



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

# Beckenham Running Club

## Team Relay Race

UKA Licence No.: 2019-35866

Wednesday 22<sup>nd</sup> May 2019 at 19:30

### Race HQ

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

### Facilities & Parking

There are changing facilities, showers and toilets at race HQ; there are **no toilets in the park**. There is limited parking within the club grounds, but there is plenty of free on-road parking on the surrounding roads.

### Water

To reduce our plastic footprint we will not be providing any water so **please bring along your own water supplies**.

### 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 race 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 after full payment has been received from **18.30** onwards. To make this process as fast and efficient as possible we will require the full team payment of £15 before releasing the numbers.

### Team Changes

Changes to teams can be made up to 8pm on **Tuesday 21st May** using the original online form or by emailing [rares@beckenhamrunning.co.uk](mailto:rares@beckenhamrunning.co.uk) and clearly stating the name changes and gender/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 on the night.

### 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. The start will be at the top of the hill on the road by the Mansion House.

At 19.15, a horn will sound at race HQ and everyone will be asked to make their way up to the start.

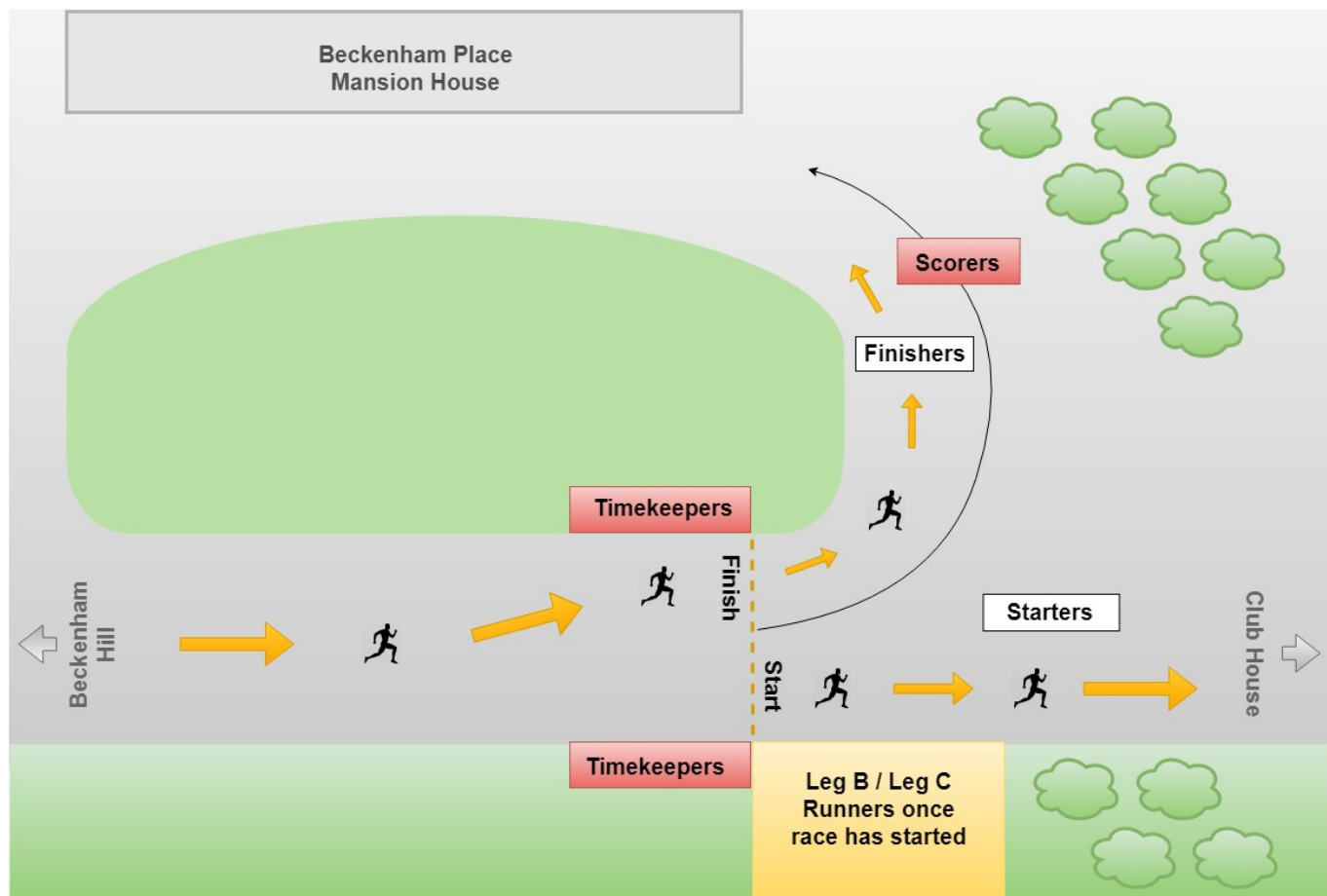
## Transition Area

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.

Runners approaching the end of the lap will head up the hill towards the mansion house and then finish to the left of the road over the finish line and into the funnel; please keep in order after you cross the line until you have been logged by the scorers. The proceeding leg runners will start from an adjacent area and head down the hill (Please beware of the speed humps on this section) and out of the park.

**Due to current works in the park this may have to change at the last minute, any changes will be fully explained in the race briefing at the start.**

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 by Beckenham Place Mansion House. The course will be marshalled at turning points and road junctions, please listen out for their instructions and obey them at all times. Please take extra care over the speed humps on the road within the park.

**There will be a lead 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 around the course.

## Course Map



## After the race / Results

Everyone is welcome back to race HQ 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)