

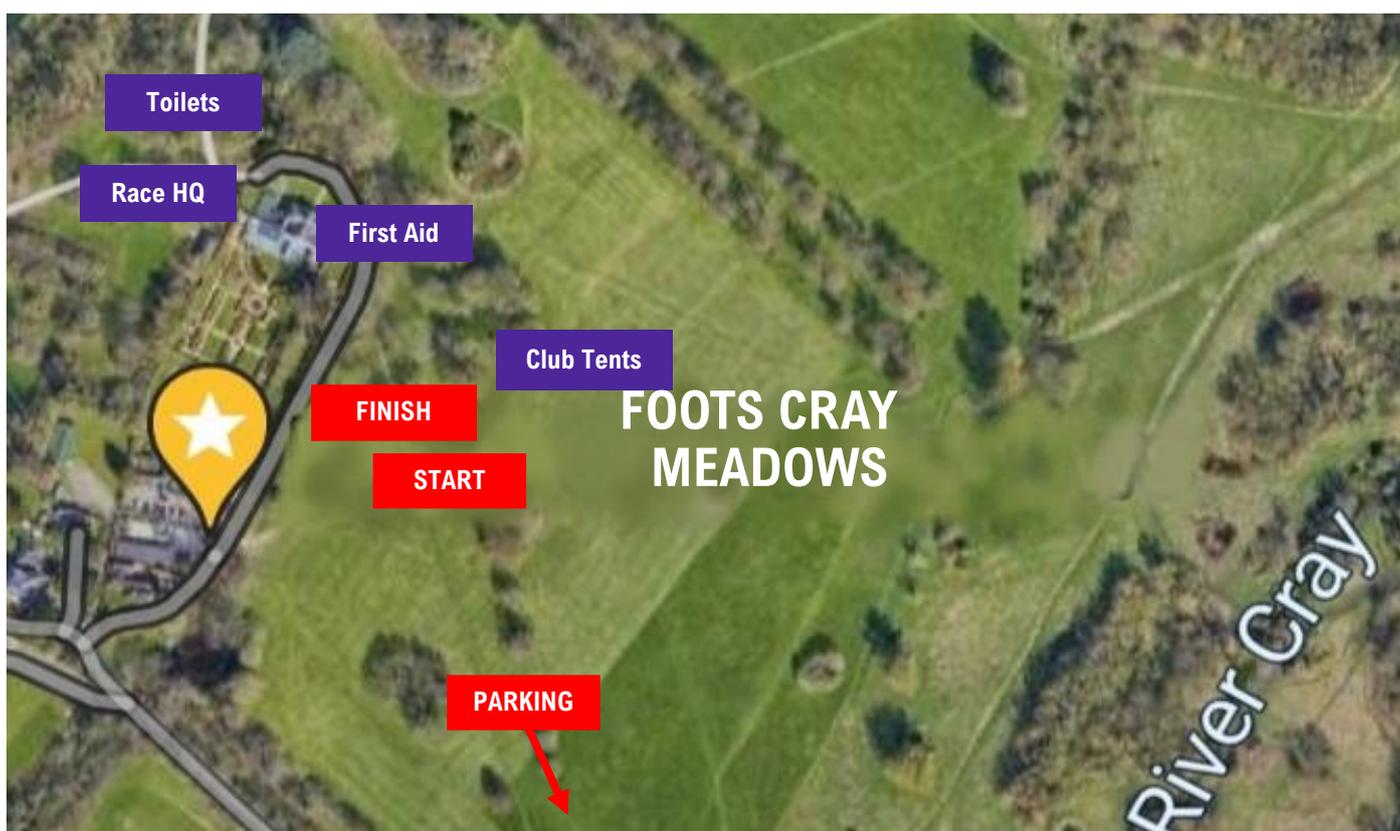
# Kent League Cross Country—Foots Cray Meadows

## Saturday 14th October 2023

Cambridge Harriers is pleased to welcome competitors, officials and supporters to Foots Cray Meadows, Bexley, for the Kent League Cross Country races, part of the 2023-24 winter season.

### Event Timetable

		Distance	Start Time	
Race 1	Girls U13	3km	1200	See Course Map 3km
Race 2	Boys U13	3km	1220	
Race 3	Girls U15	4km	1240	See Course Map 4km
Race 4	Boys U15	4km	1300	
Race 5	Women U17	5km	1320	See Course Map 5km
	Women U20	5km	1320	
	Women Veteran W65+	5km	1320	
	Men Veteran M70+	5km	1320	
Race 6	Men U17	5km	1350	See Course Map 5km
	Men U20	5km	1350	
Race 7	Senior Women	8km	1410	See Course Map 8km
Race 8	Senior Men	8km	1500	See Course Map 8km



## Location

The race start and finish area is off Rectory Lane, Sidcup, Kent. Access is close to A20 (Crittalls Corner Roundabout) and A224. For those walking or cycling, there are footpaths into the meadows from Bexley Lane (near Cleve Park School), Maylands Drive or North Cray Road. Excellent transport links by bus to Footscray (51, R11, 233, 321, 492) from Sidcup, Swanley or Orpington. Nearest rail stations are Albany Park (1.5km), Sidcup (3 km), St Marys Cray (3km), Bexley (5km) and Swanley (6km).

## Parking for Foots Cray Meadows

There is no parking within Foots Cray Meadows for competitors. Temporary event parking has been arranged at L&Q Group\* behind Cray House, 4 Maidstone Road, Sidcup, **DA14 5HU** and is a short walk to the race start and finish area (see map). Leaving the car park, turn right and walk along Footscray High Street, past shops, turn right into Rectory Lane, past Hope Community School and All Saints Church and use the pedestrian gate into the meadows. For club tent drop-off, please use Rectory Lane entrance, drop-off tents and then take vehicles to the main car parking area. **Please note Foots Cray Meadows and the car park are within the London ULEZ.**

## Toilets and Changing Facilities

Portable toilets will be available close to Race HQ, a short walk from the start and finish areas. There are no changing facilities at the site.

## First Aid

First Aid will be provided by Southern Medical Services who will be positioned near the finish area.

## Litter

So we can all enjoy walking and running around Foots Cray Meadows in the future, please take all your litter home with you and try to recycle as much as you can.

## Foots Cray Meadows Parkrun

If you enjoy running and walking around Foots Cray Meadows, there is a regular Parkrun. The location for the weekly event is North Cray Road, Sidcup, DA14 5ET (Kelsey's Farm Shop).



## Enjoy the Meadows

We do not have exclusive use of Foots Cray Meadows for the cross country races, so please be aware of other users, walkers and dogs who also enjoy the fantastic open spaces in Bexley.

## Acknowledgments

Cambridge Harriers and Kent County Athletics Association would like to thank London Borough of Bexley for use of Foots Cray Meadows, L&Q Group for car parking, Southern Medical Service and all the event volunteers and race officials.

\* use of the L&Q Group premises for parking is at owners risk.

# Girls U13 and Boys U13 (3km)

## Course Map 3km

Start  
Large lap (A-B-C-D-E-F-G-H-I-J-K-L)  
Finish



# Girls U15 and Boys U15 (4km)

## Course Map 4km

Start

Small lap (A-B-J-K-L)

Large lap (A-B-C-D-E-F-G-H-I-J-K-L)

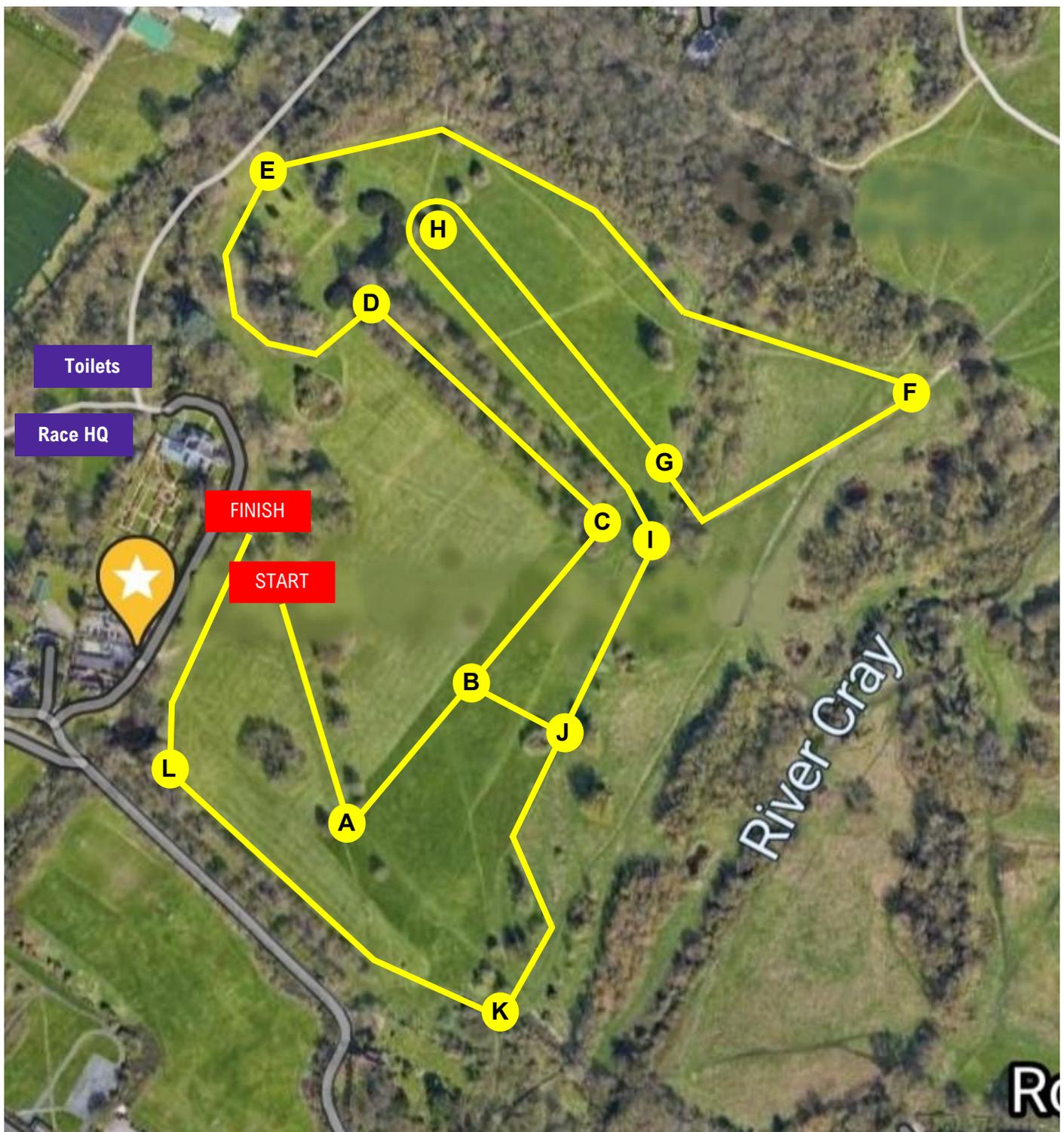
Finish



**Women U17 and Women U20 (5km)**  
**Men U17 and Men U20 (5km)**  
**Women Veterans W65+ (5km)**  
**Men Veterans M70+ (5km)**

**Course Map 5km**

Start  
Two Small Laps (A-B-J-K-L)  
One large Lap (A-B-C-D-E-F-G-H-I-J-K-L)  
Finish



# Senior Women (8km) Senior Men (8km)

## Course Map 8km

Start  
Two small laps (A-B-J-K-L)  
Two large laps (A-B-C-D-E-F-G-H-I-J-K-L)  
Finish

