

## **Start Fitness Men's Surrey Cross Country League**

### **Divisions 3 and 4 Match**

**Epsom Downs, Saturday 10th November 2018, 3pm start**

### **RACE INFORMATION**

**Organisers: Holland Sports AC, assisted by West 4 Harriers, Epsom Oddballs and Vets AC**

**UKA Permit Number: 147:18**

**Start time:** 3pm

**Location:** Start and Finish is adjacent to Epsom Racecourse at the Tattenham Corner end (nearest postcode KT18 5PP).

#### **Course**

Course distance: Approximately 8km (5miles). There are two equal laps.

A course map is provided as a separate attachment. The course has long sections of steady incline and decline, plus a few sharp turns. The terrain is mainly grass and gravel but can also have soft sand and stones. It is suitable for spikes, but long spikes are not advised. Please keep alert for tree roots and other trip hazards.

Competitors must be considerate and watch out for other users of Epsom Downs, especially on the intersections where walkers, cyclists and horse riders frequently use these paths. Runners do not have the right of way.

#### **Travel**

**Cars:** Epsom Downs is just a few minutes from Epsom Town Centre on the B290 Epsom Downs Road or alternatively just off junction 9 of the M25. Tattenham Corner (KT18 5PP) is about half a mile past the entrance to the Grandstand with the racecourse on the right.

**Public Transport:** Tattenham Corner Station is approximately 1/3 mile walk to the start. Epsom Downs Station is approximately a 1 mile walk. Epsom Station (2.5 miles away) is connected by both South West Trains and Southern Trains. Metrobus operates a 460, 480 and 406F service which runs from Epsom Town Centre to Tattenham Corner Station.

#### **Facilities**

There is free public parking at two car parks, either side of the B290 at Tattenham Corner but we recommend sharing as these are popular car parks for visitors to the Downs.

Refreshments are available from the Tea Hut at Tattenham Corner (in one of the car parks).

Public toilets are located to the west of the Tea Hut. There are no changing facilities.

First Aid will be provided by Medical Despatch Event Services and available onsite. In the event of an injury out on the course runners should advise the nearest marshal. The nearest hospital with an A&E service is two miles away at Epsom Hospital, Dorking Road, Epsom KT18 7EG.

#### **Declarations and Results**

Club Team Managers must allocate bib numbers for the club's expected runners in advance via the Clubs page on the [Surrey League website](#).

Results will be uploaded on the Surrey League website as soon as practical after the race.