# Ladies Surrey League Division One/Two

# Fixture 1 – Nonsuch Park, Cheam, Saturday, 15th October 2016, hosted by Epsom & Ewell Harriers

Dear Team Manager

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

## General

Hosts: Epsom & Ewell Harriers

Date: Saturday, 15th October 2016

Venue: Nonsuch Park, Ewell Rd, Sutton SM3 8AB

**Start Times: Senior Ladies (incl. U20 and Vets) – 12.00pm**

 **U15/U17 girls – 1.00pm**

 **U13 girls – 1.30pm**

Distance: Senior Ladies (incl. U20 and Vets) – 6.3km

 U15/U17 girls – 5.4km

 U13 girls – 3.1km

Course: Map attached.

Permit:

## Transport/Parking

Nonsuch Park is situated in the northern part of the Borough of Epsom & Ewell between Cheam and Ewell Village. There are a number of access points to this large site.

* There are two entrances in London Road each leading to car parks
* Ewell Road, Cheam, which also leads to car parking facilities.
* Cheam park Café, Car parking & aaccess through Tudor Drive (SM4) off B279

Parking for disabled people only is available adjacent to the Mansion House. In order to comply with Epsom Council and in consideration of other park users, no runners or supporters are allowed to park in the Mansion House car park. We have secured this venue based on this parking rule being complied with, allowing other park users easy access to the park.

Nonsuch Park is within a ten minute walk of Cheam train station.

The Park is accessible to pedestrians from the main entrances off London Road and Ewell Road, Blue Gates, Beaufort Way, the public footpath off Holmwood Road, which leads across Warren Farm to Nonesuch Park. There is other street parking available in these areas.

**Course**

The race start/finish is approximately 150m from the Mansion House Café. Map attached. Recommended footwear will be off road shoes/spikes.

The routes are comprised of mixed terrain of short grass and park/wooded trails. The route will be marked with flags and there will be marshals at key junctions.

We will be sharing the park and runners are requested to respect fellow users and take care as appropriate. **Please be friendly, check the area your club used for litter and other belongings. Please leave the area clean and tidy.** We have permission to use this location based on our assurances that we will be polite to other park users, Epsom council will take complaints very seriously and we may jeopardize the use of this venue for in the future.

## Changing/toilets

Please note there are no changing facilities within the park. There are toilets within the park café (150m from the start) and in Cheam park Café, Car parking & access through Tudor Drive (SM4) off B279. Any belongings are left at your own risk. E & E hold no responsibility if any is damaged or stolen.

**Numbers/Declaration sheets**

Numbers will be issued by Ron Gobey on the day to each club for Match 1 only. Team managers must enter their athletes on line. <http://www.surreyleague.org/>

The system asks you to enter athletes date of birth, and the system will work out veterans age groups so that age group rankings can be computed. If a date of birth is missing, the system will assume the athlete is Senior. Please also enter a valid EA URN where known. Please check website for up to the minute instructions.

**First Aid/ Hospitals**

There will be a first aider by the Finish funnel, contactable by marshals on the course via mobiles.

A defibrillator is available in the Nonsuch Café

The nearest hospital in Epsom general, Dorking Rd, Epsom KT18 7EG. 01372 735735

**Results schedule**

Provisional results will be compiled following the race and will be posted on the Surrey League website These will be provisional and subject to change. Final results will be updated accordingly on the website. We plan to **video**  the finish funnel to assist us with our results.

If you have any other queries, please do not hesitate to contact Di or Vanda.

We look forward to welcoming you to the park and having an enjoyable event. Regards, Vanda Caulfield & Diana Norman

