



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

# Beckenham Running Club

## Charity 10Km Trail Race

UKA Licence No.: 2018-33421

Sunday 11<sup>th</sup> November 2018 at 11:02



Thank you for entering the Beckenham Charity 10k Trail Race in aid of The Royal British Legion and Teenage Cancer Trust

*For those that have done our Trail Race before, please note that due to improvement works taking place in the park, the route has had to be changed this year in order to obtain approval from Lewisham Council. We hope you enjoy the challenging 3 lap course which takes in the most beautiful parts of the park. **As a result of this change, the Start/Finish is in a different location to previous years'; further details below.***

### 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 Road 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 800m 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 in the south west corner of the park, just down from the Mansion House.** Exit from the club house to the right down Foxgrove road and then sharp right again at the junction with the main road into Beckenham Place Park Road. Follow the road (signed) to the double gates that take you into the park where you will see the Start/Finish ahead of you.

### Course

The 10Km multi-terrain course consists of 3 laps within Beckenham Place Park on footpaths through woods and grass fields. Runners should be prepared for hills (around 70m ascent/descent per lap), and in the event of wet weather, some muddy and/or slippery patches. There is minimal tarmac, but expect protruding tree roots, divots and uneven surfaces throughout the lap.

The course will be marshalled at regular points and there will be a sweeper to accompany the last runner(s) on the 3<sup>rd</sup> 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 the end of each lap and the finish.

## Finish

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

As soon as possible after the race has finished, individual prizes will be awarded at race HQ to:

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

## Course Map



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