

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

CHAMPIONSHIPS RACE, Aldershot, 17 December 2022

- Start:** 2.00pm. Near the Wellington Monument, just off the A325, Post Code **GU11 1QA**. This lies on the western edge of Aldershot town. Numbers will be issued from a tent near the start or from a car at the official's car park. **Please do not park on army access roads.**
- Travel:** The nearest railway station is Aldershot, about a 20 minute walk away. The A325 may be reached from the west via M3 and A287, from the north and east via M3 and A331 or from the south via the A31.
- Parking:** There are separate car parks for officials, runner's cars and for coaches and mini buses. All three car parks are accessed from Wellesley Road which is reached from the Wellington Roundabout on the A325. Please see attached map. **Please do not park on army access roads.**
- Facilities:** There are no changing or showering facilities. Please come ready changed. There will be limited toilet facilities near the start. There is a café at the Tesco Superstore and a Brewer's Fayre Pub, both about a 5 minute walk away.
- Course:** A 3 lap course on grassland and woodland with a small amount of gravel path, totalling ca. 7.5 miles (12K). It is suitable for both spikes and studs. Course map attached.
- 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 1st claim runners only. Collect numbers on the day from race HQ. No team declarations required. A disc system will be in operation. Please ensure that the discs are returned to the race officials after use.

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

Closing Date: 11 December 2022.

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

Tel 020 8393 8950
turnerwd40@gmail.com

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. Cut Off Times

There is currently no serious problem with slow runners. However, this race is not suitable for runners who will take longer than 1hour 40 minutes to complete the 7.5 miles course on cross country terrain. Runners who will take longer than this are requested not to enter.

4. Muddy Shoes

Cross country courses are often muddy. Runners and others with muddy footwear are requested to remove their footwear before entering buildings such as race HQ, cafes, etc. Failure to do this may jeopardise our future use of these facilities.

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