



www.beckenhamrunning.co.uk

Beckenham Running Club

Charity 10km Trail Race

UKA Licence No.: 2019-36961

Sunday 10th November 2019 at 11:02



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

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 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 be at 11:02. The start/finish area is on top of Crab Hill (see map below) close to the Westgate Road entrance to the park. Exit from the club house to the left along Foxgrove road, take the left at the crossroads into Westgate Road and at the end turn right into the park and up the hill to the start/finish area. There will be a tarpaulin to leave tops and jackets under during the race; please avoid leaving valuables and bags so there is enough capacity for all runners.

Course

The 10Km multi-terrain course consists of 2 laps around Beckenham Place Park on footpaths through woods and grass fields. It is subject to UKA rules, in particular the use of all Headphone, Audio Devices and/or mobile phones with headphones is prohibited. Runners should be prepared for uneven surfaces, hills, protruding tree roots, and in the event of wet weather, some muddy and/or slippery surfaces.

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

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:

- 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://ww.beckenhamrunning.co.uk/races/trail>