Mitcham Common guide

This is a guide to assist with the setting up of the course for the annual LUCA Cross-Country race at Mitcham Common. You will find the map below as well as points on what3words (https://what3words.com/trick.maps.mess) to help guide you round the course as you set it up. You may find it more helpful to view what3words in satellite view.

General advice for setting up the course

1. Do the course before the day of setting it up. It is extremely important to be familiar with the course and even more important to identify if there might be any issues with the course. It is also helpful to clear the course, especially in wooded areas and on narrows paths.
2. Leave yourself plenty of time before the start time to set up the course. Ideally, the course should be marked out with the flags by the time athletes arrive for their warm ups.
3. Please use the big LUCA feather flags to mark the start and ensure that they are sufficiently far apart so that c.30 athletes can be at the front on the start line.
4. Ensure that at least one flag is visible from another. Whenever you put a flag down, make sure you can see the one before it. If you can’t, you have gone too far!
5. At corners, use more flags to clearly mark out the contours of the corner.
6. Where a part of the course could be ambiguous (e.g. because there are numerous paths or one part of the course is close to another), use more flags.

The course

Chart, radar chart

Description automatically generated

Start: trick.maps.mess

1) gasp.harp.think

2) asks.discrepancy.token

3) toward.finishing.amount

4) tamed.light.grit

5) smiled.couch.bossy

6) daring.slick.those

7) drew.single.punks

8) rent.swear.hill

9) shield.device.wing

10) limp.relax.spice

11) idea.stews.moss

12) flood.oceen.ending

13) tigers.stale.outer

14) discouraged.turned.shovels

15) seated.shared.pill

16) feeds.unless.puzzle

17) amused.woven.task

18) pardon.bubble.chat

19) worm.scale.common

20) places.slows.wonderfully

21) flank.tanks.breed

22) cones.drag.wanted

23) demand.sculpture.boxing

24) hands.pirate.royal

25) arts.amber.struck

26) paused.stores.pits

27) clues.owner.hills

28) crush.ending.note

29) angle.jelly.feast

30) melon.wisdom.stage

31) mirror.minds.tummy

32) talent.cube.food

33) pine.jumped.marble

34) rate.thus.random

35) parent.assure.that

36) rainy.human.chimp

37) wake.festivity.fight

38) link.drama.improving

39) nests.steer.froze

40) tails.proud.attend

41) aside.votes.frost

Finish (after 39): bath.fonts.lung

Marshals

If there are a sufficient number of volunteers that it is possible to have marshals, useful positions might be as follows:

1)