated to the South of the Thames Cross Country Association. The 2023 Club Affiliation Fee of £10 should be paid via [www.race-results.co.uk](http://www.race-results.co.uk) before entries are made.

The entry fee is £3 per runner up to the closing date of Saturday 9<sup>th</sup> December 2023 payable and £6 per runner for late entries up to *Tuesday 12<sup>th</sup> December 2023*. Entries should be made via the [www.race-results.co.uk](http://www.race-results.co.uk) website.

### 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 Mike Boucher the race secretary ASAP. 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 still relatively 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 SOTCCA affiliated clubs only. The affiliation fee is only £10.00 p.a., payable via [www.race-results.co.uk](http://www.race-results.co.uk). Affiliation is open to all clubs in the South and West of England based south of the River Thames. Where clubs straddle the Thames such as Oxford, WSEH, or Thames Valley H., entry is only permitted provided the club in question does not also compete in the North of the Thames Races.

### **3. Medical conditions**

As a precaution, could any runners with significant medical conditions or on medication please inform their team manager or write these details on the reverse of their number. Ditto if they are allergic to particular drugs, like penicillin or anything else which might be administered in the unfortunate event of a medical crisis.

### **4. Marshals**

Whilst we hope to have the course adequately marshalled, it will be helpful if clubs who are able to provide a marshal or two on the day, preferably letting me know in advance. Help with marking the course would also be much appreciated, please let me know if you are willing to help, telephone me on 01202 433486.

### **5. Statutory Notice**

*All entrants shall be deemed to have made themselves familiar with and agreed to be bound by UKA Anti-Doping Rules and to submit to the authority of UKA Anti-Doping in the application and enforcement of the UKA Anti-Doping Rules.*

Thank you

Geoff Newton, Gen Sec SOTCCA

