

Men's Start Fitness Surrey League Div 3 and 4 Cross Country Match 3

Roundshaw Downs – 2 December 2017

Hosted by Collingwood AC and Tadworth AC. UKA Permit 56:17

3:00pm Seniors – 4.85 miles

Course: all grass/trails, suitable for road/trail shoes or spikes. There are some exposed tree roots, overhanging branches and rutted sections. Some parts may become muddy or waterlogged in the event of rain. The course is 2 laps, 4.8 to 4.9 miles. The start/finish is accessible by footpath from Mollison Drive, or Hannibal Way/Imperial Way. Please be considerate and courteous to other users of the Downs.

Streetmap reference: (The arrow shows the start/finish location)

<http://www.streetmap.co.uk/map.srf?x=530658&y=163681&z=110&sv=530658,163681&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=587&ax=530658&ay=163681&lm=0>

Changing/Toilets: there are no changing facilities but toilets are available at the Collingwood HQ, Croygas Sports and Social Club, Mollison Drive, Wallington SM6 9BY - approximately 2 minutes' walk from the start. There is also a David Lloyd Centre adjacent to the start so anyone who is a member may wish to bring their pass to use facilities there.

Parking: Do not park in Croygas Sports Club. There is uncontrolled parking on most local side roads, e.g. those highlighted on the map – Link Lane, Hannibal Way (except the final 100m), and Imperial Way. All these are within 1 – 3 minutes' walk of the start. NB there is no right turn into Mollison Drive from Stafford Road, approaching from Wallington, and Link Lane is one way at either end. Link Lane can only be accessed from Redford Avenue via Mollison Drive or Stafford Road.

Public Transport: the nearest rail station is Waddon. Buses 154, 157, S4, 455. The 157 bus stops on Stafford Road, and all others on Mollison Drive.

First Aid: cover will be provided by Alison Jones.

A & E: the nearest hospitals with an A & E service are (1) Mayday Hospital, Mayday Road, Croydon (0208 401 3000), (2) St Helier Hospital, Wrythe Lane, Carshalton (0208 296 2000).

Refreshments: There is a café in Mellows Park, Stafford Road, about 5 mins walk from the start. They also have toilets and there is a small car park.

<http://www.streetmap.co.uk/map.srf?x=530029&y=164033&z=110&sv=530029,164033&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=639&ax=530029&ay=164033&lm=0>

Results will be produced on the Surrey League website <http://surreyleague.org> as soon as possible after the event.