

# Chiltern League Fixture at Oxford on Saturday 16 October 2021

**Parking: BMW MINI Plant, Cowley, Oxford, Satnav postcode OX4 2RD**

We hope to see many of you running at the first Chiltern League match this Saturday. If you are planning on running and **have not yet registered please do so NOW!** Just follow the link under Register Now: <https://www.stalbansac.co.uk/middledistance/>

Please remember to plan on arriving at the venue **one hour before your race time** and register with us at least 45 minutes before to collect your number. You will keep this number for the season so please look after it! Please don't come if you are not well or should be isolating! The timetable is attached below.

## **Car Parking**

All athletes and coaches must park in the Mini Factory car park: **OX4 2RD**. Gazebos can be dropped off in the track carpark but then the vehicles must be parked in the Mini car park.

## **Clothing**

The ground at Oxford is generally quite firm at this time of year, so we would suggest trail trainers with good grip or short XC running spikes. **No spikes or muddy shoes must be worn anywhere near the track or tent groundsheet** so please ensure you use designated crossing points and bring spare footwear for before and after your run. Plus note the infield is a No Running area and Rugby pitches are out of bounds.

Everybody under 20 should run in a **St Albans AC vest and any Seniors should run in a Striders vest**. If you need a vest – please go to the kit section on our website and order one.

The facilities at Horspath are quite limited so suggest you bring hand sanitizer, tissues, pre / post-race snacks and drinks along with spare dry clothes, waterproofs and footwear. Please note anyone who may need medication urgently e.g. inhalers, epi-pen etc., should run with this on their person. You can buy lightweight running sleeve pockets or belts to keep these items in. Please don't rely on medication being in a bag in the tent or with a parent – as if you need the meds at a distant point on the course where you are out of sight, the chance of getting the medication to you quickly is limited. Oxford seems to be a location where people do occasionally need their inhalers and the paramedics request we remind athletes to run with any medications.

We know you are all excited to be back competing but please avoid pushing and jostling for your preferred position on the start line – this is not a 100m dash and it's better to start safely and relaxed a couple of steps back or further along the line. Team mates should not link arms and have no need to be together on the start line.

Given it's a while since we have all competed in XC could you **all please read our First Timers XC Guide & Race Instructions** on our website: <https://www.stalbansac.co.uk/middledistance/>

**Course Maps of the courses are available here on the fixture list:**

<https://www.stalbansac.co.uk/middledistance/>

Race Start	Chiltern League XC Age Groups		Distances approx.
11.30	Under 11 Girls	School Year 5 & 6 <i>9 &amp; 10 yrs. on 31.8.21</i>	2km
11.45	Under 11 Boys	School Year 5 & 6 <i>9 &amp; 10 yrs. on 31.8.21</i>	2km
12.00	Under 13 Girls	School Year 7 & 8 <i>11 &amp; 12 yrs. on 31.8.21</i>	3km
12.15	Under 13 Boys	School Year 7 & 8 <i>11 &amp; 12 yrs. on 31.8.21</i>	3km
12.30	Under 15 Girls	School Year 9 & 10 <i>13 &amp; 14 yrs. on 31.8.21</i>	4-4.5km
12.45	Under 15 Boys	School Year 9 & 10 <i>13 &amp; 14 yrs. on 31.8.21</i>	4-4.5km
13.00	Under U17 & U20 Ladies*	U17 School Year 11&12 <i>15 &amp; 16 on 31.8.21</i> U20* School Yr. 13+ <i>17 &amp; 18 yrs. on 31.8.21 or 19 yrs. on 31.12.2021</i>	4.5-5km
13.15	Senior Ladies	Must be 20 or more on <b>31.12.2021</b>	5.5-6km
13.40	Under 17 Men	Year 11 & 12 <i>15 &amp; 16 yrs. on 31.8.21</i>	5.5-6km
14.00	U20 Men* & Senior Men	U20* School Year 13+ <i>17 &amp; 18 yrs. on 31.8.21 or 19 yrs. on 31.12.2021</i> Seniors must be 20 or more on <b>31.12.21</b>	8-10km

\* Athletes who have their 20<sup>th</sup> birthday between 1/9/2021 & 31/12/2021 in Chiltern League race as Seniors and need to wear Striders vest. For other events you race as U20's

## OXFORD CITY ATHLETICS CLUB COMPETITION CAR PARKING

USE BMW PLANT CAR PARK. ENTER VIA GATE 7 ON HORSPATH ROAD AND PLEASE PARK IN MARKED BAYS



## USE POSTCODE: OX4 2RD

### Club Tents and Gazebos

All tents and gazebos must be located on the track in field. Tents and gazebos located elsewhere will be told to move these to the track infield. All tents and gazebos must be located to the outside of the track infield and must be secured safely. No guy ropes are to be located where people may walk. The infield is designated a no running area to ensure that no one trips or falls. No cross-country spikes are to be worn on the track as this could damage the surface. (We are looking to provide a crossing point on the track for athletes to use to get from the infield over towards the start, wearing their spikes.)

The track & rugby pitches are not to be used by athletes warming up. Warming up can be undertaken on the field to the right of the track where the outside throws cage is located. The courses have been set so that they do not cross any rugby pitches. **No one is allowed on the pitches.** Anyone not following these rules may be asked to leave the event.

### By Public Transport

From the City Centre, Queen Street by Carfax Tower. Take the bus no 10 (every 15mins, journey time approx. 30 mins). Off the bus at Horspath Road, cross the Ring Road at the pedestrian crossing. Continue down the Horspath Road for 250m. The Horspath sports ground is on the left.

# **USE POSTCODE: OX4 2RD**

## **By car from South-East**

At M25 Junction 16 / M40 Junction 1a turn left (west) onto M40 direction Oxford. At Junction 8 leave M40 onto A40 direction Oxford. At Headington roundabout turn left (south) onto A4142. At 3rd set of traffic lights (you will see the Plant in front of you and on the left), turn left into Horspath Road. Enter main car park via Gate 7.

## **By car from North**

At M40 Junction 8A take the turn off towards A40. Take the A40 in the direction Oxford (approx. 5 miles). At the Headington roundabout, turn left (South onto A4142). At 3rd set of traffic lights (you will see the plant in front of you and on the left), turn left. Enter main car park via Gate 7.

## **By car from South-West**

Exit J13 of M4 via A34 to Oxford. At the ring road follow direction M40 (A40). You will see the plant on your right-hand side; at the traffic lights turn right. Enter main car park via Gate 7.