



Beckenham Running Club

Team Relay Race

UKA Licence No.: 2024-27707

Wednesday 22nd May 2024 at 19:30

Race HQ

Race HQ is located at Beckenham Sports Club, Foxgrove Road, Beckenham, BR3 5AS. It is approximately 5 minutes' walk from Beckenham Junction station (trains from Victoria/Blackfriars/Orpington, Croydon Tramlink and local buses), 10 minutes from both New Beckenham (trains from Hayes/Charing Cross/Cannon Street) and Ravensbourne Stations (trains from Orpington/Sevenoaks/Blackfriars). Local buses serve stops located on Foxgrove and nearby Southend Road.

Facilities & Parking

There are changing facilities, showers and toilets at race HQ; there are **no toilets in the park**. There is limited parking within the club grounds, but there is plenty of free on-road parking on the surrounding roads.

Water

To reduce our plastic footprint we will not be providing any water so **please bring along your own water supplies**.

Race Number Collection

It will be very busy at the club house as we have over 150 teams entered and weather permitting there is Junior Cricket on a Wednesday at race HQ. Please can Team Captains arrive at the club in good time to collect race numbers and **batons** (you may need an additional bag to carry) for all your runners between **18.30** and **19:10**. We will be providing safety pins, but to reduce consumption please can you bring your own if you have some.

Team Changes

Changes to teams can be made up to **8pm on Monday 20th May**.

- For individual entries, use the link provided in your confirmation email. If you have any problems using this method then email aces@beckenhamrunning.co.uk and clearly state the team name along with the runner changes including name, age and gender.
- For club entries, please use the link provided in your confirmation email.

We will do our best to accept minimal name changes on the night, however as team numbers are allocated based on team type (Men's/Ladies'/Mixed) for identification purposes, we will not be able change the team type.

The Start

The Start / Finish is about 10 minutes' jog away from the clubhouse: Turn right out of club, first right again into Beckenham Place Park road and along into Beckenham Place Park. The start will be at the top of the hill on the road by the Mansion House.

At 19.15, a horn will sound at race HQ and everyone will be asked to head to the start area.

Baggage

An unsupervised area will be setup for small baggage around the start/finish area; items can be left at the owner's risk.

Transition Area

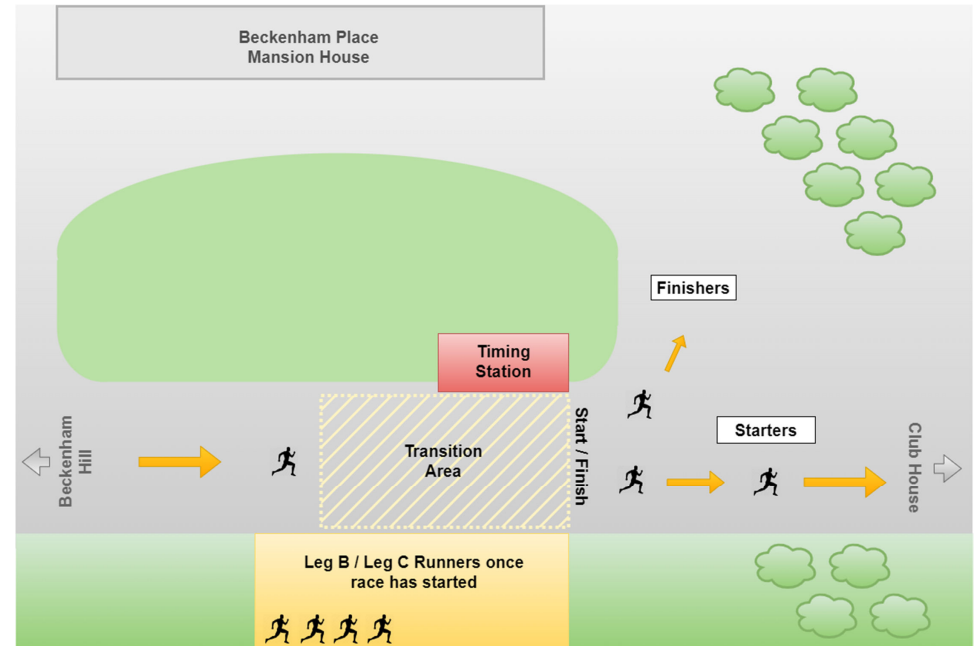
New for this year are **relay batons** that need to be passed onto the next team member **within the transition area**. Please look at the map below and update fellow runners on where they should stand in preparation for transition and where to go after transition.

Runners approaching the end of the lap will head up the hill towards the mansion house, pass the baton to the next team member within the transition area and then peel off **to the left hand side** to clear the path for runners starting on the right hand side.

When Leg C runners finish the race, please bring your baton back to the timing station.

A timing clock will show the current race time, this can be used to help teams estimate when runners will be finishing the lap. The transition area will be very busy so please do not enter until just before your transition.

This is a complicated race to manage and we shall be obliged to disqualify any team where a member is wearing the wrong number, does not pass the baton within the transition area or who false-starts.



Course

The 2.6m lap is on undulating roads and paths, starting and finishing by Beckenham Place Mansion House. The course will be marshalled at turning points and road junctions so please listen out for their instructions and obey them at all times. Please take extra care over the speed humps on the road within the park.

There will be a lead bike, when this leaves Beckenham Place Park it will cycle on the road, Runners should stay on the pavement.

A sweeper will follow the last Leg C runner around the course.

Course Map



Post race / Results

Everyone is welcome back to race HQ afterwards to use the showers and purchase food (limited portions of meat and vegetable lasagne will be available) and drinks from the bar.

Results and Prizes

There will be a prize-giving around 9pm at race HQ where the following prizes will be awarded:

- 1st, 2nd and 3rd Men's team
- 1st, 2nd and 3rd Ladies' team
- 1st, 2nd and 3rd Mixed team (minimum of 1 lady/man)
- Fastest Male and Female legs

We will aim to get a provisional set of results posted on the wall at race HQ as soon as possible after the last runner crosses the finish line. Full results will be on our website as soon as possible after the event.

Please check our website for the latest race information: www.beckenhamrunning.co.uk/races/relay