



ENGLAND ATHLETICS

English Cross Country Association



# The Saucony National Cross Country Championships 2015

Parliament Hill, London, on Saturday 21<sup>st</sup> February 2015 at 11.00 am

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## Online Info

### TIMETABLE

Under 13 Boys .....3K -14.05pm	Under 13 Girls .....3K - 12.15pm
Under 15 Boys ..... 4.5K – 11.25am	Under 15 Girls ..... 4K – 13.00 pm
Under 17 Men .....6K – 12.35pm	Under 17 Women ..... 5K – 11.00am
Junior Men .....10K – 13.20pm	Junior Women .....6K – 11.45am
Senior Men .....12K – 15.00pm	Senior Women .....8K – 14.20pm

Attached is Information sheets giving details of :-

**TRAVEL and PARKING see TIMETABLE above. Also SITE MAP**

### **Please NOTE:**

**Club Tents can be dropped off outside the park gates in Highgate Road and carried to tent area NO vehicles allowed in Park.**

**ALL ATHLETES MUST WEAR CLUB COLOURS.** Failure to do so will lead to disqualification

### **Changing**

This will take place in the Lido, see site map.

**Presentations** will be presented to winning Individuals and teams at 2.00 pm and 4.00 pm in the main marquee opposite the cafe.

**Programmes** will be on sale at the event for the price of £3 and will include course maps.

### **Registration**

Competitors Numbers & Chips are to be collected by appointed Team Managers from the Registration Marquee. In accordance with recent practise the Numbers & Chips for the first 5 races will be available from 9.00am and the other 5 from 11.00am.

### **Chip Timing:**

Chip Timing will again be used . Failure to return your chip will be subject to a £7.00 penalty charge per chip.

**NOTE:** All clubs **MUST** have paid their Affiliation Fees to **ENGLAND ATHLETICS** otherwise they cannot take part in our championships.

**Hon. Championship Secretary**

**J.G.R.Mower. 188 Hadleigh Road. Ipswich Suffolk IP2 0DH**

**Tel 01473 216289**

**Travel to the ENGLISH CROSS COUNTRY Championships at Parliament Hill, 21st February 2015**  
**Post Code NW5 1QR – Note this is for Highgate Rd nr to the course not the Car Parks**

Thank you for your entry to the 2015 Championships. Parking at Parliament Hill Fields - Hampstead Heath, North London is limited so please allow plenty of time. There are two car parks, available for the general public, one is at the bottom of East Heath Rd (approx. NW3 1BP) and the other is at Jack Straws Castle (NW3 7ES) at the top of the East Heath Rd. They both hold a maximum of 200 cars. Side roads around Parliament Hill Fields are busy and in general residents parking only, so to help you we list various routes and ways to get you to the venue.

### **Coaches & Minibuses**

These will be allowed to park this year on the Heath near to the bottom of East Heath Road. Clubs travelling by Coach or Minibus will be guaranteed a parking spot at the East Heath Parking Area by completing and forwarding the *separate sheet* along with a fee of **£25 for a Coach and £10 for a Minibus or People Carrier 6 seats or more**. On sending your remittance made payable to *The City of London*, you will be sent a parking pass for display on the vehicle windscreen. Payment will be accepted by cheque only.

### **Cars from the Midlands and North**

Drivers are advised that they should park away from Parliament Hill and take public transport to the venue. The route below suggests parking near to Brent Cross, London Transport Station, either on the side roads at the Station or in the nearby Shopping Centre.

**Directions:** If coming to London via the M1. Turn on to the A406, North Circular Rd going east at the end of the M1. Follow this a short way and then bear left and follow signs A41 (Central London). At the roundabout under the flyover proceed to A41, just before joining the A41 take the second turning left into Highfield Rd. Brent Cross Station on the Northern Line is on the left and street parking is allowed in the area. Take the train to Belsize Park and Parliament Hill is about 1 mile walk away.

### **Cars from South and West**

Again drivers are advised to park away from Parliament Hill and perhaps take the London Overground Service to Gospel Oak which is less than 400m from the venue. This is also the Route to the Olympic Stadium.

**Directions:** On arriving on the outskirts of London get onto the M3 and continue until it merges with the A316 and proceed past Twickenham Rugby ground on the left. Continue until Old Deer Park is reached and opposite the Park there is a pay and display car park where vehicles can be left all day. The Richmond Station is about 400m away and trains go to Gospel Oak every 20mins. The journey from Richmond to Gospel Oak takes about 30mins.

### **Cars from the South East and East**

Clubs from these areas have been attending the Southern Championships at Parliament Hill for many years and know the parking situation. The advice is to park away and use public transport. Kentish Town Station is only a 15 minute walk from the venue, while Gospel Oak can be reached from North Woolwich and many other Stations on the route.

### **Public Transport into London**

If you are travelling to Kings Cross or Euston you can get to Parliament Hill via Bus or Underground Train. The 214 Bus route goes from Kings Cross Stn to Highgate Rd, near Parliament Hill every 10mins, this journey takes about 30mins. Other bus routes stopping at Highgate Rd include the C2, Liverpool St to Parliament Hill and the C11 which comes from Brent Cross where there a large Shopping Centre and Car Parking. Underground Stations within walking distance of Parliament Hill are Tuffnel Park less than a mile away and Belsize Park about 1 mile walking distance. These are both on the Northern Line and can be got to from any of the main railway stations in London.



# Hampstead Heath

Registered Charity

**To:** Paul Maskell  
Leisure & Events Manager  
City of London  
Hampstead Heath  
Parliament Hill Staff Yard  
Highgate Rd  
London  
NW5 1QR

On behalf of \_\_\_\_\_ Club

I would like to apply for a

Coach \_\_\_ seater  / Minibus  / People Carrier, 6 seats+   
*(please tick appropriate)*

Pass so that we can park at the East Heath Parking Area (approx. NW3 1BP) for English National Cross Country Championships on Saturday 21<sup>st</sup> February 2015.

I would like to apply for Coach Pass cost £25.

Minibus/P.C Pass cost £10.

and I enclose a cheque of £  made payable to *City of London*.

Closing date for applications Monday 2<sup>nd</sup> February 2015.

The pass should be sent to

Address \_\_\_\_\_  
\_\_\_\_\_

Post code: \_\_\_\_\_

Name/Surname of sender \_\_\_\_\_

Phone No \_\_\_\_\_

Email address \_\_\_\_\_

The Pass must be displayed on the windscreen of your Coach, Minibus or People Carrier, failure to do so will exclude the Vehicle from parking at East Heath.

We look forward to welcoming you to Parliament Hill Fields.

