

## **SOUTH OF THAMES CHAMPIONSHIPS RACE**

### **Lloyd Park, Croydon, 16 December 2023**

**Travel:** Race HQ is at Sandilands Club CR0 5DB, a 5 minute walk from Sandilands tram stop on Line 2 to Elmers End and Beckenham Junction and is located south of the A232. The start is close to Lloyd Park tram stop on Line 3 from Wimbledon to New Addington near the A212 at CR0 5RA.

**Parking:** There a free medium size car park at race HQ and also a time limited one at Lloyd Park tramstop which requires a ticket from the machines which may or may not be free. There should be street parking in side streets south of the A232 near race HQ which may or may not be metered and free parking in side streets south of the A212 a short walk from the start. Car sharing is recommended.

**Facilities:** Race HQ at the club has toilets and limited changing facilities and showers. We hope to have the bar open after the race for drinks, snacks and to calculate the results and to hold the presentations there. There are also toilets in the café near the start. **Please take off muddy shoes before entering both buildings.**

**Start:** This is at **2pm**, close to Lloyd Park tram stop about 10 minutes signed walk from the HQ. 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.**

**Course:** This is of three undulating laps, mostly on grass which can be very muddy in wet weather. The course is suitable for spikes. A map is attached. 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.