

Surrey League Cross Country Routes – 12th October 2019, Effingham Common

This race will take place at a new venue for the Surrey League Cross Country, Effingham Common.

The boys' races will take place entirely on Effingham Common. This is an open space, with good visibility.

The senior men will use Effingham Common, but also head up into Great Ridings Wood at the top of the Common.

The Lower Common



Heading into Great Ridings Wood on Upper Common



Access to the venue is very easy. Effingham Junction train station is a two-minute walk from the start. There is a multitude of paid car-parking spaces – please do not park on residential roads in the proximity of the Common. The postcode for the train station is KT24 5HX.

There is a very friendly local shop, run by Peter and Manmeet, a few minutes from the train station in the opposite direction from the Common – on Forest Road.

Teams will be asked to use a contained section near to the start – that will be clearly marked on the day – to erect team flags and temporary tents for kit.

This is cross country and the course is uneven in sections, with some natural holes caused by hot weather, and roots in the woodland area, so runners need to be careful where they step. At present, conditions are very dry, and trail shoes/trainers will suffice. However, with heavy rain, that could change – so come prepared. There is one small (10ft) section of tarmac that [only] senior runners will pass over twice, and a few wooden bridges to cross, otherwise it is all on dirt tracks or grass.

All runners should be aware that ticks are prevalent on the Common due to copious deer locally, so they should check themselves thoroughly post-race.

We have also been asked to warn all in attendance that the [Oak Processionary Moth](#) has been active in the area over the summer. While these preside on Oak trees, this pest is a threat to human health if touched - the caterpillar hairs can cause severe allergic reactions, and thus should be avoided.

As with any wooded area, there is always a danger of falling trees and branches, please remain fully aware of this risk throughout your time in the area.

We have been given the kind permission by both Guildford Borough Council and the Woodlands Trust to use this beautiful environment for the first time. If you wish to make a donation to the Woodlands Trust, you can do so via [this link](#).

Please treat the environment and local nature with respect and ensure you take any litter home with you – even if you didn't bring it.

Keep in mind that this area is well used as a place for residents to walk dogs and enjoy the outdoors and they should be treated with respect throughout.

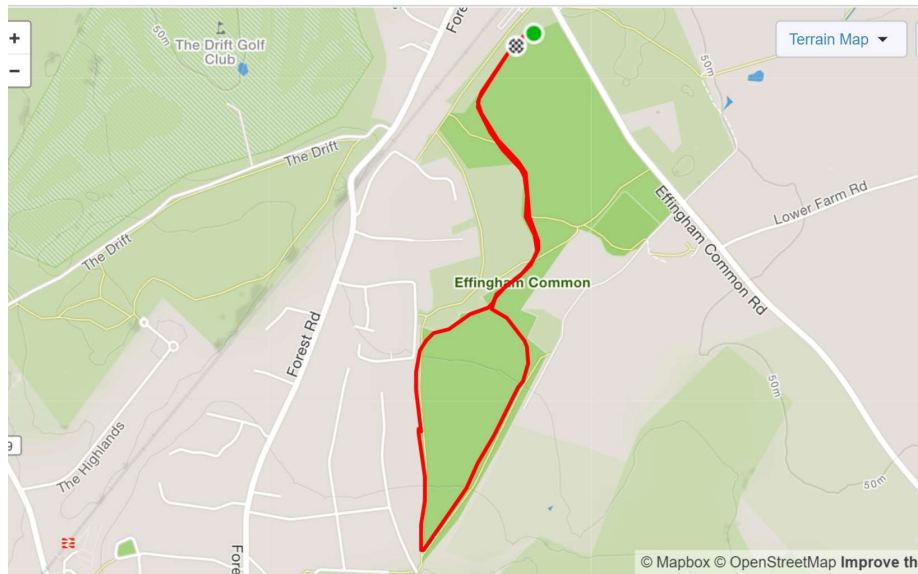
No toilets will be available onsite – and the train station facilities do not open on weekends.

Finally, as this is the first time this course will be used, we are keen to have as many marshals as possible. If you can commit to being in attendance to marshal from 1pm on the day, please email Gavin Megaw via grmegaw@gmail.com.

Race 1 (Under 13 boys)

The boys will race from the lower Common up into the upper Common and back to the start again.

There is 0.5miles to the point where they cross from one part of the Common to the other via a small wooden bridge. This will be marshalled, and we expect all runners will be over this point by the time the first runners return (at 1.3miles point of their race).



Distance: 1.8miles

Elevation: 78ft

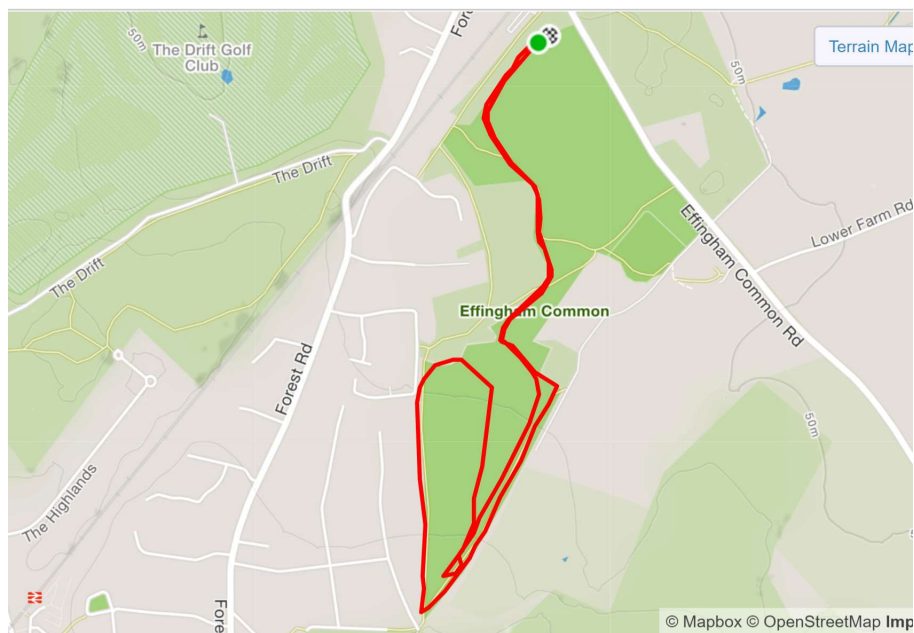
Race 2 (Over 13 boys)

The boys will race from the lower Common up into the upper Common.

Once at the top they will head to the bottom of the upper Common, before turning right and heading back up the hill.

It is then downhill/flat all the way back to the start.

There is 0.5miles to the point where they cross from one part of the Common to the other via a small wooden bridge – this will be marshalled, but we expect all runners through over this point by the time the first runners return (at 2.0miles point of their race).



Distance: 2.5miles

Elevation: 130ft

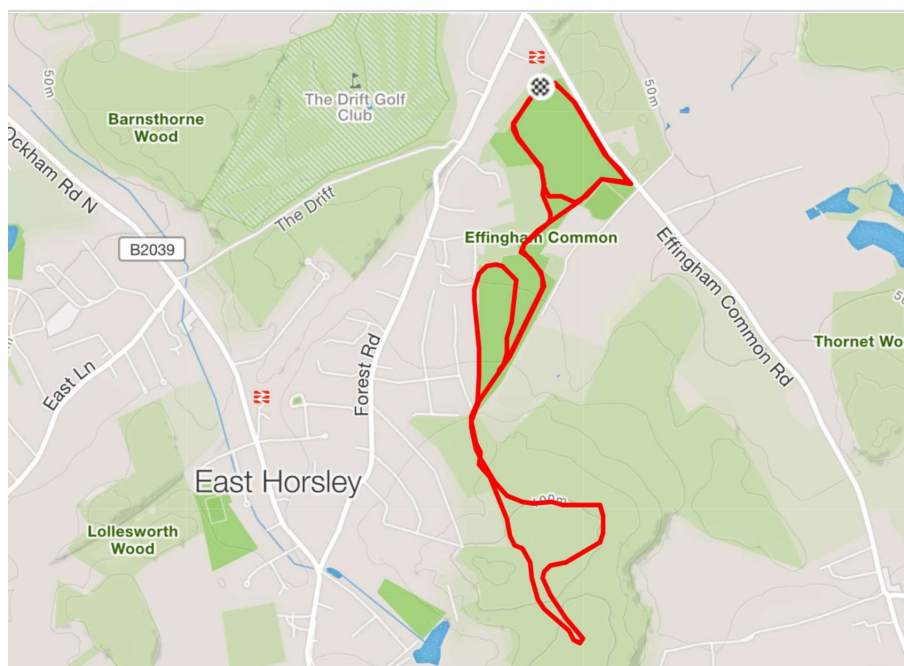
Race 3 (Senior Men)

The senior men will race a [rapid] small lap around the flat lower part of Effingham Common, before heading up into Great Ridings Wood.

In the wood they will race over narrow dirt tracks – please note the prevalence of roots underfoot.

On the way back from the Wood, runners will head down to the bottom of the upper Common, before turning right and heading back up the hill.

It is then downhill/flat all the way back to the start.



Distance: 5miles

Elevation: 259ft