

SOUTH OF THE THAMES
CROSS COUNTRY ASSOCIATION

Est. 1893, Affiliated to UKA

Tel 01202 433486

CHAMPIONSHIP RACE 2024, SOMERHILL SCHOOL, TONBRIDGE
SATURDAY 21 DECEMBER 2024

Travel: The nearest railway station is Tonbridge. This is about 2 Km from Somerhill School via Pembury Road using the back entrance to the grounds. One can take the 205 bus towards Paddock Wood and alight after 3 stops at Vauxhall Inn. From Vauxhall Inn the back entrance to the school grounds is on the far side of the roundabout, just beyond Woodgate Way. Most people travelling by car will make for the junction of M25 / M26/ A21 and take the southbound A21. Do not proceed to Tonbridge town centre. Leave the A21 at the junction with the A26 and shortly after, take the B2017 signed Paddock Wood. The front entrance to Somerhill School is then to be found shortly afterwards on the right.

Parking: Parking is on site at the school. Please park as directed. Please car-share if possible, as parking is limited, particularly in bad weather.

Facilities: Portaloos.

Start: This is at **2pm**. 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.**

Race HQ: To be confirmed but either a groundsmen's hut or a gazebo near the road from the entrance. Both close to the course.

Course: This is one short and three long undulating laps, mostly on grass some of which can be very muddy in wet weather. The course is suitable for spikes. A course map will be available in due course on the SOTCCA website www.sotcca.org.uk . 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.

Page 2 of 3

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 before entries are made.

The entry fee is £3 per runner up to the closing date of Saturday 14th December 2024 payable and £6 per runner for late entries up to *Thursday 19th December 2024*.

Entries should be made via the 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. Affiliation is online only. The club affiliation fee is only £10.00 p.a. + £1 processing fee per year.

The link is www.race-results.co.uk/onlineentries/user/login.php?raceid=5486_. 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