



## Start Fitness Surrey Cross Country League Hosted by Hercules Wimbledon AC Wimbledon Common, Saturday 10th November 2018

Start Time:            Young athletes                      14:30 1 lap = 2 ½ miles  
                         Seniors (Division 1)                      15:00 2 laps = 5 miles

Start Location:        The race starts close to the Thatched Cottage on Wimbledon Common. The attached course maps show the location of the start / finish area (as indicated by black and white circle on map).

Any club flags are to be situated on the right hand side of the course, away from the horse ride. Spectators are asked to be considerate when close to the bridleways.

Athletes are to refrain from warming up along or across the golf fairways to allow games of golf to continue unhindered.

Parking and travel:    There is limited street parking on surrounding roads but restrictions may apply in some places. Allow plenty of time and car share if possible. Wimbledon railway station is 1 ½ miles away. The 93 bus stops at Parkside Avenue and it's ten minutes' walk into the common from there.

Facilities:              Limited shower, toilet and changing facilities are available for seniors only at Lauriston Cottage (SW19 4TG). Runners should arrive ready to compete. There are no toilets at the race start – the nearest are at the windmill 500 metres from the start area.

Health & safety:        The course consists of stony paths as well as muddy sections. Runners should keep alert for tree routes and trip hazards. The course will be fully marked and marshalled by club members. Spikes or trail shoes are suitable. Members of the public are likely to be close to the course – please respect their right to use the common. The course crosses a golf course in two places. There may be horses being ridden. A qualified first-aid provider will be present and will be stationed at the start / finish point. In the event of an injury out on the course runners should advise the nearest marshall.

Accidents:              The nearest hospital with an A&E service is St George's Hospital, Tooting, Blackshaw Road, SW17 0QT.

Declarations:          Team managers are to declare their runners on the website [www.surreyleague.org](http://www.surreyleague.org). Results will be uploaded as soon as practical after the race.

Location and map of the course:



