



www.beckenhamrunning.co.uk

Beckenham Running Club

Charity 10Km Trail Race

UKA Licence No.: 2017-27688

Sunday 12th November 2017 at 11:02



Thank you for entering the Beckenham Charity 10k Trail Race in aid of The Royal British Legion and Bromley & Lewisham Mind.



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. However, please be aware that both Westgate Road and Beckenham Place Park road are private and we would ask you not to park on these.

Race Number Collection

Your race number will be ready to collect from race HQ **on the day** between **09:30 and 10:30**.

Before the race

Runners are welcome to use the club grounds at race HQ to warm up. Approximately 20 minutes before the start time a horn will sound, entrants should make their way to the start (see map below). It is approximately 1Km from race HQ, so please leave in plenty of time.

The Start

Please note that the Last Post will be played and there will be a two-minute silence observed before the race; the start will therefore be at 11:02. The start and finish is on top of Crab Hill, in Beckenham Place Park (see map below) close to the Westgate Road entrance to the park.

Course

The 10Km multi-terrain course consists of 2 laps around Beckenham Place Park on footpaths through woods and grass fields. It has been measured with a surveyor's wheel, and is subject to UKA rules. Runners should be prepared for hills, and in the event of wet weather, some muddy and/or slippery patches. There is minimal tarmac, but expect protruding tree roots, uneven surfaces and a short but steep embankment, at approximately the 2Km and 7Km points.

The course will be marshalled at regular points and there will be a sweeper to accompany the last runner(s) on the 2nd lap. Trail shoes are recommended (spikes are not required), but road shoes should also be adequate except in the event of heavy rainfall beforehand. There will be a water station at 5km and at the finish.

Finish / After the race

A memento will be awarded to all finishers and there will be tea and cake for all runners back at race HQ (as long as stocks last!). Other refreshments will be available for purchase from the club bar after 12 noon.

Results

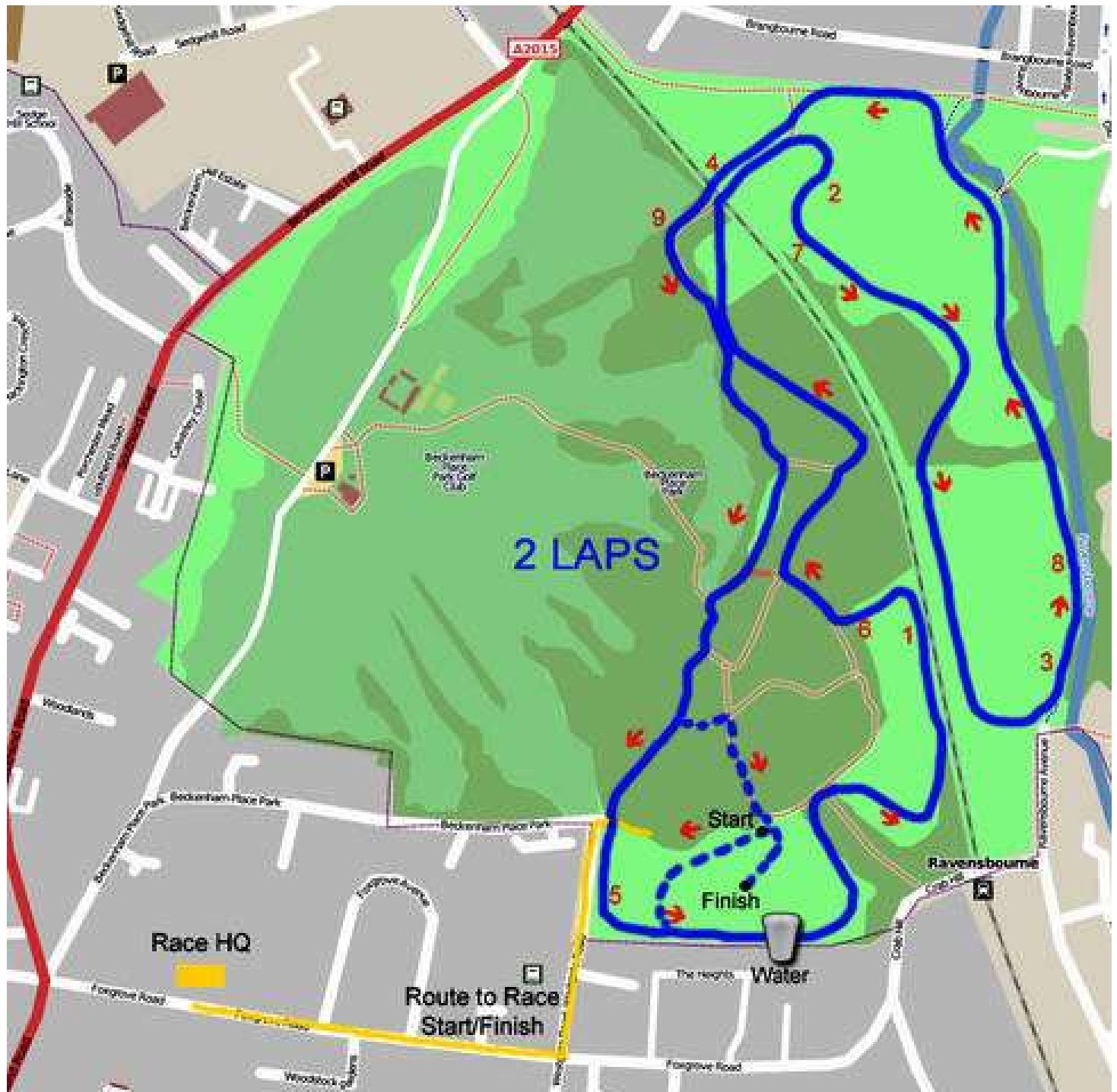
Results will be posted on the wall at race HQ and on our website as soon as possible after the event.

Prizes

Shortly after the race has finished, individual prizes will be awarded at race HQ to:

- 1st, 2nd, 3rd, Man and Lady
- 1st Male Vet O/40, O/50, O/60
- 1st Lady Vet O/35, O/45, O/55
- 1st Men's team, 1st Ladies team (3 to qualify)

Course Map



Please check our website for the latest race information: <http://www.beckenhamrunning.co.uk/races/trail>