



Hercules Wimbledon "Inter Club 5"
incorporating East Surrey League
Hosted by Hercules Wimbledon AC
Wimbledon Common, Saturday 9th December 2017

- Start Time:** Young athletes (boys and girls – U13, U15, U17) 11:00 1 lap = 2 ½ miles
Seniors (men and women) 11:00 2 laps = 5 miles
- Start Location:** The race starts close to the Thatched Cottage on Wimbledon Common. The attached course maps show the location of the start / finish area (as indicated by black and white circle on map).
- Any club flags are to be situated on the right hand side of the course, away from the horse ride.
- Please can all athletes refrain from warming up along or across the golf fairways.
- Parking:** There is limited street parking on surrounding roads but restrictions may apply in some places. Allow plenty of time and car share if possible.
- Facilities:** Limited shower, toilet and changing facilities are available for seniors only at Lauriston Cottage (SW19 4TG) Runners should arrive ready to compete. There are no toilets at the race start – the nearest are at the windmill 500 metres from the start area.
- Health & safety:** The course consists of stony paths as well as muddy sections. Runners should keep alert for tree routes and trip hazards. The course will be fully marked and marshalled by club members. Spikes or trail shoes are suitable. Members of the public are likely to be close to the course – please respect their right to use the common. The course crosses a golf course in two places. There may be horses being ridden. A qualified first-aid provider will be present and will be stationed at the start / finish point. In the event of an injury out on the course runners should advise the nearest marshall.
- Accidents:** The nearest hospital with an A&E service is St George's Hospital, Tooting, Blackshaw Road, SW17 0QT.
- Declarations:** Numbers will be distributed from the race start point from 10:15. Please ensure paper declaration sheets are returned, state age categories, and are easy to read! There will be no charge for competitors. Results will be distributed to visiting clubs by email and uploaded to the Hercules Wimbledon website.

Location and map of the course

