

Cliveden Cross Country – Sunday 10 January 2016, 10.00am

Under UK Athletics Rules

SEAA Race Permit 2016–22589

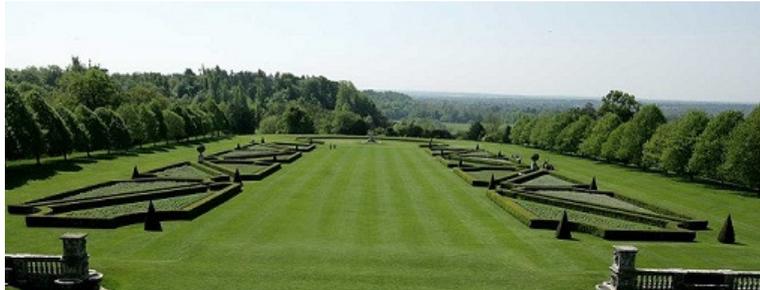


Cliveden Cross Country



Welcome to another post-Christmas test of endurance and fitness at Cliveden presented by kind permission of the National Trust. In the past the race has always been held between Boxing Day and New Year's Day, but due to the extending opening dates of the grounds by The National Trust to the public we now have a small window available to us in the New Year. Therefore the first opportunity to hold the event is Sunday 10 January 2016.

So it is time to re-start your racing season and take advantage of the interesting landscapes and enormous potential of Cliveden - 3 steep hills, long paths along the Thames escarpment, back along the riverbank as well as both grassy avenues and gravel paths through rhododendrons and woodland. Dogs are only permitted in the woods, and therefore cannot take part in the race.



The Cliveden run has taken place for over 30 years following a very similar format, only the routes used have changed according to the requirements of the Estate.

Burnham Joggers donates the surplus generated from hosting race events to local charities. For more details please see www.burnhamjoggers.co.uk/about/charitable-giving

Reserve Date

Going back to 2009 and 2010 the weather forced cancellation of the event. The National Trust allows the run on the condition that they can close the Estate in the event of weather that may present a significant risk to the public. This is out of our control. Because of this we now always schedule a reserve/back up race date which the National Trust have kindly allowed us to schedule for the **Sunday 17 January 2016, in the event that adverse weather does not allow us to race on Sunday the 10th.**

In the event of adverse weather in the New Year and beyond we would advise you to visit our website where we will provide warnings and updates of any potential problems. In addition we will send out an

email to all race participants latest on the day before the race:

www.burnhamjoggers.org.uk

www.burnhamjoggers.org.uk/clivedenxc/

No Spikes Allowed

Because the National Trust have a long term plan for improvements to the Estate including the pathways and gardens we have been asked **not to allow the use of spikes**. Runners must observe this. Failure to do so will put future events at risk. Trail shoes or Cross Country shoes are ideal. Road shoes/flats are not recommended.

RACE INSTRUCTIONS

- Arrival** Directions for arrival by car are provided below. Cliveden (**Cliveden Road, Taplow, Buckinghamshire, SL6 0JA**) is well sign posted from the A4 east of Maidenhead and from Bourne End. The nearest train stations are Taplow, Burnham and Maidenhead, all of which have a taxi service.
- Parking** **A SPECIAL PLEA TO RUNNERS:** We endeavour to accept as many runners as possible. However, parking is limited and access difficult, **so if possible car share**, arrive early and follow the marshals instructions. You may be directed to park on the grass just inside the main gates to speed up parking. A short cut to the start means that this is little further to the start than from the main car park. Do not park in the facilities reserved for Hotel guests and staff unless instructed so by a marshal.
- Clothing** There are very limited changing facilities, so please arrive in running kit. It is advisable to have a selection of warm clothes, and a change of socks/shoes with the possibility of cold, wet weather and a muddy course. There is shelter in the Orangery.
- Shoes** **No spikes allowed!**
- Race no.** **Race numbers are picked up on the day from the Race HQ positioned at the start/finish line on the gravel drive way leading to the Cliveden Hotel.** The race number must be attached to the front of your running top. Runners must run with the number and chip allocated to them. **THIS IS EXTREMELY IMPORTANT**, especially in the event of an accident. This is a condition for entering the race, any runner identified as not doing this will be disqualified. On the reverse of your race number are details for you to complete for any potential problems during your race. We have to emphasise this fact as it is now a requirement of England Athletics through who we obtain our race licence. You are strongly advised to complete this when you pick up your number & chip.
- Toilets** Toilets are situated in the main car park, supplemented with additional portaloos, with others next to the Orangery.
- Start** **The race starts at 10.00 am in front of the hotel so assemble by 9.50 am. Please do turn up in good time in order to avoid a last minute rush** due to late arrivals which can cause a car parking backlog – thanks!
Please do not warm up inside the hotel gates. Dress appropriately for the weather and your own pace. If you are feeling unwell, do not run. **WARNING:** It really is a tough race.

Course	The course (1 small + 1 big lap) takes you up and down 230 feet to the river several times. We hope to use the same course as last year, with a minor change just after the starting point to avoid any potential congestion.
Marshals	The course will be marked with arrows and tape on the bushes. No signs then you are going wrong! Please obey the marshals' instructions. They are there for your convenience and safety as any cross country course has many potential risks. Should an accident occur, please ensure that the marshals are informed immediately.
First Aid	First aiders and an ambulance will be in attendance at the start/finish area. If you feel unwell, contact a marshal who will arrange help. If you are not a regular runner check beforehand with your GP.
Finish	Once you have crossed the finish line keep moving through the finish area to pick up your reward and avoid congestion.
Catering	Water will be available at the finish and refreshments in the Orangery provided this year by the National Trust Cliveden catering team.
Results	Prizes will be presented in the Orangery at 11.30 am for all categories to hand. There are no team competitions at this event. Results will also available at www.burnhamjoggers.org.uk
Note	<u>Entry fees will not be refunded even in the event of circumstances beyond our control leading to the cancellation of this event.</u>

Cliveden Cross Country Course

We expect the course to be the same as last year beyond a minor change just after the start. But adverse weather or work within the Estate could result in this being changed at short notice.

The start is 50 yards in front of the gates of the Hotel on a new gravel surface. **The courtyard inside the gates is strictly out of bounds to runners.** You must run across the sensor pads to activate your timing. From the hotel, you run the length of the drive and turn right at the Fountain of Love. Stay on the road past the car park turning left onto a path to join the footpath before turning left. The course follows a lightly wooded track that leads into a grassy paddock that crosses the main entrance drive. The route passes through some woodland and 'the pheasantry' and emerges into the open with a view across the Thames.

For the first lap, runners turn right along a flat path before taking their first descent down a zigzagging path. Take particular care going down past the balustrades near the bottom, as there is an adverse camber and little grip on the slope. Turn right onto the track by the boat-house and go round the grassed area. You then need all your breath for the stepped climb up the full length of Yew Tree hill. At the very top, turn right by the side of Cliveden House and back into the drive in front of the hotel.

The course on the 2nd lap follows the same route as far as the exit from the pheasantry wood. This time runners turn left along the escarpment for about 1 mile. Enjoy the views if you have time, but watch your footing. At the far end of the Estate the path descends via a long hill to the Thames. A right turn takes runners along the return footpath by the side of the River until the bottom of the zigzag path is reached. Runners have the pleasure of running up the zigzag before turning left at the top and returning back down to the river on a parallel path. It is then a short run to the foot of Yew Tree hill for a final slog up to the finish in the main drive. The course is approximately 6.2 miles.

A course map can be found on the last page of this programme or under <http://tinyurl.com/ClivedenXC-Course>, including photos of the complete course.

CATEGORY TROPHIES

(A runner can only take one trophy)

MALE

Senior 17-39 1st
Senior 17-39 2nd
Senior 17-39 3rd
Vet 40-49 1st
Vet 40-49 2nd
Vet 40-49 3rd
Vet 50-59 1st
Vet 50-59 2nd
Vet 60-69 1st
Vet 70+ 1st

FEMALE

Senior 17-39 1st
Senior 17-39 2nd
Senior 17-39 3rd
Vet 40-49 1st
Vet 40-49 2nd
Vet 40-49 3rd
Vet 50-59 1st
Vet 50-59 2nd
Vet 60-69 1st
Vet 70+ 1st

DIRECTIONS

From M40, junction 2,

- Leave M40 at Exit 2 and take south turning from roundabout (A355 Slough).
- Immediately get into right hand lane.
- In 200 yards, turn right (sign posted Burnham). Beware of bends and narrow road.
- In 1 mile, look out for width restriction, followed by sharp right hand corner.
- In $\frac{3}{4}$ mile, pass the 'Jolly Woodman', turn right 300 yards beyond by thatched school
- Turn left in $\frac{1}{4}$ mile.
- After $1\frac{1}{2}$ miles, Cliveden is on the right.

From M4, junction 7,

- Leave M4 at Exit 7 (Slough West). At end of the spur road, turn left on A4 (sign posted Maidenhead).
- In 200 yards, straight ahead at traffic lights, then after $\frac{1}{4}$ mile turn right at Sainsbury's roundabout.
- Under railway bridge ahead then after 300 yards straight ahead at double mini roundabout
- Follow straight ahead for 3 miles, Cliveden is opposite at the T-junction.

From Maidenhead,

- Take A4 east over the River Thames.
- Take 2nd left at traffic lights, sign posted Cliveden.
- In 3 miles, Cliveden is on the left.

Welcome to Burnham Joggers

Many unattached runners are surprised at their improvement when they run with a group. So why not come and meet us at the Burnham Cricket Club Pavilion, Burnham, every Tuesday and Thursday at 18.50 where there is a bar, showers, changing rooms and toilets. We also hold 2 beginners courses each year aimed at taking people from zero to 5 km over an 8 week period. Please e-mail for details of the next course.

On Club evenings, our members run a variety of distances at different paces. Organised speed work sessions are held on Tuesdays during the year and a 10 km handicapped time trial called the Staggered Jog is held on the last Sunday of every month from Burnham Cricket Club for those interested in checking their progress.

Burnham Joggers donates the surplus made from organizing race events to local charities. For more details please visit www.burnhamjoggers.co.uk/about/charitable-giving/

To learn more about BJ's:

Web: www.burnhamjoggers.org.uk
Email: cliveden@burnhamjoggers.org.uk

Our thanks go to the following:

Apex Sports for providing the numbers
Dick Hughes for providing commentary
Bucks Search and Rescue for providing medical cover
Mars of Slough for providing mars bars
National Trust Cliveden

We look forward to seeing you on Sunday 4 January – Burnham Joggers Race Committee

Future Burnham Joggers Events

Beaconsfield 5

28 March 2016

Welcome to the Beaconsfield 5 Mile Trail, a rare opportunity to run the quiet country trails of Hall Barn Estate (further details under: www.b5.burnhamjoggers.org.uk).

Burnham Beeches Half Marathon

UPDATE – this event will be re-instated in 2016!

**Apex Sports
The Broadway
Farnham Common
01753 647339
www.apex-sports.co.uk**

**Big Thanks To
www.nationaltrust.org.uk/cliveden**

Next Page: Course Map

Course Map



Cliveden Cross Country



2 Lap Course:

- Lap 1
- Lap 2