**Ladies Surrey League Division One/Two**

**Match 3– Richmond Park, Kingston, Saturday, 9th February 2019**

Dear Team Manager

Please find details of the second fixture of the Division One & Two Ladies Cross Country Surrey League. Please communicate these details to your club members as you see appropriate.

**General Info:**

Hosted by: Kingston AC and Polytechnic Harriers & Fulham RC.

Date: Saturday 9th February 2019

Venue: Richmond Park (TW10 5HS)

**Race Start Times: 11 am** – Senior Ladies (inc. U20 & Vets) **Division 1**

**12pm** – U15/U17

**12.30pm** – U13

**1pm** – Senior Ladies (inc. U20 & Vets) **Division 2**

**Distance:** Senior Ladies (inc. U20 & Vets) - (5 miles, 2 laps – red route)

U15/U17 - (2.5 miles, 1 lap – red route)

U13 – (1.75 miles, 1 lap – blue route)

**The course:**

Please see the course map attached. The race start & finish area is about 100m from the entrance to Isabella Plantation in Richmond Park, across the road from Broomfield Hill car park. The routes will be marked by red flags and red/white tape and will mostly be comprised of parkland and wooded trails. Spikes or trail/off road shoes will be recommended.

**Travelling to venue:**

Please share cars or use public transport where possible. Free parking is available at Broomfield Hill car park (5-7 minutes’ walk from the Start/Finish area). Free parking is also available at Robin Hood and Kingston Gate car parks (20 mins approx. walk from the Start/Finish area).

The following website sets out how to get to the Park if travelling by public transport.

<https://www.royalparks.org.uk/parks/richmond-park/visitor-information/opening-times-and-getting-here>

**Facilities:**

There are no changing facilities available at the venue, so please come ready to run. Toilets are available near Kingston Gate car park or Robin Hood Gate car park (20 mins approx. walk from the Start/Finish area).

**Health and safety:**

Runners should exercise care, looking out for tree roots and other trip hazards, muddy areas and any other obstacles.    The courses will be fully marshalled by club members in  hi-visibility bibs.

Members of the public, many of whom walk their dogs or have young children, use the Park extensively.  The Park is a public area - all users have a right to be there and should be respected.

First aid assistance will be available at the start/finish area. The nearest A&E hospital is Kingston Hospital (KT2 7QB) – 020 8 546 7711 , 5 minutes’ drive from Kingston Gate.

**Declarations**:

Team declarations are to made online in advance at http://www.surreyleague.org/

**Results:**

The results will be produced by Kingston and Polytechnic Harriers and posted online at http://www.surreyleague.org/ as soon as possible after the match.

Any queries please contact Liz Richardson (lizcr2012@hotmail.co.uk )