

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

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### CROSS COUNTRY ASSOCIATION

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Est. 1893, Affiliated to UKA and SEAA

Tel 01202 433486

Dear Club Contact

#### **5 MILE TEAM RACE, Beckenham Place Park, London, 25 November 2023**

- Start:** 2.00pm. Near the car park opposite the Homestead Café in the NW part of the park, 300m from the finish. Numbers will be issued from the race HQ and at last minute near the start. The finish is near the West Gate at the SW corner of the park.
- Travel:** The nearest railway stations to the HQ are Beckenham Junction and Beckenham Hill. When travelling by car from outside the M25 leave at junction 4 and travel via Bromley. Allow plenty of time as much of the approach will be through busy town streets, although less so than when accessing it from other Junctions.
- Parking:** There is a charge for using the car park within the Park, and in streets in the LB of Lewisham. Street parking to the West and South West of the Park in the L B of Bromley is free where available. It would be advisable to allow plenty of time and to car share if possible.
- Race HQ:** A marquee close to the finish. There are toilets in the Homestead Café area which is 250m on the way to the start. No shower or changing facilities are available, so please come ready changed. There are refreshments available in the Homestead café, but please do not enter wearing muddy shoes.
- Course:** A course of two laps on grassland and woodland with some gravel tracks, totalling ca. 5.0 miles. It is suitable for studded shoes or short spikes. We hope to have a course map available on [www.sotcca.org.uk](http://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 1<sup>st</sup> 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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Fees: £3.00 per runner before the closing date. Entry only via [www.race-results.co.uk](http://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: 18 November 2023.

Late entries: *Will be accepted up to 21 November 2023 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, 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. 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. The 2023 Club Affiliation Fee is only £10.00 per club, 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 Thames. Where clubs straddle the Thames such as Oxford, WSEH or Thames Valley Harriers affiliation will only be accepted if the club does not also participate in North of the Thames races.

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### **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

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