



Southern Cross Country League

Race 1

Sunday 27 October 2019

IMPORTANT NOTICE: Please read **Parking instructions**, below, to ensure the future of this event.

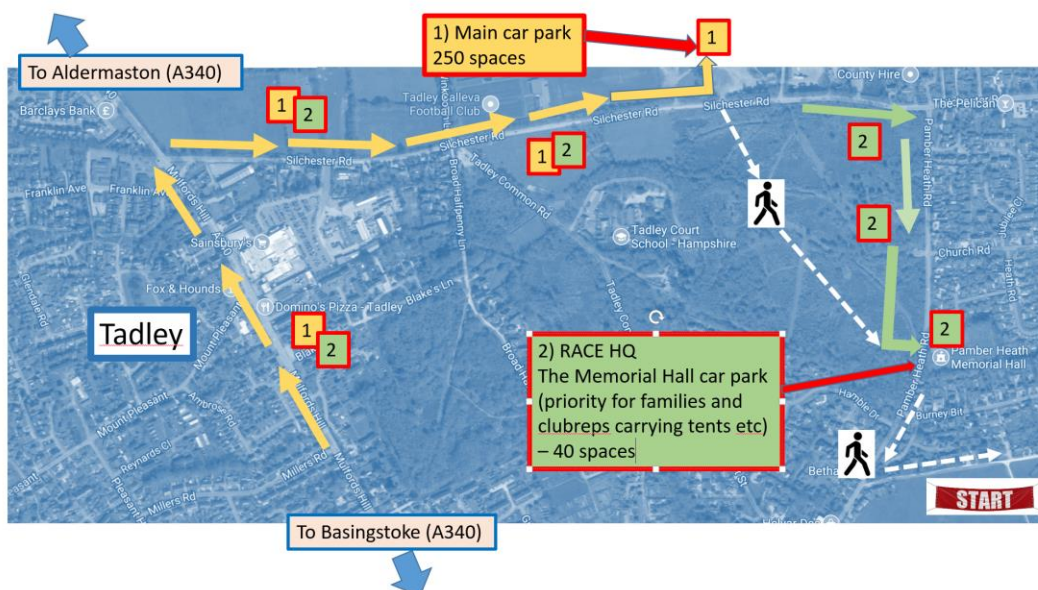
Pamber Forest: Basingstoke and Mid Hants Athletic Club invite you to Pamber Forest (the Start is grid reference SU 614 618), a 479-acre Site of Special Scientific Interest, a few miles north of Basingstoke, near Tadley off the A340. The race will be a single lap through forest and fields along undulating tracks and footpaths. It will start at 11:00am; distance 5 miles. After the race, we have locally sourced sausages and bread rolls for your enjoyment, and club members will have prepared some fabulous cakes, so please stay at the Race HQ post-race, if you can, to enjoy your well-deserved refreshments.

Directions and Parking: (From South): Please use Post Code **RG26 3PY** to the Main Car Park.

Directions: From the M3 Junction 6 exit, join the Basingstoke Ring Road north, and exit following the A340 signs for Aldermaston (passing the hospital). Keep on A340 for 6-miles until you reach the Sainsbury's 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 main parking is on the LEFT at Stacey Industrial Park. We have negotiated access to a large hard-standing area (also shared with a small Sunday market), and a token fee of £2 per car will be collected for a local charity (St Michaels Hospice).

For cars with young families, or club reps with tents, please use the Race HQ car park at Pamber Heath Memorial Hall (Post Code RG26 3TQ). Passing the entrance to the main car park, instead turn right into Pamber Heath Road (after the 30MPH speed signs). The Pamber Heath Memorial Hall is 400m on left.

There is **NO PARKING** at residential streets, particularly in Burney Bit and Church Road. There were complaints last year from local residents, endangering the future permission from the Parish Council. We are under the spotlight to ensure that we are managing the parking situation. So, please use the official car parks, there is no reason not to! Allow yourself 20 minutes to walk from the car park to the Start.



Race HQ: The Race HQ is at **Pamber Heath Memorial Hall**. Please stay at the end of the race while we announce the race results. We will be serving our traditional locally sourced sausages (including vegetarian alternative) in bread rolls with the usual selection of fantastic homemade cakes produced by club members, with a cup of tea, all at the bargain price of £2 per person.

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

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

Race Start: The start and finish will be in the open field adjacent to the forest entrance, and accessed from Burney Bit. To reach this field, either walk along Burney Bit eastwards from the Pamber Heath Road junction for approx 300m and then turn right, or simply follow the tape and signage from the Race HQ (10 min walk). There is plenty of room for club tents and 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 Race HQ, or (if needs must) not in public view, particularly near the start.

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