

Cliveden Cross Country – Sunday 8 January 2017, 9.00am

Under UK Athletics Rules

SEAA Race Permit 2017–27039



Cliveden Cross Country



Welcome to another post-Christmas test of endurance and fitness at Cliveden presented by kind permission of the National Trust. As the Cliveden National Trust ground will be open to the public the race start time has been brought forward by 1 hour from previous years to 9am !

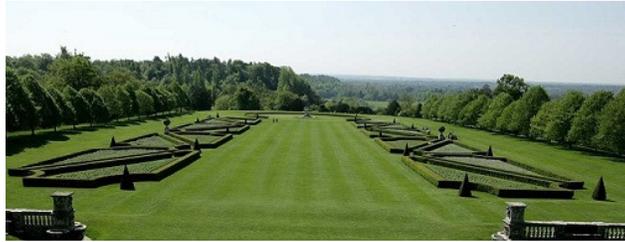
Summary of key information:

- **Race start punctually at 9am, so please make sure you turn up in good time!**
- **Race numbers** to be picked up on race day at the start/finish line
- **Directions:**
 - **Address:** National Trust Cliveden, **Cliveden Road, Taplow**
SL6 0JA Buckinghamshire
 - **Use the Main Gate off Cliveden Road** to access Cliveden Grounds
- **Main Gate opens at 7:20am** – give yourself enough time to park as it will be busy!
- **Please car share where possible** given parking space is limited/grounds are open to the public
- **Strictly NO SPIKES ALLOWED!**
- **In case of adverse weather condition** please check your emails and the event web site at www.burnhamjoggers.org.uk/clivedenxc/
- **There are no changing facilities available**
- **Catering available and provided by Cliveden National Trust in the Orangery**
- **Results/Trophy announcement will take place in the Orangery around 10:20am**

And for those who are new to the event and/or have time to read the details...please see subsequent pages.

Otherwise Burnham Joggers wish you a Happy New Year and we are looking forward to seeing you all on the 8th January 2017 at Cliveden and we will try our best to make this another great running event for you all!

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 XC race has taken place for over 30 years largely following the same format/course. 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

RACE DAY PREPARATION / INSTRUCTIONS

Reserve Date 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 schedule a pre-agreed reserve/back up race date with the National Trust which is the **Sunday 15 January 2017, in the event that adverse weather does not allow us to race on Sunday the 8th.**

In the event of adverse weather in the New Year please visit our website where we will provide updates of any potential problems. We will also send out an email to all race participants latest on the day before the race: www.burnhamjoggers.org.uk/clivedenxc/

Shoes **No Spikes Allowed**
National Trust Cliveden **do not 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.

Arrival **Gates open at 7:20.** Directions for arrival by car are provided below. Cliveden (**Cliveden Road, Taplow, Buckinghamshire, SL6 0JA**) is sign posted from the A4 east of Maidenhead and from Bourne End. Nearest train stations are Taplow, Burnham and Maidenhead, all of which have a taxi service.

Parking **A SPECIAL PLEA TO RUNNERS:** Parking is limited, **so if possible car share**, arrive early and follow the marshals instructions. Do not park in the facilities reserved for Hotel guests and staff unless instructed so by a marshal.

Clothing There are no 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.

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.

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 9.00 am in front of the hotel so assemble by 8.50 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!
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.
- 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 10.20 am for all categories to hand. There are no team competitions at this event. Results will also available at www.burnhamjoggers.org.uk
- Note** **Entry fees will not be refunded even in the event of circumstances beyond our control leading to the cancellation of this event.**

Cliveden Cross Country Course

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.
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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
National Trust Cliveden

We look forward to seeing you on Sunday 8th January 2017 – Burnham Joggers Race Committee

Future Burnham Joggers Events

Beaconsfield 5	Easter Week-end 2017 www.b5.burnhamjoggers.org.uk
Burnham Beeches Half Marathon	August 2017 bbhm.burnhamjoggers.org.uk

**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