

Photo courtesy of Andy Co



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SOUTHERN MAIN CROSS COUNTRY CHAMPIONSHIPS

Saturday 27th January 2024
Beckenham Place Park, London BR3 1SY



ON THE DAY

Race 1	11.00am	Under 15 Boys	4,500m
Race 2	11.20am	Under 13 Girls	3,000m
Race 3	11.35am	Under 13 Boys	3,000m
Race 4	11.50am	Under 15 Girls	4,500m
Race 5	12.10pm	Under 17 Men	6,000m
Race 6	12.40pm	Under 20 Women	6,000m
Race 7	1.05pm	Under 17 Women	6,000m
Race 8	1.30pm	Senior Women	8,000m
Race 9	2.10pm	Under 20 Men	8,000m
Race 10	2.35pm	Senior Men	15,000m

Numbers are to be collected from the Mansion House.

For the first 5 races (U15B, U13G, U13B, U15G, U17M) Numbers will be available from 9 am.
For the last available 5 races, numbers will be available from 11am.

The medical details on the back of the number must be completely filled in. This is to be filled in to ensure first aiders and officials are able to act appropriately in the event of an accident.

In the interests of the health and safety of our officials and volunteers, there will be a cut off time. SENIOR MEN'S RACE - Note to Team Managers and Individual Athletes.

You are respectfully reminded this is a Championship event. In the interests of health and safety of our officials and volunteers we have found it necessary to have a cut off time.

Times will stop being recorded after 90 minutes. There will be a cut off at the 8km point after 50 minutes - and athletes will not be allowed to finish the race if they have not reached this point by this time.

Chip timing will be used. Results will be available on the day via the QR code at the venue.
There are no changing facilities available.

Please note that any commercial logo included on a club vest MUST be registered with UKA.

THE VENUE

getting there & parking

Car Parking

There are parking restrictions in place on Beckenham Hill Road and surrounding areas. Parking is available in the side streets but please be considerate of local residents if you park in the area surrounding the park. Off - street parking is available close to Beckenham Hill Railway Station

Parking on double yellow lines is not permitted at any time. The traffic management order is enforced by NSL.

Parking outside the Mansion House is not permitted.

Buses

The 54 bus stops outside two of the park gates: 'Highland Croft' stop is by the Braeside gate and 'Beckenham Hill' stop is outside the Southend Lodge gate. It is a 5min walk from Braeside gate to the mansion and 5-10min up the drive from the Southend Lodge gate.

Many buses stop on Bromley Road near the Green Man - this is a 10min walk to the Southend Lodge gate or a 10min walk to the Old Bromley Road entrance. The routes include: 320, 208, 181, 136.

Route 354 stops at Ravensbourne Station for entry into the south or eastern sides of the park, or Foxgrove Road for entry via Beckenham Place Park gate.

Trains

Beckenham Hill station is served by regular trains (on the London Bridge line via Peckham Rye, Catford, Shortlands, Bromley South). It is less than a five-minute walk from the station to the park entrance.

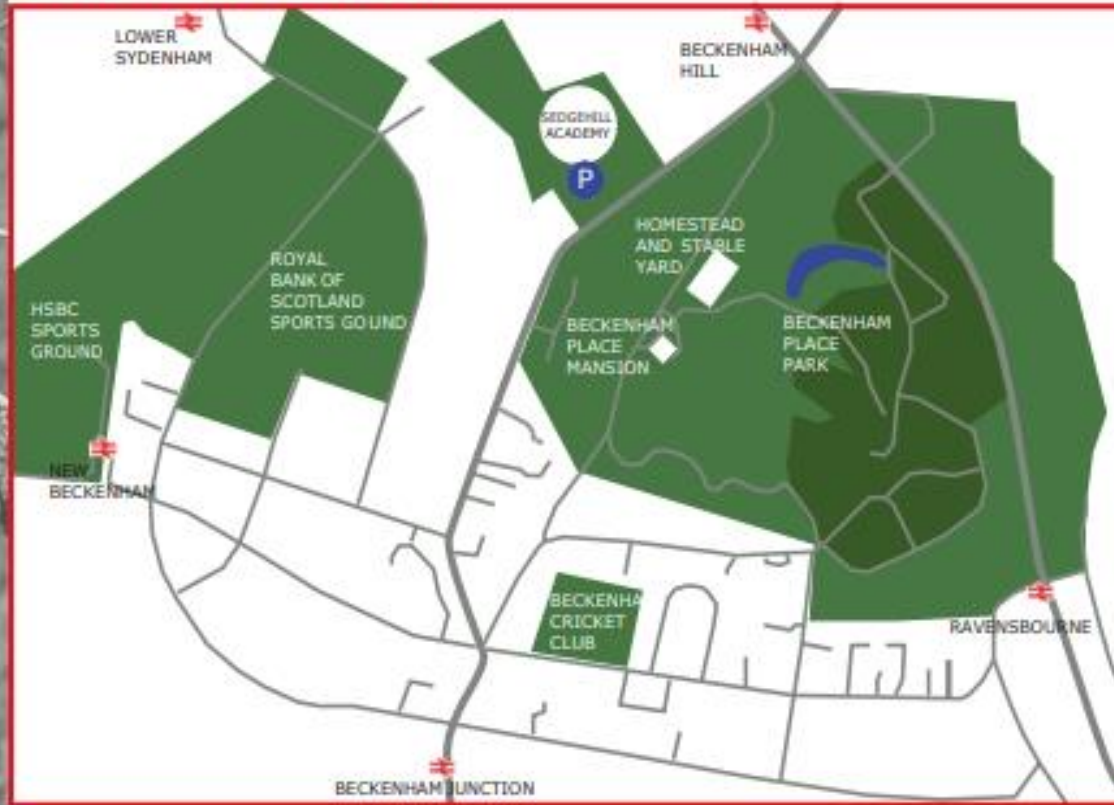
Ravensbourne station (on the far side of the woodland) is also on this line if you wish to enter the park from the southern side or eastern side.

Beckenham Junction station is a 10-15-minute walk to the park (entering via Beckenham Place Park gate). This station has trams as well as trains to/from London Bridge, London Victoria, East Croydon, Orpington, Lewisham and all the calling points in between.

New Beckenham station is a 20-minute walk to the park (entering via Beckenham Place Park gate). This station is served by regular trains from London Bridge, Lewisham and Hayes.

THE VENUE

TRAIN STATIONS



START / FINISH AREA



Photo courtesy of Andy Cox

THE VENUE



Key

Mansion	Lake	Wild swimming	Waterside walk
Parking	Barbeque area	Mounded garden	Cycling circuit
Stable yard	Wet woodland	Foxgrove	
Cafe	Woodland	Woodland wander	
Education centre	Skate park		
Toilets	BMX track		
Formal gardens	River		
Gardener's cottage			
Community gardens			
Playground			
Pond			
	Parkland stroll		
	Woodland wander		

THE VENUE

other information

Refreshments

Beckenham Place Park

Homestead Café and bar are situated in a beautifully restored Georgian Stable block in Beckenham Place Park.

Mansion House has a café bar and small restaurant.

Beckenham Town Centre

There are a number of restaurants, cafes & pubs in the town centre for all tastes. It is a 15 minute walk to the beginning of the town centre Beckenham Place Park entrance

Useful tools to plan your journey

- [Transport for London journey planner](#) to plan your journey by bike, on foot or by public transport
- [National Rail](#) for public transport information
- [Lets Ride](#) provides cycle route maps, descriptions and downloadable files that are all free to download and accredited by British Cycling.