

Thames Hare & Hounds



2XU Men's Surrey League and Ladies Surrey League races

Saturday 20th October 2012

Timetable:

Senior Ladies 12:00

U15 and U17 Girls 13:00

U13 Girls 13:30

Junior Men 14:30

Senior Men 15:00

Thames Hare and Hounds welcome you to this event, which will be held on Wimbledon Common. Race headquarters is at the Richardson Evans Memorial Playing Fields (REMPF), Roehampton Vale, London, SW15 3PQ. The entrance is on the A3, just north of the Robin Hood Junction. Please take time to read the information enclosed and please distribute it to your competitors and officials who will be attending.

Directions

Access for vehicles to the REMPf is from the southbound carriageway only of the A3 (just past ASDA). If you approach from the south, proceed north at Robin Hood junction, leave the A3 at Stag Lane ASDA turn off, pass under the A3 and return on the southbound carriageway. Please also note that Robin Hood Gate is now completely closed to vehicular traffic although it is still open to pedestrians. For your safety you should use the Pelican crossing and the footbridge when making your way from the Park to the race headquarters.

Car Parking

Please share cars or use public transport if possible. There is extremely limited parking at the REMPf car park, and there are other events taking place the same day. If you do travel by car you should be prepared to be re-directed to alternative parking in Vale Crescent (alongside the A3 on the left immediately after the Robin Hood footbridge) or inside Richmond Park near the Robin Hood Gate. If you are combining your run with a shopping trip, the ASDA superstore has a large car park.

Public Transport

The 85 bus runs between Kingston and Putney, both of which are served by national rail stations. The nearest stops to the race HQ are Robin Hood / ASDA.

The Courses

Wimbledon Common provides a wide variety of undulating terrain and underfoot conditions. Depending on the weather prior to the event, there may be some very deep mud. The wearing of spikes is advised but please be aware that there are sections of stoney paths as well as mud.

The courses and assembly area are shown on the enclosed maps. Courses will be fully marshalled on the day with marshals wearing yellow bibs. Some parts of the courses are very narrow and not suitable for spectators, please consult with a marshal if you are unsure. Competitors are asked to be aware of the other races taking place and give priority to competitors already competing whilst warming up on the course.

Wimbledon Common is a public open space. Although we have advised the appropriate authorities that the event is taking place, runners and spectators are asked to respect the rights of other users.

Facilities

Race HQ will be in the TH&H Headquarters at the REMPF pavilion. There are first aid facilities there and a doctor and first-aider will be on site during both races. If hospital treatment is required, the nearest Accident and Emergency department is at Kingston Hospital in Galsworthy Road. uk:athletics ask us to remind you : "Competitors are responsible for their own safety before, during and after competition. This includes the wearing of suitable clothing and footwear appropriate for the conditions. Runners should have an up-to-date tetanus immunisation."

There are toilets at the Pavilion and at the Windmill on Wimbledon Common, and just inside Robin Hood Gate in Richmond Park. Please respect other Common users and make use of the provided facilities.

There will be no changing facilities provided on the day so you are therefore advised to come ready changed.

Declarations and Results

Team managers should hand in declaration sheets at race hq in good time before the start of each race. Results will be compiled and released as soon as possible after the completion of each event. All results will be published in full on our club website <http://www.thameshareandhounds.org.uk>

Refreshments

There will be an outdoor stall near to race HQ on the day where you will be able to purchase tea and coffee as well as a range of cakes and snacks.

Wimbledon Common

Women's Surrey League

20th October 2012

Seniors, veterans and U20's: 12 noon

Start-A-B-D-Z-E-F-G-H-J-K-L-N-Z
-E-F-M-N-O-P-Q-R-C-FINISH

Girls U15's and U17's: 1:00pm

1 Medium lap:(Start-B-D-E-F-M-N -P-C :finish)

Girls U13's: 13:30pm

1 small lap: (Start-B-D-Z-N-P-C-Finish)

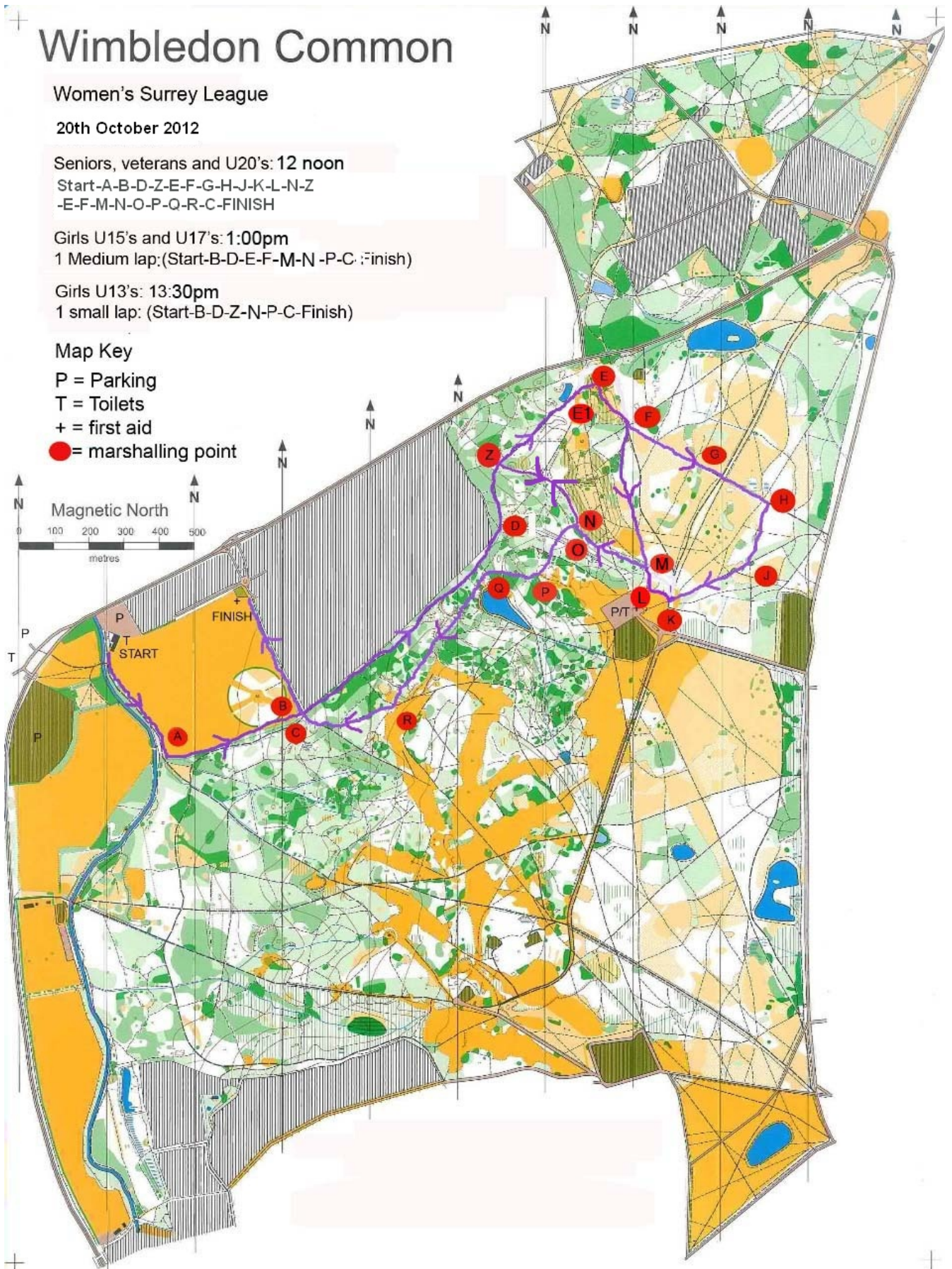
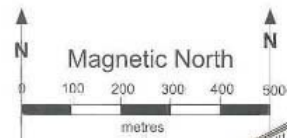
Map Key

P = Parking

T = Toilets

+ = first aid

● = marshalling point



Wimbledon Common

Men's Surrey League

20th October 2012

Juniors 14.30 : Start-B-D-E-F-M-N-O-P-Q-R-C-Finish
(1 small lap) 4.6km

Seniors 15.00 : Start-B-D-E-H-L-P-C-D-E-H-L-P-C-Finish
(2 large laps) 8.9km

Map Key

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