

Hertfordshire Cross Country Championship – Verulamium Park

Sunday 7th January 2024

HOST RACE INFORMATION ****UPDATED v2****

Due to recent heavy rain St Albans Council and the parks team raised concerns regarding our planned event in Verulamium Park regarding potential impacts on the ancient monument. On Friday morning, the XC delivery team met with park authorities to understand their concerns and as a result we have made significant changes to the course to ensure no lasting damage is caused to the park and the archaeology.

To allow the event to proceed the XC delivery team have been working tirelessly yesterday and today to replan the course routes. The routes have now been modified to avoid vulnerable areas in the park and extend the course into the old golf course across the footpath. As a result, some course distances have changed slightly, so the race times and maps have been updated in this document.

Location: [Verulamium Park](#), St Michaels Street, St Albans. AL3 4SW

Important Notice:

For this event we obtained Scheduled Monument Consent from Historic England. Consent comes with several conditions regarding ground disturbance which will impact visiting clubs who wish to erect Gazebos and club flags.

Event conditions

- Ground stakes are only permitted for marking the course (max 15cm), no other ground disturbance or stakes/spikes are permitted in the park.
- Flag poles with spikes are not permitted.
- Gazebos/Tents are only permitted when anchored using suitable weights/sandbags (Stakes/pegs are not permitted).

Compliance with these conditions will be monitored on the day by an archaeologist from St Albans Museum and your compliance is very much appreciated to ensure that we are able to run future events in our park.

Race Times:

Race 1 11:00	U/11 girls (1.5 km)
Race 2 11:10	U/11 boys (1.5 km)
Race 3 11:20	U13 girls (3 km)
Race 4 11:30	U13 boys (3 km)
Race 5 11:45	U15 Boys and Girls (4.2 km)
Race 6 12:05	U17M/U17W/U20W (5.7 km)
Race 7 12:30	U20M and Senior women (8.4 km)
Race 8 13:15	Senior men (10.8k m)
Last Race expected to finish ~14:30	

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Surface: The course is suitable for spikes or trail shoes, with a short concrete path crossing.

Facilities: Portable toilets will be available, in addition to the Verulamium Park toilets.

Transport: Local race attendees are encouraged to walk, cycle, or lift share wherever possible. For those travelling to the event from further afield, Verulamium Park can easily be reached using public transport or by car.

Car parking

The following pay and display car parks are recommended, other car parks are available in St Albans town centre.

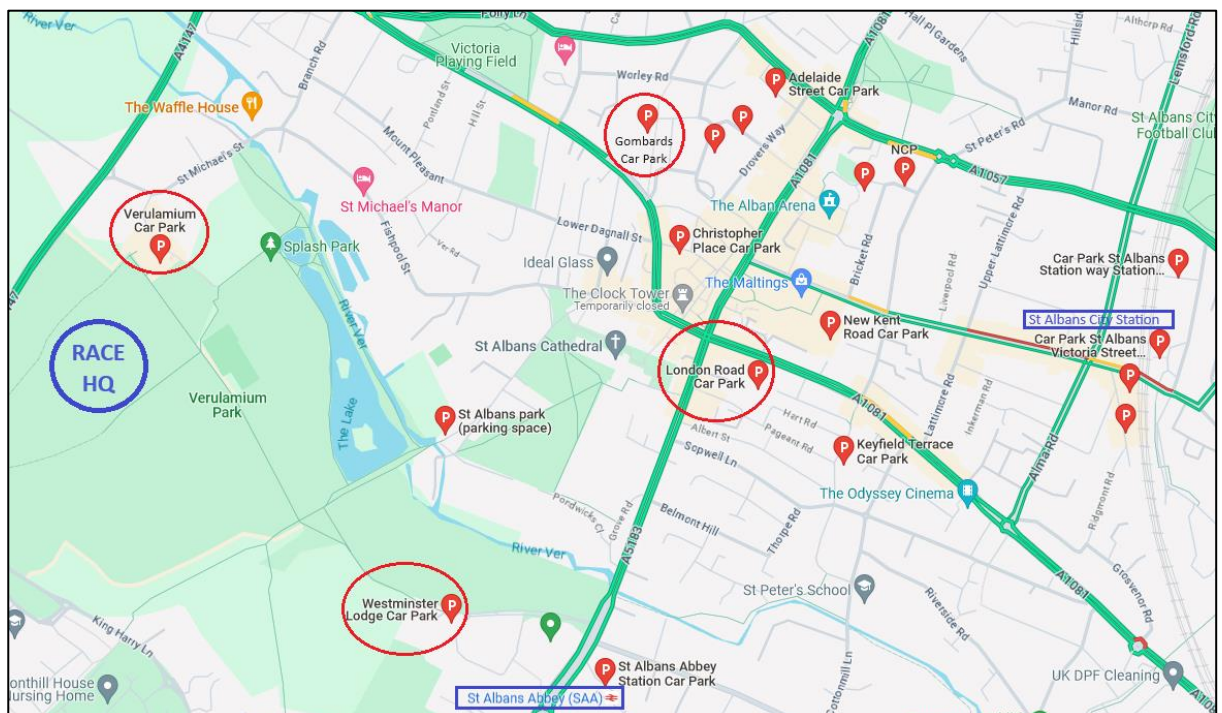
- Verulamium car park, 39 St Michaels St, St Albans AL3 4SW
- Westminster Lodge car park, 33 Westminster court, St Albans AL1 2DX
- NCP car park, St Albans Gombards, AL3 5EN (approx. 1 mile from the park)
- London road car park, AL1 1NG (approx. 1 mile from the park)

Westminster Lodge track car park is recommended for mini-buses or buses.

Nearby train stations

St Albans Abbey station AL1 2AY - approx. 0.5 miles from the park

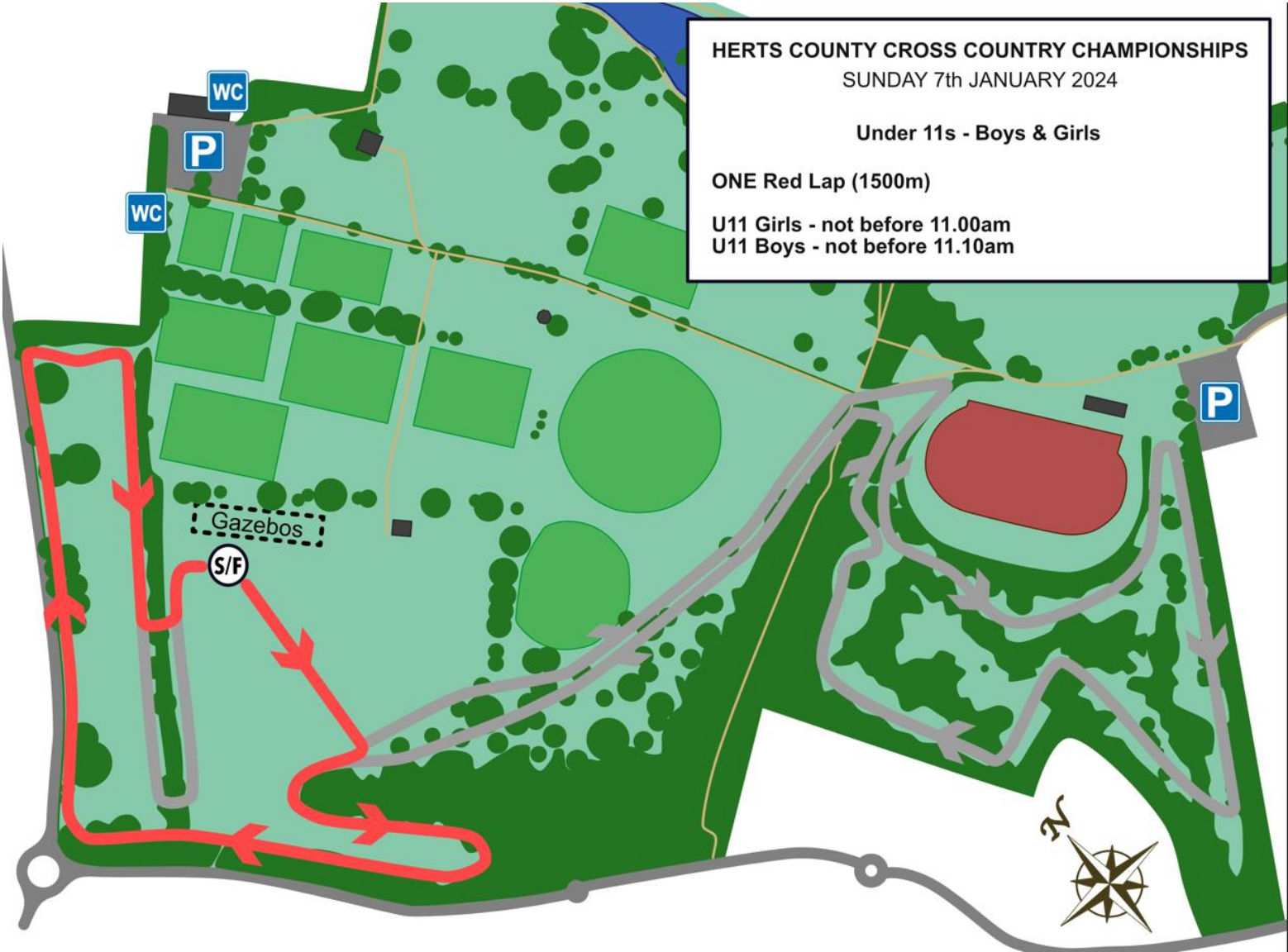
St Albans City station AL1 5HE – approx. 1.5 miles from the park



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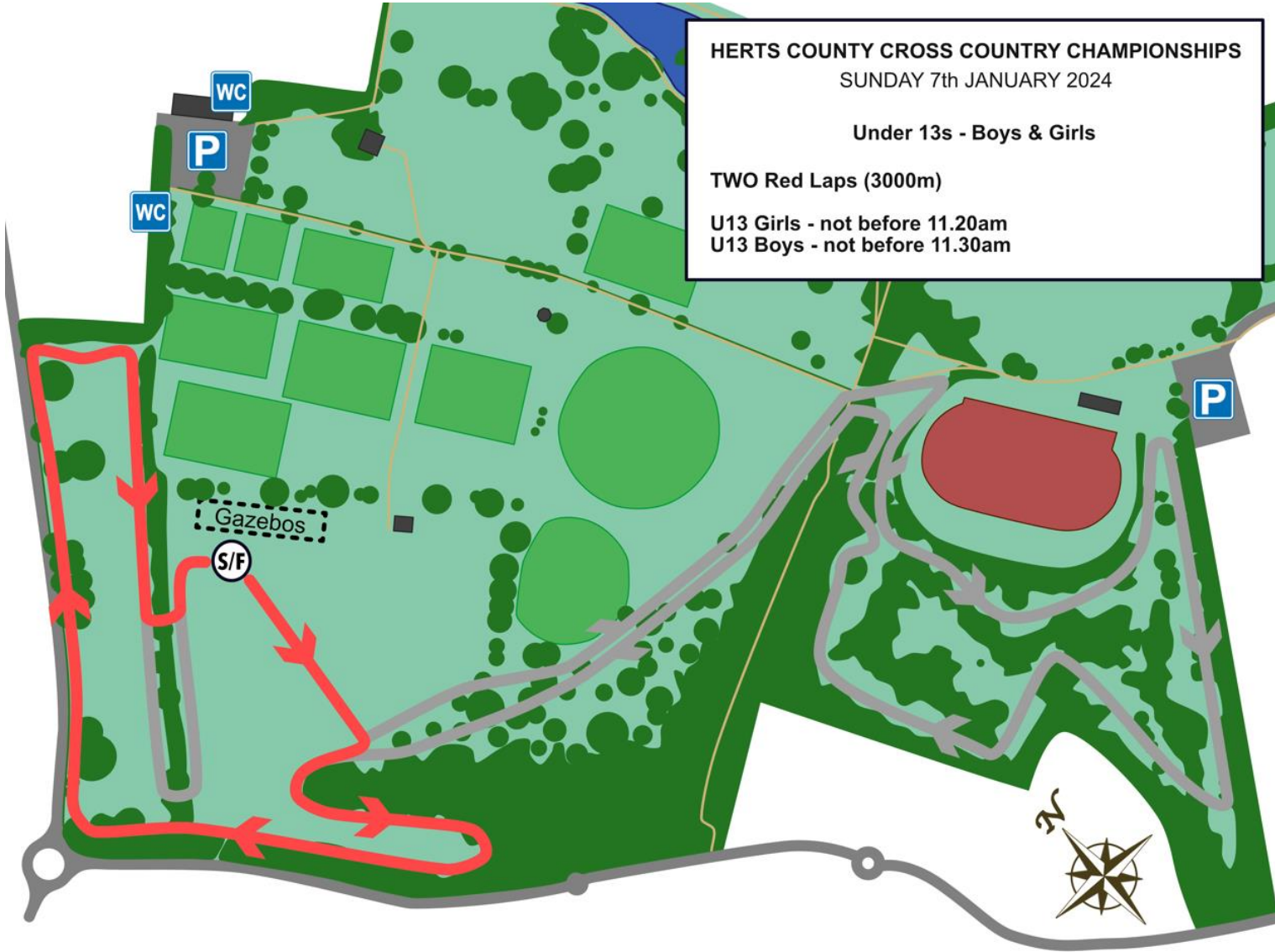
Course Maps – U11 Races 1 & 2



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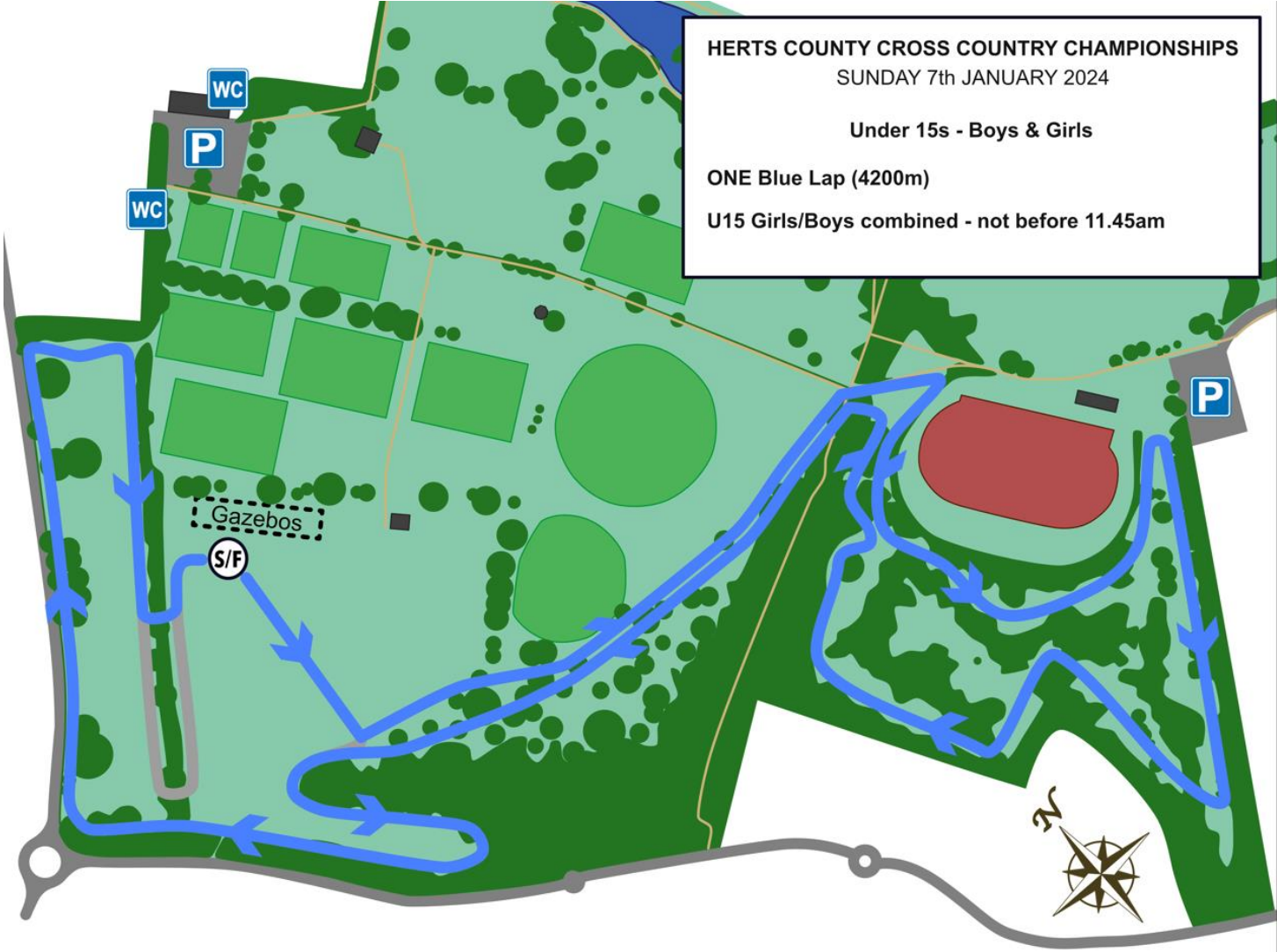
Course Map – U13 Races 3 & 4



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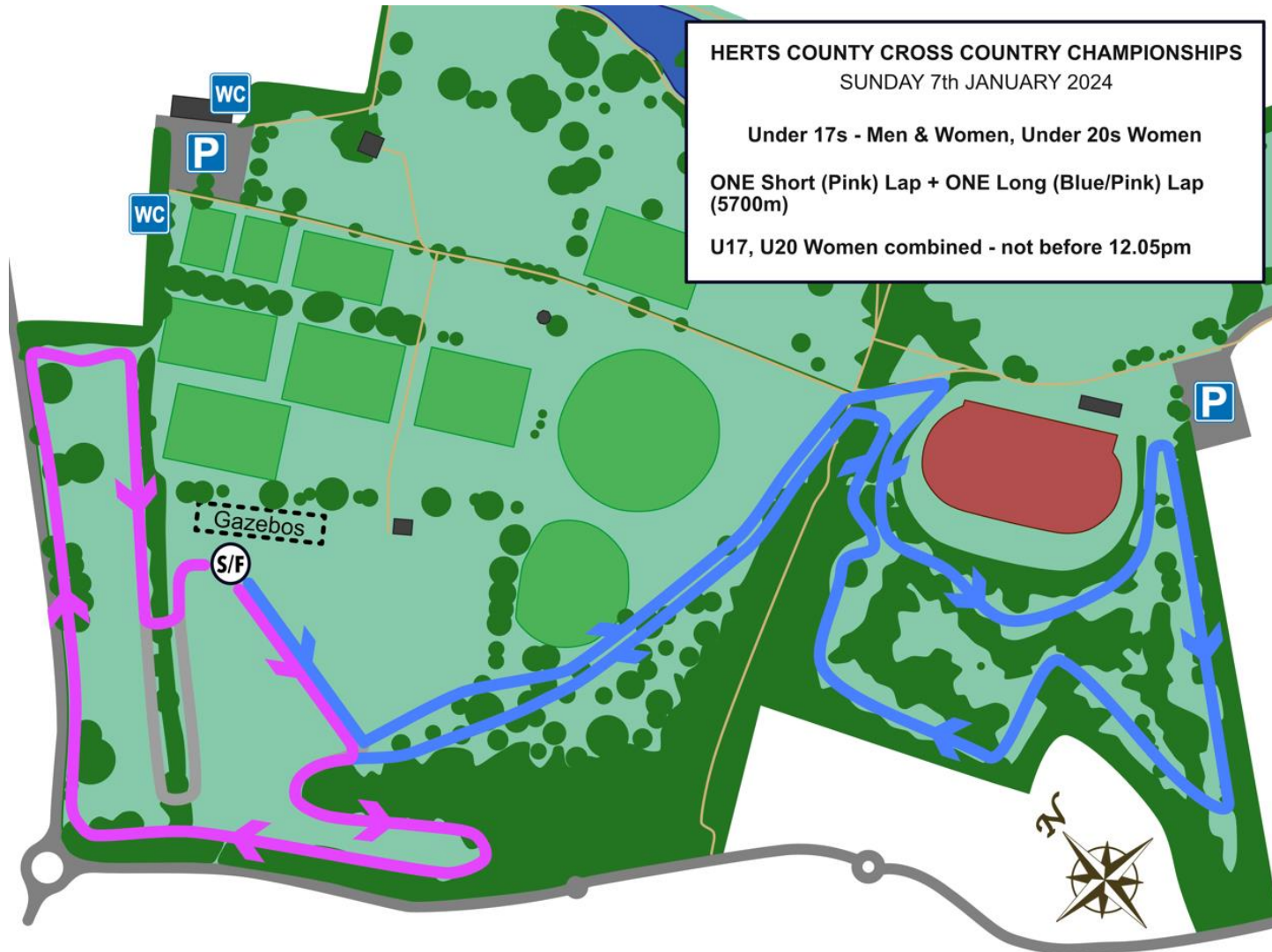
Course Map – U15 Race 5



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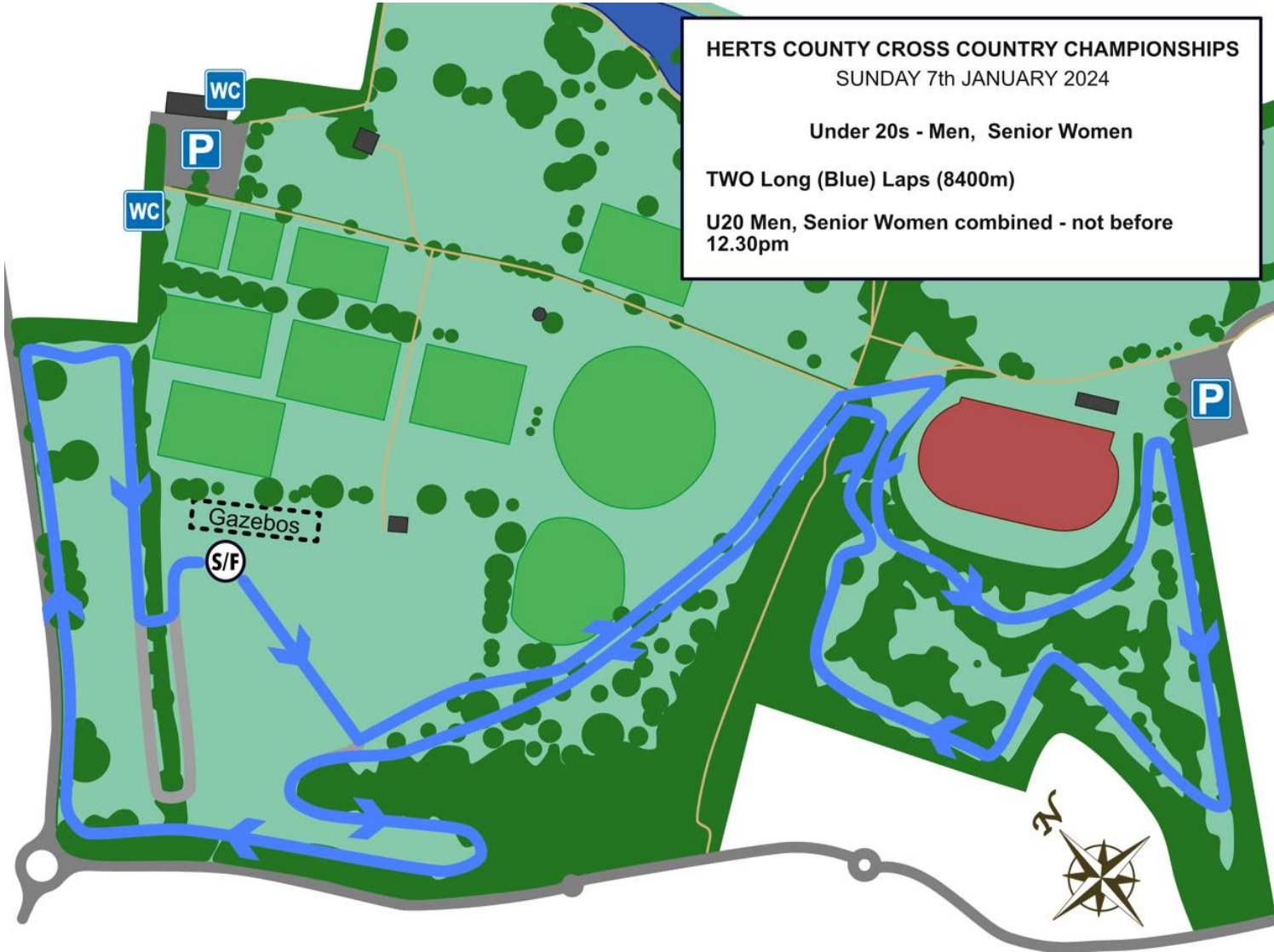
Course Map – Race 6: U17 Men & Women, Under 20 Women



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Course Map – Race 7: U20 Men & Senior Women



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Course Map – Race 8: Senior Men

