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19th October 2021

SOUTH OF ENGLAND CROSS COUNTRY RELAYS

LINFORD CHRISTIE STADIUM, WORMWOOD SCRUBS, LONDON W12
on Saturday 23rd October 2021

Dear Team Manager,

I have pleasure in acknowledging your club entry. Timetable and information regarding the collecting of numbers, declaration forms, travel can be found below.

TIMETABLE & AGE CATEGORIES

11.00am	Under 17 Women / Under 20 Women <i>Aged 15 or 16 on 31st August 2021</i> <i>Aged 17, 18 or 19 on 31st August 2021</i>	3 Stages x 3km
11.30am	Under 17 Men / Under 20 Men <i>Aged 15 or 16 on 31st August 2021</i> <i>Aged 17, 18 or 19 on 31st August 2021</i>	3 Stages x 3km
12.10pm	Under 13 Girls <i>Aged 11 on the day of competition</i> <i>or 12 on 31st August 2021</i>	3 Stages x 2km
12.40pm	Under 13 Boys <i>Aged 11 on the day of competition</i> <i>or 12 on 31st August 2021</i>	3 Stages x 2km
1.10pm	Under 15 Girls <i>Aged 13 or 14 on 31st August 2021</i>	3 Stages x 2km
1.35pm	Under 15 Boys <i>Aged 13 or 14 on 31st August 2021</i>	3 Stages x 2km
2.00pm	Senior Women <i>Aged at least 20 on 31st August 2021</i>	3 Stages x 3km
2.30pm	Senior Men <i>Aged at least 20 on 31st August 2021</i>	4 Stages x 4km

Any runners still waiting to compete may be started together at approximately 3.25 pm
The timing of the mass start will be at the discretion of the Referee on the day

ATHLETES MUST RUN IN THEIR CORRECT AGE GROUPS

Clubs are required to complete and sign a declaration form on the day from names entered.

All team declarations showing the competitors' correct running order are to be handed in to the Results Team **at least thirty minutes before the race**. This is to cut down the time spent on declarations when others are awaiting results. **Only names entered may compete, no substitutions allowed.**

Numbers are to be collected from the Thames Valley Harriers Clubhouse.

Clothing

Athletes must wear the vest of their First Claim affiliated Club, County, Area or National vest. In accordance with **UKA Rule 143 (1)**, all athletes must wear at least vest and shorts which are clean and so designed and worn as not to be objectionable, even if wet. Please ensure that your running briefs are of acceptable decency.

The wearing of an alternative vest without permission of the Referee will lead to disqualification. Attention is drawn to **Rule 16** on Advertising and Sponsorship, this rule will be enforced.

Changing facilities for men and women will be at the track.

PLEASE NOTE: No washing of shoes or equipment is permitted in the Changing Rooms. Your co-operation is appreciated.

Parking

Limited car parking is at the side of the track - Wormwood Scrubs Car Park. Please note that coaches and vehicles higher than 1.65m cannot enter and **this is the only parking area to be used**. We are requested not to use the local streets for parking. Coaches may drop off their passengers but cannot park locally. There are a few coach parking street bays about 1 mile away in East Acton Lane between the junctions with East Churchfield Road and Oak Way. Spaces cannot be guaranteed.

Public Transport

Tube:

Underground to **East Acton** (Central Line) – left out of station (Erconwald Road) straight on to Wormwood Scrubs. Roughly a 15 minute walk.

Underground to **White City** (Central Line) or **Wood Lane** (Hammersmith & City) – Right out of station (Wood Lane), under M40 flyover, left into Du Cane Road, turn right between Queen Charlotte's Hospital and the Prison. About a 20 to 30 minute walk.

Buses:

Nos 7, 70, 72, 272 and 283 to DuCane Road (Queen Charlotte's Hospital); Nos 7, 70 and 220 to Wood Lane. Both are about a 5 Minute walk from the Track.

Trains

There are overground Railway Stations at **Willesden Junction** and **Shepherds Bush**, and then use London Transport buses or tubes.

The presentation of awards & prizes will take place as soon as practical after completion of each race.

Please contact the SEAA Office if you have any queries or require any further assistance.

Yours sincerely,

Linda Whitehead
Director of Competition