

Leighton Buzzard Athletic Club

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The Chiltern Cross Country League – Match 2 – Saturday 9th November

The Teardrop Lakes fixture is also incorporating the “**British Cross Challenge**” Race 2, which is a prestigious event attracting top cross-country runners from around the Country. There is also a match between **RAF and Oxford University** within our senior races. The venue is being used for the sixth time and primarily selected because of available parking at the nearby National Bowl. It is **absolutely essential** that all athletes use this parking facility which is only a 5-10-minute walk from the course and does not involve crossing any roads.

Venue: **Teardrop Lakes, Milton Keynes (with grateful thanks to the “Milton Keynes Parks Trust”).**

Parking: **Do NOT** use the postcode for “The National Bowl”, **do NOT** use the “Car Auctions Parking”- use the official travel instructions and **park as signed opposite MK5 8PA on H7 Chaffron Way.**

There are hundreds of free spaces at Car Park and it is a very short walk to the course, which does not involve crossing any roads. *An alternative may be to travel by train to MK Central Station as it is only a 10-minute walk from the station again with no roads to cross.*

Changing: There will be a marquee available for changing in case of bad weather, and there will also be portable toilets adjacent to the start/finish areas.

Refreshments: A retail refreshment van will be available for food and drink.

Declarations: It is **imperative** that **ALL** Declarations are sent in on time to Mick Bromilow. It is vital that athletes use the same number throughout the season. Lost/forgotten numbers can be replaced for a £3 charge.

Cross Challenge: If any of your athletes also wish to be included in the “British Cross Challenge” they **must** enter through UKA (ukcrosschallenge@ntlworld.com) and they will be issued with a **new number** on the day. In subsequent Chiltern League matches, revert to your Chiltern League number.

The Start: *The start line and finish lines are adjacent to the main Club Tent area.*

The Course: This is an essentially flat grassland course with a couple of short but steep hills.

Timetable: Due to the layout of the course and large fields with the Cross Challenge athletes, the Timetable has been adjusted at this fixture in order to avoid as much as possible, overlapping the previous race. **The timetable is as normal until the last three races which will all be 10 minutes later than the standard timetable.**