



www.beckenhamrunning.co.uk

Beckenham Running Club

Team Relay Race

UKA Licence No.: 2018-35315

Wednesday 23rd May 2018 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 over 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 up to the end of **Monday 21st May**, by emailing racess@beckenhamrunning.co.uk and clearly stating the name changes (including gender) and team type if applicable. After that we will do our best to accept minimal name changes on the night. As team numbers are allocated based on team type (Men's/Ladies'/Mixed) for identification purposes, we will not be able change the type.

The Start

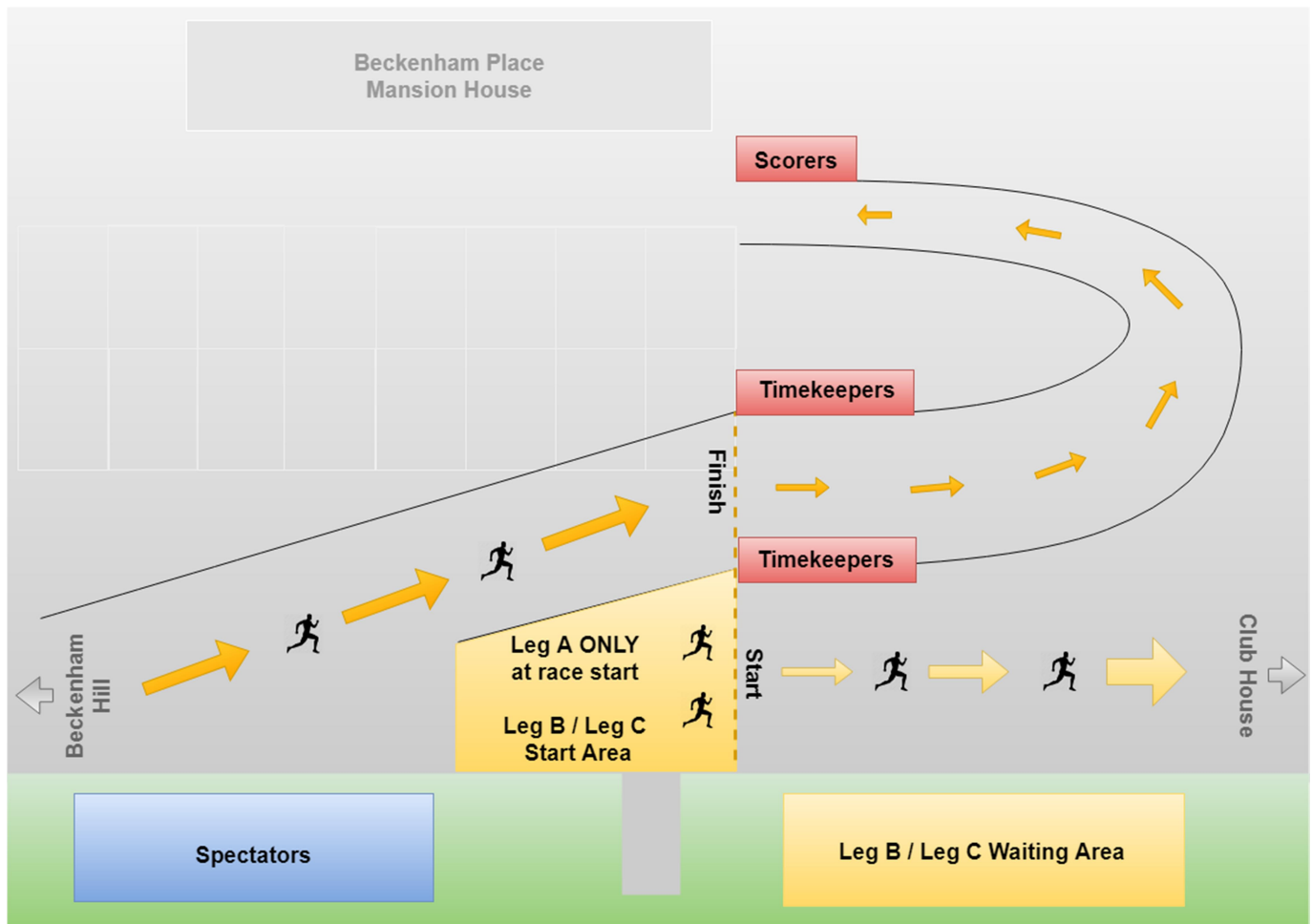
The Start / Finish is about 10 minutes' jog away from the clubhouse: Turn right out of club, first right again into Beckenham Place Park road and along into Beckenham Place Park, up the hill to the car park and Mansion House. At 19.15, a horn will sound at HQ and everyone will be asked to make their 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 for the transition area run smoothly, we have switched the two pens round from our 2017 race. Runners approaching the finish line will head to the left at the top of the hill and proceeding leg runners will start from the area next to the grass. This will provide a better view for proceeding leg runners to see their team member coming up the hill. For those runners finishing there will be a funnel after the finish, please keep in order after you cross the finish line until you have been logged by the scorers.

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.



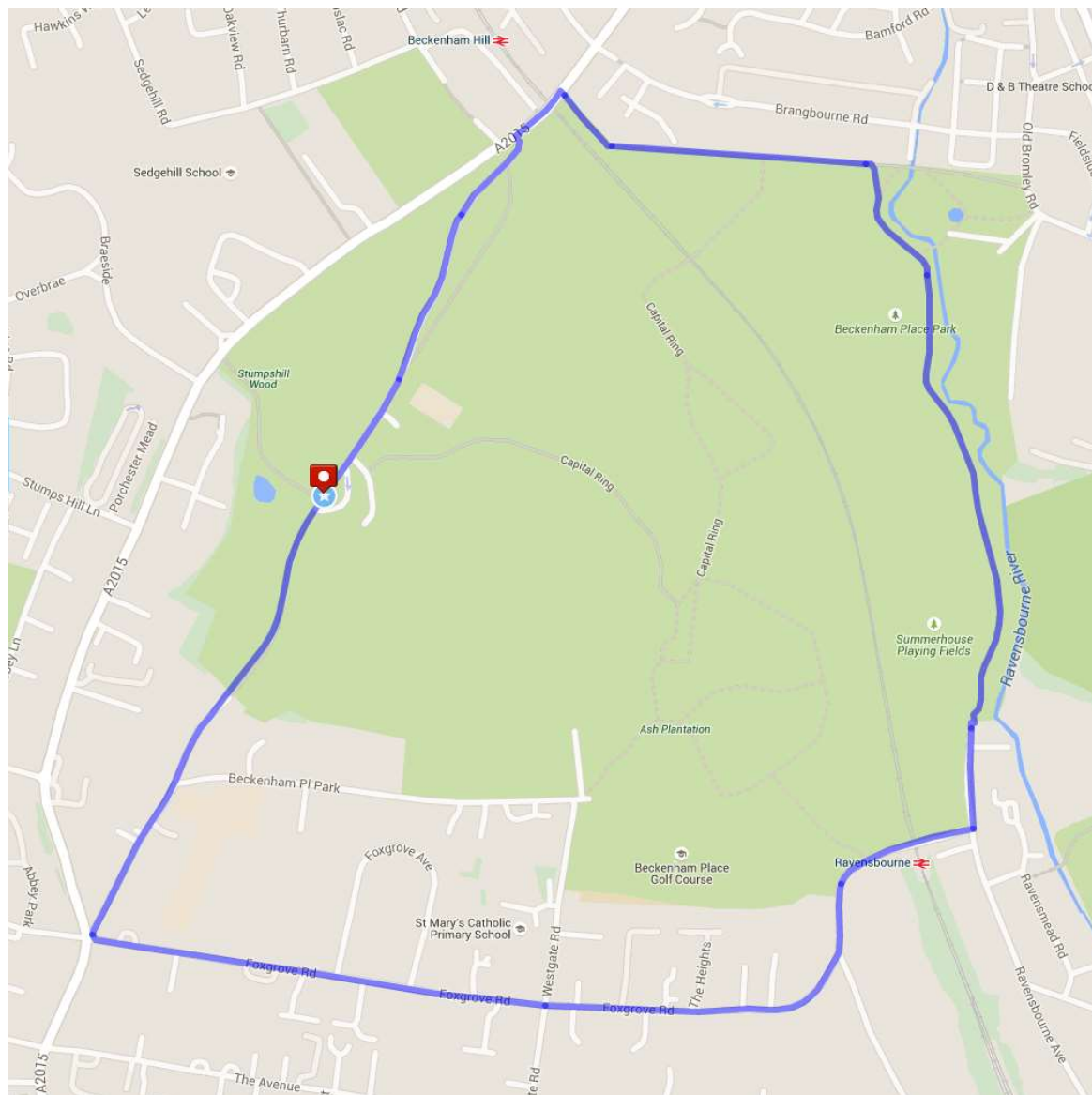
Course

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:

- 1st, 2nd and 3rd Men's team
- 1st, 2nd and 3rd Ladies' team
- 1st, 2nd and 3rd 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