

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

CROSS COUNTRY ASSOCIATION

Est. 1893, Affiliated to UKA and SEAA

Tel 01202 433486

Dear Club Contact

5 MILE TEAM RACE, West Horsley Place, Epsom Road, Surrey, KT24 6AN, 23 November 2024

- Venue:** The Race takes place in the 380 acre estate of West Horsley Place, a medieval manor house built in 1425. The terrain is a mixture of pasture and ancient woodland. The grounds are open to the general public. Please show respect to other users and take your rubbish home with you.
- Start:** 2.00pm. The start is in front of the Manor House. Numbers will be issued from the race HQ and at last minute near the start. The finish is at or near the start. Clubs may pitch tents or gazebos near the nearby Barn.
- Travel:** The nearest railway station is Horsley on the line between Clapham Junction and Guildford. The station is about 2km walk from the venue.
- Parking:** Access to the estate is from the A246 between East and West Horsley. Please park as directed. This will be fairly close to the Manor House and start. You are requested to car share if practical.
- Race HQ:** A gazebo close to the finish. There will be limited portaloos. No shower or changing facilities are available, so please come ready changed. There may be refreshments provided by external caterers.
- Course:** A course of two laps on grassland with some mud, paths and tracks, totalling ca. 5.0 miles. It is suitable for spikes. We hope to have a course map available on www.sotcca.org.uk in due course.
- Teams:** Men and women run together but are scored separately. 4 to score per team, both men and women, scored in order of finishing. Open to 1st claim runners only. Collect numbers on the day from race HQ. No team declarations required. 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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Page 2 of 3

Fees: £3.00 per runner before the closing date. Entry only via www.race-results.co.uk . Clubs should be first affiliated to the South of the Thames Cross Country Association. (See item 2. Notes to team managers).

Closing Date: 16 November 2024.

Late entries: *Will be accepted up to 20 November 2024 at £6 per runner.*

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 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. 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 SOTCCA affiliated clubs only. The 2024 Club Affiliation Fee is only £10.00 per club plus £1 processing fee. This year affiliation is online via the www.race-results.co.uk website.

Affiliation is open to all clubs in the South and West of England based south of the Thames. Where clubs straddle the Thames such as Oxford, WSEH or Thames Valley

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Harriers, affiliation will only be accepted if the club does not also participate in 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. 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
General Secretary : tel 01202 433486