

## **DOWN'S LEAGUE CROSS COUNTRY MEETING - COURSE GUIDE**

The **Morden Park Cross Country** event has a public parking area with marked bays between the **Warm up Field** close to the Morden Leisure Centre and the **IN Gateway (leading to the Cross-Country Course)** and **OUT Gateway close to the Morden register office (the exit route to be taken by all athletes/parents after each race)**.

NOTE: Attending the event implies agreement to follow **social distancing & the one-way in and out system**

The Downs League competition has two courses, a **Shorter lap (2k)** and a **Longer lap (3k)** that combines the Shorter with a longer section. We hope this guide may help those wishing to walk the course before racing – because of Covid-19 unfortunately **walking the course is not allowed on race day**.

CAR PARKING – the general parking area is close to the **distinctive green Morden Leisure Centre**.



CAR PARKING – has **bays that should be used to facilitate access and capacity**.



WARM UP AREA – the large field next to the distinctive green Morden Leisure Centre is your first point of call. **The Warm up Field Official** will check **athlete and parent registration against the Club Entry** sent by your Club Manager. Parents with NHS App should scan our QR code. On registration you will **hand sanitise, take your number** and direct you to your Club meeting cone to warm up deep in the field. **20 minutes before your race 3 whistle shrills** will indicate your team should leave the warm up area and jog to Entry Gate.



ENTRY GATE – the official will call and check off club athletes and parent through in Bib Order again encouraging hand sanitising. Parents with NHS App should scan also scan our QR code if not already having done so.

A short socially distanced jog to the **bandstand will bring athletes to the Start area**. Parents should take kit from athletes before moving away to socially distance and watch the race.



EXIT GATE – after completing their race athletes and parents must **follow the signs to leave through the Exit gate** that brings them back into the car park (under no circumstances leaving by the way they entered).



RED BRICK BANDSTAND – this acts as a **good landmark** for athletes seeking the start area and finishing.

**Club athletes should line in single file at their Assigned cone** and await to be called to the start area.



STARTING THE COURSE – **SHORT LAP (2K)**

Athletes should start their race socially distanced running downhill /left towards the distinctive tree.



KEEP SOCIALLY DISTANCED as you race.



HEAD THROUGH TREES TO TURN LEFT AT THE BOTTOM OF THE SLOPE and follow the tree line.

This down slope continues to offer ample space for safe racing.



FOLLOW THE PATH & TURN LEFT AT THE ARBOUR BENCH (point 1)



TRAVEL ALONG WIDE OPEN STRETCH



CLIMB UP THE HILL – LOOKING TO VEER  
RIGHTHALF WAY UP (Point 2 & 3)



THE OLD TREE AROUND WHICH  
ATHLETES TURN (Point 3).



FOLLOW DOWN SLOPE PATH AROUND  
THE FIELD BOUNDARY HEADING FOR  
THE BANDSTAND (point 4 & 5)



PASS THE COVERED WHITE TREE STUMP



PASS THE TWIGGY TREES YOU FOLLOW PATH TO START



CLIMB STEADILY HEADING FOR BAND STAND

THE BANDSTAND AREA MARKS THE END OF SHORT LAP + **SHORT LAP FINISH**



FOR **LONGER LAP (3K)** - CONTINUE STRAIGHT AHEAD DOWNSLOPE



KEEP TO THE EDGE OF THE TREE LINE (point 6)



PASS THE DISTINCT TREES



FOLLOW ARTIFICIAL PATH DOWN SLOPE



AT THE ARBOUR BENCH SECTION (point 1b) **TURN LEFT & GO ALL WAY UP INTO FINISH AREA**

