

VAC Cross Country Championships

Saturday 19 January 2019

Held under UKA Rules: Permit Number 193:18

RACE DAY INFORMATION

Venue: Wimbledon Common (Camp View/North View end), London SW19 4UL

Course: 7.25km (4.5 miles), comprising two laps of a circuit of tracks and a playing field. The tracks are firm underfoot. The grass alongside the playing field is likely to be wet and soft going. The stretch by the Beverley Brook could be muddy in places. Off-road shoes are suitable. Spiked shoes are fine too, but long spike pins are not recommended, as one of the tracks is stony.

[Course Map](#)

Please be aware that Wimbledon Common is a shared open space with horse riders, dog walkers, family groups and nearby golfers. Please be considerate and give way if necessary. There will be plenty of 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.

Registration: If you have pre-entered online, collect your race number from the gazebo at the Start/Finish area on Wimbledon Common.

Entries on the day: These are welcome from VAC members (£4) and from any other Masters athlete (£5). Please allow plenty of time if entering on the day. As the race is held under UKA rules, participants must be UKA registered (England Athletics or the Scottish, Welsh or Northern Ireland associations).

Bag Drop: There is a secure bag drop in the gazebo at the start area.

First Aid Post: Medical support is provided at the Start/Finish area. 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.

Amenities:

Changing/toilets/showers are available before and after the race at Belgrave Hall, Denmark Road, London SW19 4PG.

Post-race reception and award ceremony:

This will take place soon after the race at Belgrave Hall, Denmark Road, London SW19 4PG. For VAC members, medals are awarded to the first three men and women in the standard five year age groups.

Travel:

There is free street parking near to the start alongside the Common and in nearby roads but allow plenty of time as the area is busy. There is also street parking around Belgrave Hall but much of it requires a residents' parking permit. There is some metered parking. Please check for restrictions before you leave your car.

As with most London venues, it is best to use public transport if possible. The nearest rail/tube/tram station is Wimbledon, 1.2 miles from the start, approximately 25 minutes' walk. The changing facilities at Belgrave Hall are midway between Wimbledon Station and the Start/Finish area on Wimbledon Common.

Travel directions on foot from Wimbledon station to Belgrave Hall:

Turn right outside the station and cross to Argos, passing with it on the right. 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 women's upstairs.

Travel directions on foot from Belgrave Hall to the start on Wimbledon Common:

Turn right to reach Ridgeway and then left as far as the Swan Pub. Cross Ridgeway to take the turning opposite the pub, Lauriston Road. 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 a road junction by the wall and buildings. Cross and continue ahead along West Place with the Common to the right and cottages to the left. At the end of the cottages take an enclosed path, slightly left by green posts, into the Common. Cross a broad path and continue through the gap to reach the start/finish area in a clearing. There will be signs pointing to the Start.

Enquiries: VAC Entries Secretary (entries@vetsac.org.uk)