



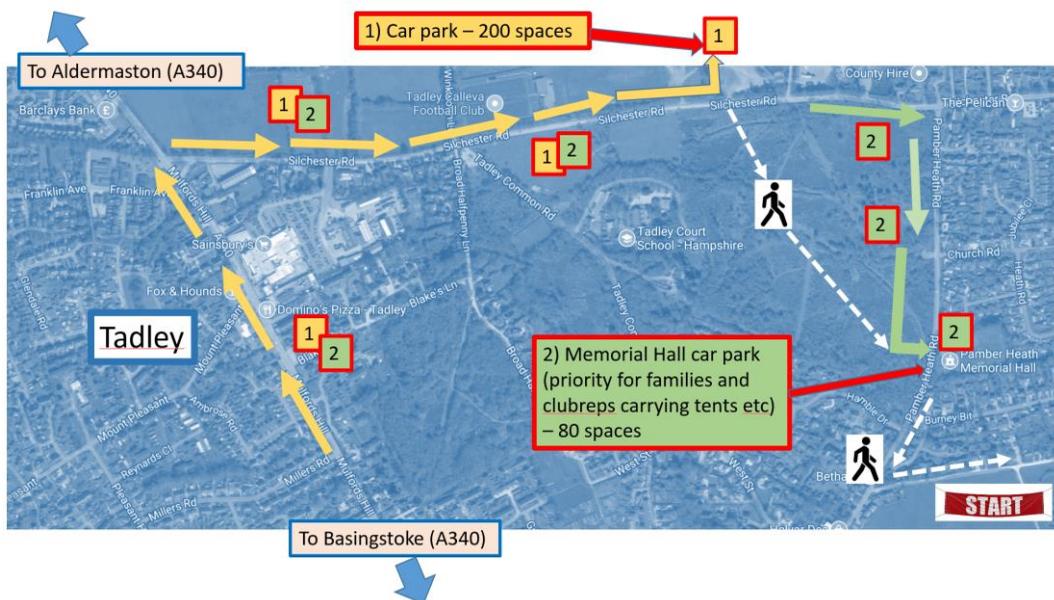
Southern Cross Country League

Sunday 8 October 2017

Pamber Forest, near Basingstoke

Pamber Forest: Basingstoke and Mid Hants Athletic Club invite you to Pamber Forest (the Start is grid reference SU 612 618), a 479-acre Site of Special Scientific Interest, a few miles north of Basingstoke, near Tadley off the A340. The race will be a single lap through forest and fields along undulating tracks and footpaths. It will start at 11:00am; distance 5 miles.

Race Parking: Following an issue with street parking in 2016, we have organised additional off-street parking in 2017. Please arrive a bit earlier and aim for the car park on the John Stacey land (also used by a small Sunday market) that is shortly before the Pamber Heath Road turning (see map). The walk to the Start is 1150metres, so please allow 20 minutes (or less if jogging!). Parking is also available in the Memorial Hall car park (the walk to the start is 600metres – 11 minutes) prioritised for runners with families/children or club-reps carrying tents, flags, etc. We have agreed with John Stacey that we will offer a charity contribution to Basingstoke Hospice, so a suggested donation of £1 per parked car will be greatly appreciated. We would also appreciate a similar donation at the Memorial Hall car park, thank you, it's a very good cause.



Directions: (From South): From M3 J6 join the Basingstoke Ring Road north (signposted A339 Newbury), and exit following the A340 signs for Aldermaston, Tadley and Sherbourne St. John (and the District Hospital). Keep on A340 for 6-miles until you reach the Sainsburys traffic lights, and then another set of lights a further 50 metres along. Turn right at these, into Silchester Road towards Pamber Heath. After 900m the parking for the main car park is on the left. For those travelling to the Memorial Hall, this is 400m after the right turn at Pamber Heath Road.

Race HQ: The Race HQ is at **Pamber Heath Memorial Hall**, Post Code RG26 3TQ. After the race, at the Memorial Hall there will be hot food (freshly-cooked locally produced sausages from Sherfield-On-Loddon in bread rolls from Bramley Bakery) plus vegetarian options, and home-baked cakes by BMHAC club members, and tea/coffee, at a price of £2.00 per head.

Please stay if you can (provisional race results will be announced at the Hall asap after the finish). To speed the results service, can all club team captains please return their completed race results envelopes as soon as possible to the race results coordinator (John Bigg) who will be based near the right-hand corner of the Memorial Hall after you walk in the entrance to the hall after the kitchen.

Facilities: Limited toilets, changing, and clothing dump are available at the Hall.

Competition Rules: All runners must wear a Club Vest. There may be sheep in the farmers field near Little London (the southern edge of the course), so no dogs, sorry. Full race rules (including pace eligibility) at <http://www.bobayer.com/trwl/rules/>

Race Start: The start and finish will be in the open field adjacent to the forest entrance. The walking route will be marked from the Memorial Hall. There is plenty of space for club tents and/or flags.

IMPORTANT: As always, please display courtesy to others members of the public on the day, including whilst running. Please use the toilets in the Memorial Hall, or (if needs must) not in public view, particularly near the start.

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