

Saturday 13th November 2021 Chiltern League Race 2 **Teardrop Lakes, Milton Keynes MK5 8PA**

We hope to see many of you running at the second Chiltern League match on Saturday 13th Nov.
If you are planning on running and **have not yet registered please do so NOW!**

Just follow the link: <https://www.stalbansac.co.uk/form-chiltern-cross-country-2021-22/>

If you ran in the first match 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!

The venue is being used for the 7th time and primarily selected because of available nearby parking. It is **essential** that all athletes use the parking facility which is **a 10 minute walk from the course** and does not involve the crossing of any roads. **Use postcode MK5 8PA** and then **follow the event signs to park opposite** on H7 Chaffron Way or drive past Premier Inn - Furzton Lake which is 200 yards from the car park entrance. **Don't use** the postcode for The National Bowl & don't use the Car Auctions Parking. An alternative is the train to MK Central which is a safe 10 minute walk.

It is a flat grassland course with a couple of short but steep hills, we would suggest trail trainers with good grip or short - medium XC running spikes. There will be portable toilets near the start/finish areas and a refreshment van. The facilities are limited so suggest you bring hand sanitizer, tissues, pre / post-race snacks and drinks along with spare dry clothes, waterproofs and footwear. All members aged 11 and over should run in a current **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.**

Please note anyone who may need medication urgently e.g. inhalers, epi-pen etc., 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 – 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.

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.

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 have a volunteer rota for registration. We ask that every parent of anybody running in the Chiltern league covers at least one of these tent or registration slots 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/>

Course Maps see: <https://www.stalbansac.co.uk/wp-content/uploads/2021/11/course-maps-cl2maps2021.pdf>

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

The Teardrop Lakes fixture is incorporating the “**British Cross Challenge**” which is a prestigious event attracting top cross-country runners from around the Country. Any members who are running in the Cross Challenge please let me know so I can make sure you also score within the Chiltern League. There is also a match between **RAF & Oxford University** within the senior races.

The timetable for this fixture has been adjusted for the **last three races – Senior Ladies, U17 Men and Senior & U20 Men** which are now **10 minutes later**.

U20 men run in with the Senior men’s race unless you have entered the Cross Challenge.

Race Start	Chiltern League MK Match 2		Distances
11.30	Under 11 Girls	School Year 5 & 6 9 & 10 yrs. on 31.8.21	2km
11.45	Under 11 Boys	School Year 5 & 6 9 & 10 yrs. on 31.8.21	2km
12.00	Under 13 Girls	School Year 7 & 8 11 & 12 yrs. on 31.8.21	3km
12.15	Under 13 Boys	School Year 7 & 8 11 & 12 yrs. on 31.8.21	3km
12.30	Under 15 Girls	School Year 9 & 10 13 & 14 yrs. on 31.8.21	4-4.5km
12.45	Under 15 Boys	School Year 9 & 10 13 & 14 yrs. on 31.8.21	4-4.5km
13.00	Under U17 & U20 Ladies*	U17 School Year 11&12 15 & 16 on 31.8.21 U20* School Yr. 13+ 17 & 18 yrs. on 31.8.21 or 19 yrs. on 31.12.2021	4.5-5km
13.25	Senior Ladies	Must be 20 or more on 31.12.2021	5.5-6km
13.50	Under 17 Men & U20 M XChl	Year 11 & 12 15 & 16 yrs. on 31.8.21	5.5-6km
14.10	U20 Men* & Senior Men	U20* School Year 13+ 17 & 18 yrs. on 31.8.21 or 19 yrs. on 31.12.2021 Seniors must be 20 or more on 31.12.21	8-10km

* If your 20th birthday is between 1/9/2021 & 31/12/2021 in Chiltern League you race as Senior & need to wear a Striders vest. For other events you race as U20’s.

Results will be available on Chiltern League website on Sunday.

Any further questions please contact: middledistanceadmin@stalbansac.co.uk

HAPPY RACING FIONA

Directions Teardrop Lakes, Milton Keynes USE POSTCODE: MK5 8PA

Walking route from Central Milton Keynes Rail Station to Teardrop Lakes (10 - 15 minutes)

Turn right out of the Rail Station, after 100m you will see in front of you an office building, turn right and walk over a bridge which crosses the railway line & A5 Trunk Road. At the end of the bridge turn left along the "Redway" (National Cycle Route 51) signposted MK Bowl continue on this path after about half a mile, go under a road bridge & you will then be at Teardrop Lakes & should be able to see the start and finish areas.

All Car parking is at "The National Bowl" MK5 8PA

The nearest postcode is MK5 8PA this will bring you within sight of the "Car Park" signs. Do NOT park at the main entrance to The Bowl as this is closed early on Saturdays. The walk from the car park to the course is about 5 minutes and to the start/finish area a further 5 minutes.

From M1 South (Northbound)

Leave the M1 at Junction 13 and follow A421 towards Milton Keynes. Continue on A421 "Standing Way" (H8) passing the Hospital. After the hospital roundabout continue through a further two roundabouts and at the third roundabout "Elfield Park" take the third exit onto "Watling Street" (V4), at the next roundabout "The Bowl" take the third exit and the car park is about 100m on the right-hand side.

From the West A421

Follow the A421 into Milton Keynes, at the roundabout with "Watling Street" (V4) turn left, follow this road to the next roundabout, turn right and the Car Park is about 100m on the right.

From Towcester and the North via A5 and from Dunstable and the South via A5

Follow the A5 Dual Carriageway and exit at "Central Milton Keynes", at the roundabout at the top of the slip road take the first exit from the South and the third exit "Portway" (H5) from the north, follow this road to the next roundabout "Watling Street" (V4) take the first exit along V4, at the second roundabout "The Bowl" take the first exit onto "Chaffron Way" (H7) and the car park is about 100m on the right.

From M1 North (Southbound)

Leave the M1 at Junction 14, at the roundabout take the third exit (ideally in L/H lane), straight on at next roundabout (also traffic lights) on A4146 "Childs Way" (H6) – follow this road for a further 8 roundabouts, at the next roundabout called "South Grafton" turn left onto "Grafton Street" (V6), at the next roundabout "Leadenhall" take the third exit onto "Chaffron Way" (H7) the Car Park is about half a mile on the L/H side.

From the East

Approach Junction 13 of M1 from Bedford via A421 – then follow as above "From M1 South (Northbound)".