

# **VAC Cross Country Championships**

**2pm, Saturday 20 January 2024, Wimbledon Common**

**Held under UKA Rules: Permit Number (applied for)**

## **RACE INFORMATION**

### **Race Location**

Wimbledon Common (Camp View/North View/West Place end), London SW19 4UH. The Race HQ is a gazebo on the grassland adjacent to West Place. It can easily be viewed from the road.

### **The Course**

The distance is approximately 7.5 km (4.7 miles), comprising two laps of a circuit of Wimbledon Common's established tracks and trails, heading to the Windmill and making a circuit of the Queensmere pond. There is a sharp drop to the pond and subsequently a steep hill to climb after the circuit of the pond. The tracks are firm underfoot. The trail down to the pond may be less firm and there could be tree roots. Off-road shoes are suitable. Spiked shoes are fine too, but long spike pins are not necessary.

[Here is a Location/Course Map.](#)

Please be aware that Wimbledon Common is a shared open space with horse riders, dog walkers and family groups. The course is close to a golf hole but does not cross it. Please be considerate and give way to other users of the Common if you find yourself in the same space. There will be marshals on the course who will alert you about possible hazards, but please keep a look out and take care.

### **Race Start Time: 2pm**

Men and women run together in a mass start.

### **Registration**

Collect your race number from the Race HQ gazebo at the Start/Finish area on Wimbledon Common. Registration opens at 12.30pm. Please complete the medical details and emergency contact information on the reverse of the number. The race number should be pinned to the front of your race clothing. You will also be supplied with an age-group identifier which should be pinned on your back.

There are no entries on the day.

### **Bag Drop**

There is a bag drop in the gazebo at the start area.

### **First Aid Posts**

Medical support is provided by a qualified medic from a medical vehicle at the Start/Finish area. A second medic will be mobile and able to tend to any casualties on the course. He/she will be stationed near to the Windmill. If you are injured or

become unwell during the race, tell the nearest marshal, or ask a fellow runner to inform the next marshal on the route. The marshals will be able to call for assistance, if necessary.

### **Amenities**

Changing/toilets/showers are available before and after the race at Belgrave Hall, Denmark Road, London SW19 4PG. Refreshments will be available there after the race, in conjunction with the medals' ceremony.

Here is a map showing the [walking route between Belgrave Hall and the race start area on Wimbledon Common](#).

There are also toilets at the Windmill Tea Rooms on Wimbledon Common. This facility is marked on the [Location/Course Map](#).

### **Trophies and Medals**

There are trophies for VAC members, including the first man and woman plus some age group trophies. In the Open race, medals will be presented to the first three finishers in each five-year age category from 35 to 80+, irrespective of whether they are VAC members or not.

### **Awards ceremony at Belgrave Hall**

We aim to present the medals at around 3.30 - 4pm at Belgrave Hall, Denmark Road, London SW19 4PG. Refreshments will be available. Please support the presentation and gather at Belgrave Hall (see the route map at the link above) to collect your medal and/or cheer the others. The Hall is also available for changing and showering.

### **Travel**

**By car:** There is free street parking near to the start alongside The Causeway and on Camp Road, Camp View, North View and West place, as well as further afield (but check parking restrictions). The area is always busy so allow plenty of time. There is street parking around Belgrave Hall. Much of it requires a residents' parking permit but there is some metered parking.

**Public transport:** As with most London venues, it is best to use public transport if possible. The nearest rail/tube/tram station is Wimbledon, about 1.2 miles from the start, approximately 25 minutes' walk. Alternatively, the number 93 bus runs from Wimbledon Station to Wimbledon War Memorial from which it is a short walk along The Causeway to the Race HQ.

The changing facilities at Belgrave Hall are midway between Wimbledon Station and the Race HQ on Wimbledon Common. If you are walking from Wimbledon Station to Belgrave Hall, here are directions:

Turn right outside the station. Go up Wimbledon Hill and turn left to Ridgeway opposite Nat West Bank. Denmark Road is the sixth turning to the left. Enter Belgrave Hall via the side passage. Men's changing is through door to the left of stairs and the women's is upstairs.

If you are walking from Belgrave Hall to the start on Wimbledon Common, here is a [Route Map](#). The distance is approximately 1km. In summary, turn right to reach

Ridgeway and then turn left. Turn right down Lauriston Road opposite the Swan pub. At the end of Lauriston Road, cross the road ahead (Southside Common) and take the path across the open common. Cross Cannizaro Road and continue ahead on the path to reach West Place and Race HQ.

We look forward to seeing you on 20 January.

Good luck!

Maggie Statham-Berry

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