



ENGLAND ATHLETICS

English Cross Country Association



The Saucony National Cross Country Championships 2022

Parliament Hill, London, on Saturday 26th February 2022 at 11.00 am

Online Info

TIMETABLE

Under 13 Boys3K - 12.30pm	Under 13 Girls3K - 11.45pm
Under 15 Boys 4K – 11.25am	Under 15 Girls 4K – 12.45 pm
Under 17 Men6K – 12.05pm	Under 17 Women 5K – 11.00am
Junior Men10K – 14.20pm	Junior Women6K – 13.05pm
Senior Men12K – 15.00pm	Senior Women8K – 13.35pm

Attached is Information sheets giving details of :-

TRAVEL REGISTRATION PARKING CHANGING TIMETABLE

Please NOTE:

Club Tents can be dropped off outside the park gates in Highgate Road and carried to tent area, only authorised vehicles will be allowed on Parliament Hill

ALL ATHLETES MUST WEAR CLUB COLOURS. Failure to do so will lead to disqualification

Changing

Will be at the Lido at Parliament Hill, see site map.

Presentations

Will be presented to winning Individuals and Teams at 2.00 pm and 4.00 pm in the main marquee opposite the cafe.

Programmes

These will be on sale at the event for the price of £3 and will include course maps.

Registration

Competitors Numbers & Chips should be collected by appointed Team Managers from the Registration Marquee. In accordance with recent practise the Numbers & Chips for the first 5 races will be available from 9.00am and the other 5 from 11.00am.

Chip Timing

Chip Timing will again be used. Failure to return your chip will be subject to a £7.00 penalty charge per chip.

NOTE: All clubs **MUST** have paid their Affiliation Fees to **ENGLAND ATHLETICS** otherwise they cannot take part in our championships.

Hon. Championship Secretary

J.G.R.Mower. 188 Hadleigh Road. Ipswich Suffolk IP2 0DH Tel 01473 216289

Travel to the ENGLISH CROSS COUNTRY Championships at Parliament Hill, 26th February 2022 Post Code NW5 1QR – Note this is for Highgate Rd nr to the course not the Car Parks

Thank you for your entry to this year's Championships. Parking at Parliament Hill Fields - Hampstead Heath, North London is limited so please allow plenty of time. There are two public car parks, available for general use, one is at the bottom of East Heath Rd (approx. NW3 1BP) and the other is at Jack Straws Castle, (NW3 7ES) at the top of the East Heath Rd. They both hold a maximum of 200 cars. Side roads around Parliament Hill Fields are busy and in general residents parking only, with fines for non-residents so to help you we list various routes and ways to get you to the venue. **IMPORTANT READ ALL BELOW CAREFULLY.**

Coaches, Minibuses & People Carriers

These will be allowed to park on the Heath near to the bottom of East Heath Road (approx. NW3 1 BN car park on East Heath Rd). Clubs travelling by Coach or Minibus or People Carrier, 6 seats or more will be guaranteed a parking spot at the East Heath Parking Area by forwarding the *separate sheet* sent with this along with a fee of **£30 for a Coach and £20 for a Minibus or People Carrier, 6 seats or more.**

On sending your application with a cheque made payable to *The City of London*, you will be sent a parking pass for display on the vehicle windscreen. If you do not have cheques, you can make a payment by card over the phone Mon-Sun, 9am-12.30pm and 1.30pm-3.30pm; **Tel: 020 7332 3774**. In this case, please email your application form to majja.kalmane@cityoflondon.gov.uk before you make the call for card payment.

Cars from the Midlands and North

Drivers are advised that they should park away from Parliament Hill (PH) and take public transport to PH. Below suggests parking near to Brent Cross, London Transport Station, either on the side roads at the Station or in the nearby Shopping Centre.

Directions: Approach London via the M1. Turn on to the A406, North Circular Rd going east. Follow this a short way and then bear left and follow signs A41 (Central London). Under the Brent Cross flyover proceed to A41, just before joining the A41 take the second turning left into Highfield Rd. Brent Cross Station on the Northern Line is on the left and street parking is allowed in the area. Take the train to Belsize Park and Parliament Hill is about 1 mile walk away. Allow time for this.

Cars from South and West

Again, drivers are advised to park away from PH and take the London Overground Service to Gospel Oak which is less than 400m from the venue.

Directions: On arriving on the outskirts of London get onto the M3 and continue until it merges with the A316 and proceed past Twickenham Rugby ground on the left. Continue until Old Deer Park is reached and opposite the Park there is a pay and display car park where vehicles can be left all day. The Richmond Station is about 400m away and trains go to Gospel Oak every 20mins. The journey to Gospel Oak takes about 30mins.

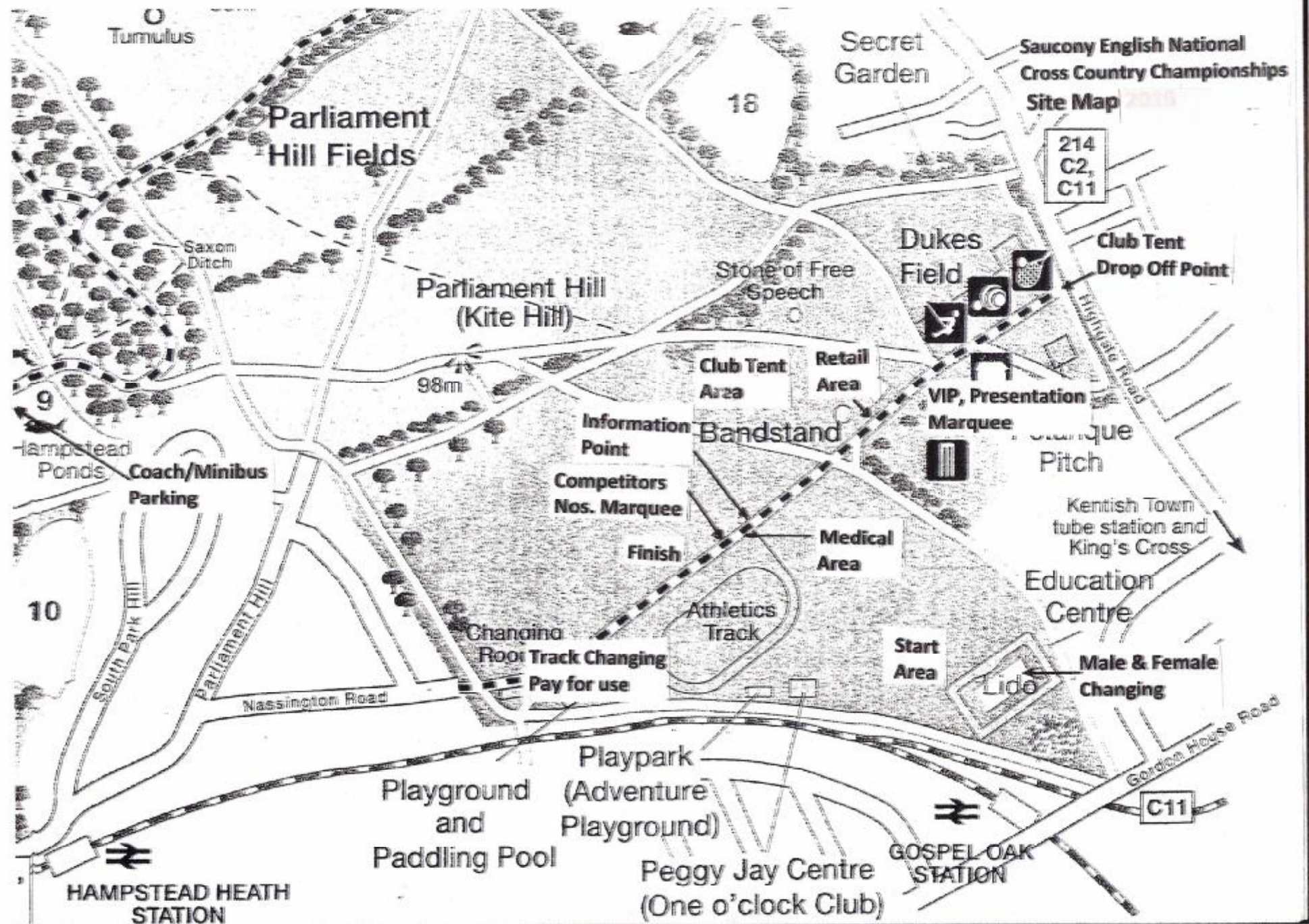
Cars from the South East and East

Clubs from these areas have been attending the Southern Championships at PH for many years and know the parking situation. The advice is to park away and use public transport. Kentish Town Station is only a 15-minute walk from the venue, while Gospel Oak can be reached from North Woolwich and many other Stations on the route.

Public Transport into London

If you are travelling to Kings Cross or Euston, you can get to PH via Bus or Underground Train. The 214 Bus route goes from Kings Cross Stn to Highgate Rd, near Parliament Hill every 10mins, this journey takes about 30mins. Other bus routes stopping at Highgate Rd include the C2, Liverpool St to Parliament Hill and the C11 which comes from Brent Cross where there a large Shopping Centre and Car Parking. Underground Stations within walking distance of PH are Tufnell Park less than a mile away and Belsize Park about 1 mile walking distance. These are both on the Northern Line and can be got to from any of the main RW Stations in London.

Club Tents will be allowed to be erected by the Bandstand at PH, drop off for these will be at the Highgate Rd entrance, NO cars will be allowed on site. The Registration Marquee is along the path from the Highgate Rd entrance and the Club Tent area.



Coach / Minibus / People Carrier
Parking Application form
East Heath car park – NW3 1BN



Hampstead Heath

Registered Charity

To: Mr Paul Maskell
Leisure & Events Manager
City of London / Hampstead Heath
Parliament Hill Staff Yard
Highgate Rd
London
NW5 1QR

Tel: 020 7332 3774
E-mail: maiya.kalmane@cityoflondon.gov.uk

On behalf of, Club.....

for the English National Cross-Country Championships on Saturday 26th of February 2022

I would like to apply for the following (*please delete others, leave only to what you apply for*)
a Coach ... **seater** Pass (£30.00) / a Minibus Pass (£20.00) / a People Carrier (6 seats or more) (£20.00)

Enclosing with this form a cheque made payable to The City of London
OR

I will pay a fee of £.... by card by calling: 020 7332 3774, Mon-Sun 9am-12.30pm and 1.30pm-3.30pm
from 17th January 2022. Please return the form in advance of payment.

Please note: **the closing date for applications is Friday 18th of February 2022.**

The pass should be sent to.....

Address:

.....

Post code:..... ..

Name/Surname of **sender** ..

Phone No .. E-mail..

The Pass **must be displayed** on the windscreen of your Coach, Minibus or People Carrier, failure to do so will exclude the Vehicle from parking at East Heath.

We look forward to welcoming you to Parliament Hill Fields.