

farnham runners presents the bourne xc



round 3

Sunday 11th December @ 11am 2016

Farnham Runners would like to welcome you all to the 3rd round of the Southern Cross Country League All-terrain race series. The race will once again be held in The Bourne Woods, situated a short (15 minute) walk from our Clubhouse.

The Clubhouse is situated on The Bourne Green, approx two miles south of Farnham train station, just off the A287. The address is Cricket Lane, Lower Bourne, Farnham, GU10 3PR.

To enable everyone to enjoy the day, please ensure that all competitors have noted the following:

THE START

- The race start will be within the Bourne Woods. This is a 15 minute walk from the club house, so please allow time to get there.
- The race starts at 11am.
- Please DO NOT leave baggage at the start - the race finishes at a different location on the Bourne Green. Bags should be stored in the club house.

THE COURSE

- The 4.8 mile course follows a variety of undulating tracks, paths and trails through the hills and woods of Lower Bourne.
- The paths and trails are open to the public so runners may encounter walkers, cyclists and/or horse riders en-route. Please look out for other users of these woods and observe common courtesy when passing them.
- Please obey any and all requests by race marshals as you progress around the course.
- Look out for and follow the 'Day -Glo' arrows and red and white strip tape along the route.
- Sections of the route are on hard, flinty paths that can be very slippery when wet. **TAKE CARE!**
- There are sections of very loose stone. **TAKE CARE!**
- There are sections that are quite waterlogged and very muddy. You are very likely to slip and slide. **TAKE CARE!**

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- Also, look out for tree roots on the course and low-hanging branches on either side of the paths.
- The course is not suitable for spikes. 'Trail' or 'off-road' shoes are recommended as there's about 600m of tarmac road.
- **Runners take part at their own risk.**

THE FINISH

- The finish to the race is on The Bourne Green, immediately outside of the club house.
- Note that the last 600m of the course is in the tarmac surface of Dene Lane.
- Please do not obstruct the finish funnel or the 'run-in' by parking on The Bourne Green.

CAR PARKING

- There is very limited parking at the club house and the streets and lanes immediately around the club house are narrow and easily blocked.
- Please arrive early and park safely and legally.
- Please do not block residents' driveways and please do not make it difficult or them to access their properties.
- Wherever possible, please share lifts.

REFRESHMENTS

- There will be refreshments of sandwiches, cakes, tea and coffee available for the usual fee of £2 at the club house.

TOILETS AND CHANGING

- Facilities at the club house are very limited for the numbers who attend the race so two porta-loos are arranged.
- The club house does have separate male and female changing rooms which are not large but only has one set of showers. if you do choose to use the changing facilities, please leave them as you found them, clean and tidy and please knock before using the shower.
- *If at all possible, please arrive already changed, having made any necessary 'pit-stops' en-route!*

COMPETITORS NOTES AND RULES

- Please ensure that all runners wear their club vests. Runners not wearing club vests will be pulled out of the race.

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- Please observe the time-limits - No men who have run faster than 5.30min/mile over a measured race of 5 miles or longer in the twelve months prior to the start of this season. - No women who run faster than 6.00min/mile over a measured race of 5 miles or longer in the twelve months prior to the start of this season.
- Finally, we look forward to seeing you all on the 11th December and we hope that everyone who attends enjoys the day, has a good race and some fun too!

Craig Tate-Grimes / **Race Directors**

Please remind all runners that they run at their own risk, that they should wear their club vests, appropriate footwear and they should be fit enough to take part.

www.farnham-runners.org.uk

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Directions to the clubhouse.

Good evening all,

As promised, please find below directions to Farnham Runners' clubhouse for Round 3 of SXCL to be hosted on Sunday 7th December:

From Bordon, travelling North-East along A325 towards Farnham

1. After passing 'Bird World' on your left (and before reaching Wrecclesham) turn RIGHT into Echo Barn Lane
2. After approximately three quarters of a mile, turn RIGHT into Burnt Hill Road
3. Continue all the way to the end of this road to a crossroads with Frensham Road
4. Turn RIGHT (take care)
5. Immediately after the small parade of shops, turn LEFT into Old Frensham Road
6. The Clubhouse is on the left at the end of the Green.

From Alton, travelling East along A31 towards Farnham

1. At the Coxbridge roundabout, turn RIGHT onto the A325 - Wrecclesham Road
2. Go under the bridge, past the pedestrian crossing and turn LEFT into School Hill (just before the Cricketers Pub)
3. At the staggered crossroads at the end of School Hill Road turn LEFT onto the Ridgeway
4. After approx 300 metres, turn RIGHT into Burnt Hill Road
5. Continue all the way to the end of this road to a crossroads with Frensham Road
6. Turn RIGHT (take care)
7. Immediately after the small parade of shops, turn LEFT into Old Frensham Road
8. The Clubhouse is on the left at the bottom of the Green.

From Hindhead, travelling North on the A287 towards Farnham

1. At Lower Bourne, immediately before the small parade of shops, turn RIGHT into Old Frensham Road
2. The Clubhouse is on the left at the end of the Green.

Finally if you have any queries, please let me know.

Craig Tate-grimes

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