

3rd CHILTERN XC LEAGUE 4th DECEMBER 2021
Stopsley Common, St Thomas's Road, Stopsley, Luton LU2 7UX

We hope to see many of you at the third Chiltern League match on Saturday 4th Dec.
If you are planning on running and **have not yet registered please do so NOW!**
Follow: <https://www.stalbansac.co.uk/form-chiltern-cross-country-2021-22/>

If you have run this season DON'T FORGET YOUR NUMBER!

Please locate your number and pin it to your vest before you leave home! If the dog or washing machine have eaten your number then please let us know as soon as possible and **bring £5 in cash** and yourself to the St Albans tent **extra early!**

Please remember to plan on arriving at the venue **one hour before your race time** and register with us at **the St Albans tent at least 45 minutes before** to join the course reccie and collect your number if this is your first match. 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!

Parking will be on **hard standing within the park or at the new large Stopsley High School car park** only 100m from the start opposite the entrance to the common. Please avoid the narrow roads in the park and do not park directly in front of the school as these spaces are reserved for school use. Gates will lock at 4.30pm. Please avoid the grass areas around the pavilions which are for officials only.

We suggest trail trainers with good grip or medium XC running spikes. All members aged 11 and over should run in a **Club Vest**. If you need a vest – please go to the kit section on our website and order one. **U20 Men & all Senior Men & Women please wear a Striders Vest**. Tents should be in the area adjacent to the finish funnel. There will be a refreshment van and St. John's Ambulance in attendance. The Gates lock at 4.30pm. Portable toilets are provided as well as male and female changing. The facilities are limited so suggest you bring a mask, 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, should run with this on their person in a running belt or arm pocket. Please don't rely on medication being in a bag in the tent or with a parent!

We know many are excited to be 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.

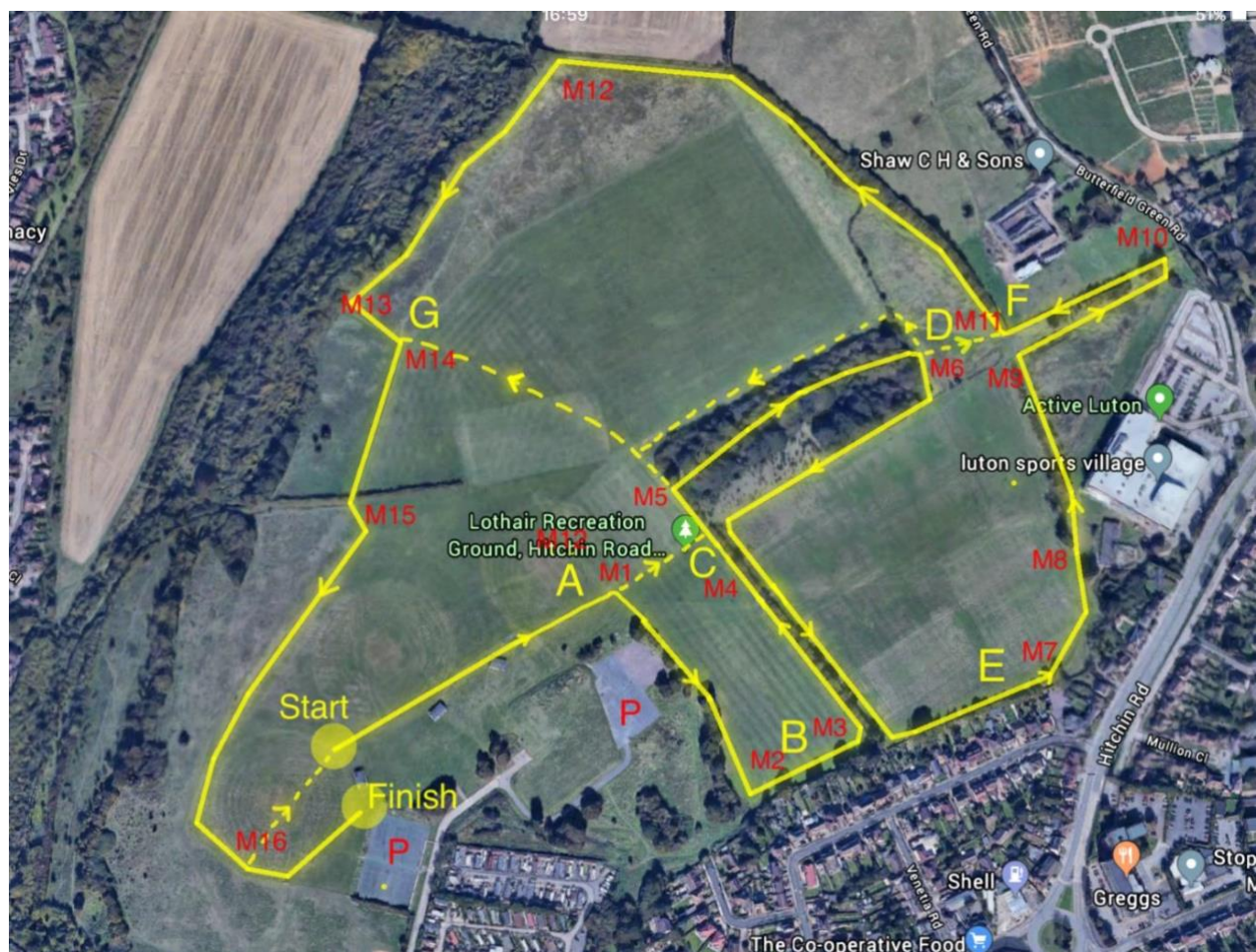
We prefer to take a **club tent** –to keep bags dry and provide a base – so we would appreciate if a parent of younger runners would take the tent (stored at the track) and Striders will bring it back. We also need volunteers for registration. We ask parents of runners cover at least one volunteer slot during the season.

If you are a new member or it's been a while since you competed in XC **please read our 1st Timers XC Guide & Race Instructions** on our website:
<https://www.stalbansac.co.uk/middledistance/>

Family or friends who wish run are welcome. If they are a member of an affiliated running club, please complete our registration form & they run as a non-scoring guest. If they are not in an affiliated club, then they will need to go to the Race Office & pay £5.

COURSE MAP AND TIMETABLE : Luton 2021

Time		Course	Distance
11.30	U11 G	A,C,D,G to finish	1.9Km
11.45	U11 B	A,C,D,G to finish	1.9Km
12.00	U13 G	A,B,C,D,F,G	2.8Km
12:15	U13 B	A,B,C,D,F,G	2.8Km
12;30	U15 G	A,B,C,D,E,F,G (1 large loop)	4.2Km
12:45	U15 B	A,B,C,D,E,F,G (1 large loop)	4.2Km
13.00	U17 & U20 W	A,C,G, A,C,D,E,F,G (1 small +1 large loop minus B)	5.0Km
13.15	Sen Women	A,C,G, A,B,C,D,E,F,G (1 small +1 large loop)	5.5Km
13.40	U17 Men	A,C,G, A,B,C,D,E,F,G (1 small +1 large loop)	5.5Km
14.00	Sen/U20 Men	A,C,G, A,B,C,D,E,F,G A,B,C,D,E,F,G (1 small+2 large loops)	9.5Km



Covid is still with us, so there are restrictions in the enclosed area and the cafeteria won't open. If you are not regularly testing, we suggest anyone coming to the event take a test before leaving home and don't attend if you are exhibiting any covid symptoms. Please observe the following guidelines.

1. Observe social distancing – for example, when queuing for toilets or refreshments.
2. Don't congregate in club tents more than necessary & stay outside
3. Don't congregate at the start area any longer than necessary and move through the finish area as you are able, don't wait for team mates to finish.
4. Be respectful of officials, marshals and First aiders.

Routes to the common – The entrance is opposite Stopsley High School

From the M1 – Leave the M1 at J10 and follow the signs to Hitchin. Crossing the traffic lights on Airport Way, take the right-hand lane, sign posted Hitchin (A505). At the fourth roundabout turn right, keep to the left and take the next left into Stopsley village. At the War Memorial turn left into St. Thomas's Road and follow through to the common entrance.

From Hitchin (A505) – Turn right off the A505 into Stopsley Village. At the War Memorial turn right into St. Thomas's Road and follow through to the common entrance.

From Bedford (A6) – Approach Luton town centre, turn left into Stockingstone Road (cricket ground in front of you). At the top of Stockingstone Road filter left onto Hitchin Road. Follow Hitchin Road to the round-about keep to the left and take the next left into Stopsley village. At the War Memorial turn left into St. Thomas's Road and follow through to the common entrance.