

VAC Cross Country Championships

2pm, Saturday 18 January 2025, Wimbledon Common

Held under UKA Rules: Permit Number (CC2024/TBA)

RACE INFORMATION

Race Location

Wimbledon Common (Camp View/North View/West Place end), London SW19 4UH. The Race HQ is a gazebo on the grassland adjacent to West Place. It can easily be viewed from the road.

The Course

The distance is approximately 7.5 km (4.7 miles), comprising two laps of a circuit of Wimbledon Common's established tracks and trails, heading to the Windmill and making a circuit of the Queensmere pond. There is a sharp drop to the pond and subsequently a steep hill to climb after the circuit of the pond. The tracks are firm underfoot. The trail down to the pond may be less firm and there could be tree roots. Off-road shoes are suitable. Spiked shoes are fine too, but long spike pins are not necessary.

[Here is a Location/Course Map.](#)

Please be aware that Wimbledon Common is a shared open space with horse riders, dog walkers and family groups. The course is close to a golf hole but does not cross it. Please be considerate and give way to other users of the Common if you find yourself in the same space. There will be marshals on the course who will alert you about possible hazards, but please keep a look out and take care.

Race Start Time: 2pm

Men and women run together in a mass start.

Registration

Collect your race number from the Race HQ gazebo at the Start/Finish area on Wimbledon Common. Registration opens at 12.30pm. Please complete the medical details and emergency contact information on the reverse of the number. The race number should be pinned to the front of your race clothing. You will also be supplied with an age-group identifier which should be pinned on your back.

There are no entries on the day.

Bag Drop

There is a bag drop at the start area.

First Aid Posts

Medical support is provided by a qualified medic from a medical vehicle at the Start/Finish area. A second medic will be mobile and able to tend to any casualties on the course. He/she will be stationed near to the Windmill. If you are injured or

become unwell during the race, tell the nearest marshal, or ask a fellow runner to inform the next marshal on the route. The marshals will be able to call for assistance, if necessary.

Amenities

Changing and toilets are available after (not before) the race at Belgrave Hall, Denmark Road, London SW19 4PG. Refreshments will be available there after the race, in conjunction with the medals' ceremony.

Here is a map showing the [walking route between Belgrave Hall and the race start area on Wimbledon Common](#).

There are also toilets at the Windmill Tea Rooms on Wimbledon Common. This facility is marked on the [Location/Course Map](#).

Trophies and Medals

There are trophies for VAC members, including the first man and woman plus some age group trophies. In the Open race, medals will be presented to the first three finishers in each five-year age category from 35 to 80+, irrespective of whether they are VAC members or not.

Awards ceremony at Belgrave Hall

We aim to present the medals at around 3.30 - 4pm at Belgrave Hall, Denmark Road, London SW19 4PG. Refreshments (tea and coffee) will be available. Please support the presentation and gather at Belgrave Hall (see the route map at the link above) to collect your medal and/or cheer the others.

Travel

By car: There is free street parking near to the start alongside The Causeway and on Camp Road, Camp View, North View and West place, as well as further afield (but check parking restrictions). The area is always busy so allow plenty of time. There is street parking around Belgrave Hall. Much of it requires a residents' parking permit but there is some metered parking.

Public transport: As with most London venues, it is best to use public transport if possible. The nearest rail/tube/tram station is Wimbledon, about 1.2 miles from the start, approximately 25 minutes' walk. Alternatively, the number 93 bus runs from Wimbledon Station to Wimbledon War Memorial from which it is a short walk along The Causeway to the Race HQ.

Belgrave Hall is midway between Wimbledon Station and the Race HQ on Wimbledon Common. Here is a [Route Map](#) for the walk from the Race HQ to Belgrave Hall,. The distance is approximately 1km.

We look forward to seeing you on 18 January.

Good luck!

Maggie Statham-Berry

VAC Entries Secretary (entries@vetsac.org.uk)