

# triandrun Belgrave 5km

incorporating the  
Surrey County 5km  
Championship

Run under UK Athletics rules – SEAA Permit 1860

**Sunday 12th August 2007 – Start 10:00am**

The race will take place over the normal course used by Surrey County A.A. in recent years, starting in Cottenham Park Road, Wimbledon

Changing facilities, toilets, showers and refreshments are available at Belgrave Hall. You may also leave any baggage upstairs in the hall.

We will have a stall at the Hall where trainers and various other items of running kit will be on sale.

A masseur will also be in attendance at the Hall.

From the Hall it is a very easy 10 minute jog to the start. Results will be produced at the Hall and the presentations will also be made here as soon as possible after the event. Car parking is available in Clifton, Lauriston, Murray and other roads off Ridgway. Belgrave Hall is 15-20 minutes walk from Wimbledon Station (up Wimbledon Hill to the junction with Ridgway and then turn left along Ridgway.)

The course is almost two complete laps, starting in Cottenham Park Road. The route is uphill to the church on the corner of Copse Hill; a long downhill stretch along Copse Hill to Burdett Avenue; turn left and then left again along the footpath; out into Cottenham Park Road; and round again but finishing at the end of the footpath. Use pavements at the top of Cottenham Park Road and all down Copse Hill. Kilometre points will be marked.

On the day of the race **please** respect the property of the residents in Cottenham Park Road and remember that for them it is an ordinary early Sunday morning. There are no toilets at the start/finish.

Note that Ridgway may be closed to vehicles due to road works (pedestrian access will be ok). For latest information about all matters relating to the race check [www.belgraveharriers.com](http://www.belgraveharriers.com) and follow the **triandrun** Belgrave 5k Race Information link.

