



[www.beckenhamrunning.co.uk](http://www.beckenhamrunning.co.uk)

# Beckenham Running Club

## Team Relay Race

UKA Licence No.: 2017-26580

Wednesday 24<sup>th</sup> May 2017 at 19:30

### Race HQ

**Race HQ is located at Beckenham Cricket Club, Foxgrove Road, Beckenham, BR3 5AS.** It is approximately 5 minutes' walk from Beckenham Junction station (trains from Victoria/Orpington, Croydon Tramlink and local buses), 10 minutes from both New Beckenham (trains from Hayes/Charing Cross) and Ravensbourne Stations (trains from Orpington). Local buses serve stops located on Foxgrove and nearby Southend Road.

### Facilities & Parking

There are changing facilities, showers and toilets at race HQ. There is limited parking within the club grounds, but there is plenty of free on-road parking on the surrounding roads.

### Race Number Collection

It will be very busy at the club house as we have 130 teams entered and weather permitting there is Junior Cricket on a Wednesday at the HQ. Please can Team Captains arrive at the club in good time to collect numbers for all your runners. The numbers will be ready to collect from **18.30** onwards.

### Team Changes

Changes to teams can be made right up to 12 noon on Wednesday 24th May. After that we will do our best to accept minimal name changes on the night, but cannot guarantee this as the Mixed Teams will have a number range of 100+ to help us identify them from the Men's and Ladies' Teams. We shall not be able to change the category of a team after this time.

### The Start

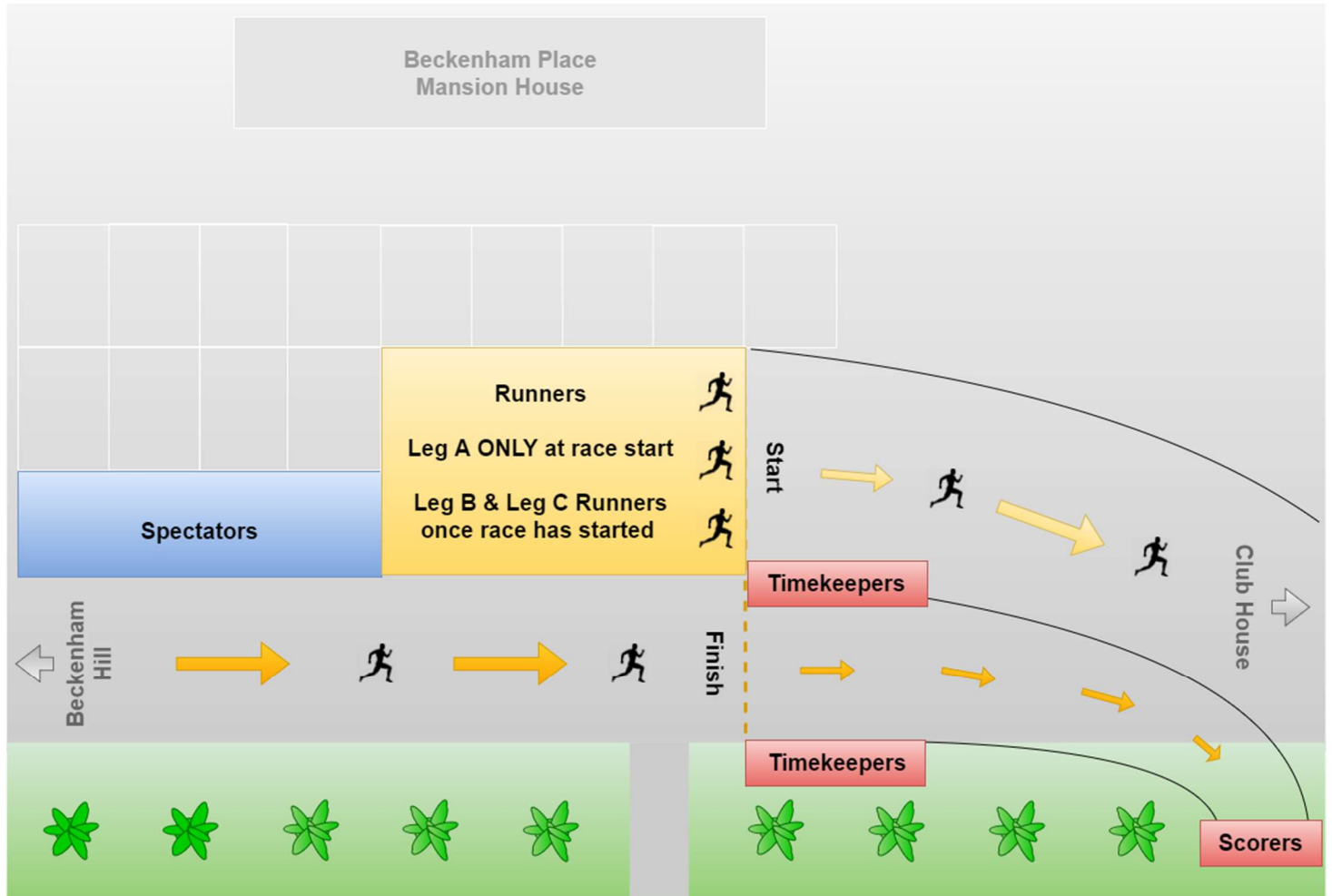
The Start / Finish is about 10 minutes' jog away from the clubhouse: Turn right out of club, first right again into Beckenham Place Park road and along into Beckenham Place Park, up the hill to the car park and Mansion House. At 19.15, a horn will sound at HQ and everyone will be asked to make their way up to the start.

## Transition Area

Please look at the map below and update fellow runners on where they may stand so that they are not obscuring the line of the time-keepers.

**PLEASE NOTE:** in order to try and make the start / finish smoother, we have switched the two pens so that you will finish your run to the right but start off from the pen on the left. This should help keep the crowds out of the way of the time-keepers, we hope! There will also be a funnel off to the right at the Finish so please keep in order as you cross the finish line.

This is a complicated race to manage and keep time for, and we shall be obliged to disqualify any team where a member is wearing the wrong number, or who false-starts. Please ensure that takeover runners do not start until their previous leg runner has passed the finish line.



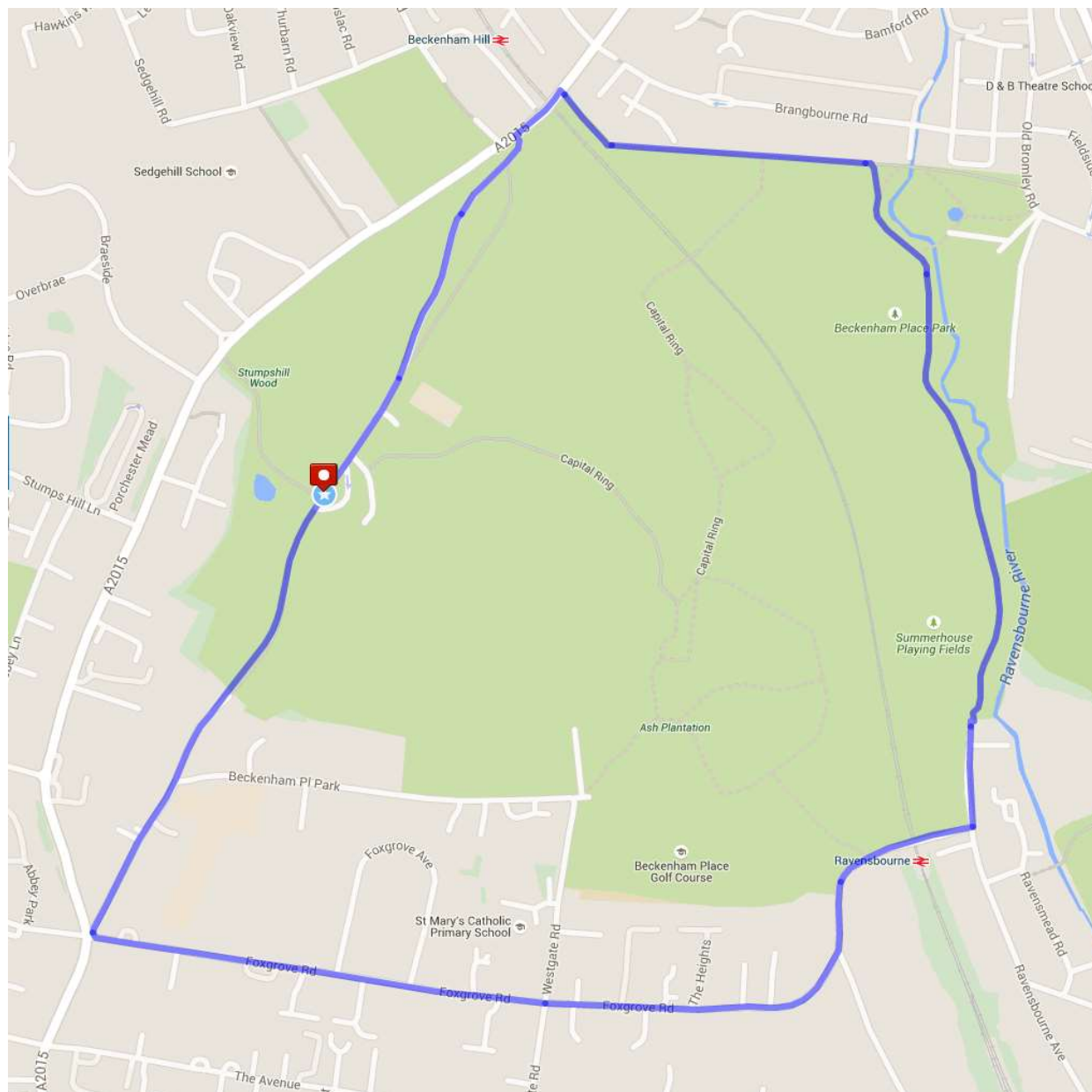
## Course

The 2.6m lap is on undulating roads and paths, starting and finishing in Beckenham Place Mansion House car park. The course will be marshalled at turning points and road junctions, please listen out for their instructions and obey them at all times.

**There will be a leading bike. When this leaves Beckenham Place Park, it will cycle on the road, Runners should stay on the pavement.**

A sweeper will follow the last Leg C runner round.

## Course Map



### After the race / Results

Everyone is welcome back to the club house afterwards to use the showers, and purchase food and drink from the bar.

### Results and Prizes

Our plan is to get a provisional set of results posted on the wall at race HQ as soon as possible after the last runner crosses the finish line and there will be a prize-giving shortly after this with the following being awarded:

- 1<sup>st</sup> , 2<sup>nd</sup> and 3<sup>rd</sup> Men's team
- 1<sup>st</sup> , 2<sup>nd</sup> and 3<sup>rd</sup> Ladies' team
- 1<sup>st</sup> , 2<sup>nd</sup> and 3<sup>rd</sup> Mixed team (minimum of 1 woman)
- Fastest Male and Female legs

Full results will be on our website as soon as possible after the event.

Please check our website for the latest race information: [www.beckenhamrunning.co.uk/races/relay](http://www.beckenhamrunning.co.uk/races/relay)