

Leighton Buzzard Athletic Club

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The Results Base Chiltern League – Match 2 – Saturday 10 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 fifth 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 the crossing of 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” – **park in the National Bowl Car 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 burger type van will be available for food and drink.

Declarations and Results: It is **imperative** that **ALL** Declarations are posted online before each race: any delayed declarations not entered online by 3pm should be sent to Mick Bromilow. It is vital that athletes use the same number throughout the season as the number contains a chip to be used for all the five League matches. 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** have entered through UKA (ukcrosschallenge@ntlworld.com) and they will be issued with a **new number and chip** on the day. They will automatically be included in the League results too.

The Start: *The start line has been moved from its position in recent years, and is adjacent to the main Club Tent area.*

The Course: This is an essentially flat grassland course with a couple of short but steep hills. Under 15s now run approximately 4000m (2 x Medium lap) and the U13 course is slightly different and longer than in previous years.

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.