

Cliveden Cross Country – Sunday 6 January 2019, 9.00am

Under UK Athletics Rules SEAA Race Permit **2019-36336**

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 grounds will be open to the public the **race start time is 9am!**

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 6th January 2019 at Cliveden and we will try our best to make this another great running event for you all to enjoy!

Summary of key information:

- Race start punctually at 9am, so please make sure you turn up in good time!
- Race numbers/timing chip to be picked up on race day at the start/finish line
- Unfortunately there will be no access to the Orangery this year
- Strictly **NO SPIKES ALLOWED!**
- **PLEASE** car share where possible, as parking is limited
- Water will be available at the start/finish, but we would encourage all runners to “go green”, and bring their own bottle with them. If you need a new running bottle, Apex Sports in Farnham Common offer a great range, that you can see here <https://www.apex-sports.co.uk/>
- There are no changing facilities available, so please come ready to run, although we will have a “Vintage” Double Decker Bus that we will be using as a bag drop this year. So, if you want to leave a bag or jumper then you can do so.

Directions:

- Address: National Trust Cliveden, Cliveden Road, Taplow, SL6 0JA, Buckinghamshire
- Main Gate opens at 7:20am – give yourself enough time to park as it will be busy! We would also ask all runners to PLEASE Car Share where possible
- Use the Main Gate off Cliveden Road to access Cliveden Grounds

Weather :

In case of adverse weather condition please check your emails and the event

web site on the day before the race at www.burnhamjoggers.org.uk/clivedenxc/

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 13 January 2019, in the event that adverse weather does not allow us to race on Sunday the 6th.

Race Numbers / Chips

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 must 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.

Trophies

Results/Trophy announcement will take place near the Double Decker Bus at 10.20am

CATEGORY TROPHIES

(A runner can only take one trophy)

MALE FEMALE

Senior 17-39 1st Senior 17-39 1st

Senior 17-39 2nd Senior 17-39 2nd

Senior 17-39 3rd Senior 17-39 3rd

Vet 40-49 1st Vet 40-49 1st

Vet 40-49 2nd Vet 40-49 2nd

Vet 40-49 3rd Vet 40-49 3rd

Vet 50-59 1st Vet 50-59 1st

Vet 50-59 2nd Vet 50-59 2nd

Vet 60-69 1st Vet 60-69 1st

Vet 70+ 1st Vet 70+ 1st

Course

You will find a map of the course alongside this document. The route has changed slightly, but it is still a great test of endurance and stamina, which takes in the wonderful grounds of Cliveden. The course is approximately 6.2 miles.

Toilets

Toilets are situated in the main car park

The Race

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 lastminute rush due to late arrivals which can cause a car parking backlog – thanks!

Dress appropriately for the weather. If you are feeling unwell, do not run.

WARNING: It really is a tough race.

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 tshirt and avoid congestion.

Water will be available at the finish

Note Entry fees will not be refunded even in the event of circumstances beyond our control leading to the cancellation of this event.

Our thanks go to the following:

Apex Sports for providing the numbers

Dick Hughes for providing commentary

National Trust Cliveden

Future Events

Dash in the Dark – Saturday 2nd March

A Great After Dark 10k Trail Run, put on by our friends at Datchet Dashers

<https://www.datchetdashers.com/dashinthedark>

Beaconsfield 5 Easter Monday 22nd April 2019

Fantastic 5 mile trail run within the grounds of Hall Barn Estate in Beaconsfield

www.b5.burnhamjoggers.org.uk

Burnham Beeches Half Marathon August 2019

One of the best half marathons in the area, now with a 10k option

<http://burnhamjoggers.co.uk/beeches-half/>