

## ALTON RUNNERS

Alton Runners would like to welcome you all to the 6th round of the Southern Cross Country League, which will take place in Chawton Park Woods. This will be the first time this race has taken place for over 15 years.

The headquarters for the race is situated at Medstead Village Hall, which is approx 4 1/2 miles south west of Alton off the A31 at Four Marks. The address is Roedowns Road, Medstead, GU34 5LG.

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

### THE START

- The race start will be within Chawton Park Woods. This is a 10 minute walk from the village hall, so please allow time to get there.
- The race starts at 11am.
- Please DO NOT leave baggage at the start as the race finishes at the village hall. Bags can be stored in the village hall.

### THE COURSE

- The 4.8 mile course follows a variety of undulating tracks, paths and trails through the woods.
- The woods are closed to the public while the race is taking place. However, runners may still encounter walkers etc. Please look out for these 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 arrow signs and red and white strip tape along the route.
- Sections of the route are on flinty paths that can be very slippery when wet. **TAKE CARE!**
- There are sections that are quite waterlogged and very muddy. You are very likely to slip and slide. **TAKE CARE!**
- 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.
- **Runners take part at their own risk.**

### THE FINISH

- The finish to the race is on the cricket field, immediately outside of the village hall.

## **CAR PARKING**

- There are 3 car parks, where there will be a charge of £1 per car, which will go to the owners who are Medstead Bowling Club, Medstead Tennis Club and Medstead Primary School. Please follow the marshal's instructions when parking.
- Please car share if possible.
- There will be signage out for the car parks, all of which are in the same location as the village hall.

## **REFRESHMENTS**

- There will be refreshments of sausages, rolls, cakes, tea and coffee available for the usual fee of £1.50 at the village hall.
- Please leave all muddy shoes outside the hall.

## **TOILETS AND CHANGING**

- The village hall has a limited amount of toilets and there will be no extra toilets provided and there are no changing rooms.
- 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.
- 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 Sunday and we hope that everyone who attends enjoys the day, has a good race and some fun too!

Best wishes,

Philip Scrase  
Race Director