



The SEAA Men's 12-Stage Championship (Six stages × 4.8km and six stages × 7.2km on traffic-free roadways)

Sunday 20 March 2016 --- Start 12.15 noon

Cyclopark, Watling Street, Gravesend, Kent DA11 7NP

Please pass these forms to your **ROAD TEAM MANAGER** without delay.

Clubs may enter extra teams. A club entering more than one team may select its teams from its total list of entrants. For example, a club entering two teams can submit up to 48 names and select both teams from that list.

Because of the duration of the race and the hundreds of results to compute, we have to limit the timing by officials to a maximum of five hours. All runners who have not started their laps will be sent off at 4.40pm in order to complete the race by 5pm. We expect the winning team to complete the race in approximately 3 hours 45 minutes.

The closing date for on line entries is **7 March 2016**.

Please note that:

- Entry is restricted to athletes who are at least 17 on 1 September 2015;
- **Athletes entering the Championship must be registered with England Athletics and Clubs affiliated to the SEAA.**

Please note that the Cyclopark circuit is not available to us in the morning until 11.30 due to a Charity Event. However, car parking is available from 10.30am. Because of this, the start of the Men's race is at 12.15pm.

There is parking space for 300 cars. There is a parking fee of £2 payable on the day.

Changing Rooms and Café are in the Main Building. Toilets are outside the main building.

A Club Tent area is available on the course about 500m from the car park. Cyclopark allow no music, barbecues or oil, electrical, gas or other apparatus in their grounds.

It is expected that a physiotherapist will be available.

How to get there:

The Cyclopark address is The Tollgate, Wrotham Road, Gravesend, Kent, DA11 7NP

The Cyclopark is alongside the A2. It is about 5 miles on the A2, east of junction 2 of the M25. From the A2 take the slip road to the A227 (Gravesend Central, Meopham), Turn north onto the A227 take third exit at the second roundabout. Cyclopark entrance is on the right.

Enter on line at www.seaa.org.uk

Entry Fee is £50 per team