

**Southern Cross Country League 2014-15 Season**  
**Sponsored by Alton Sports**  
**Race #7**  
**hosted by**  
**DENMEAD STRIDERS**

**Sunday 1st March 2015, Staunton Country Park,  
Leigh Park, Havant, starting at 11.00 am**

Denmead Striders welcome you to the final Southern Cross Country League race of 2014/15.

**LOCATION / DETAILS OF COURSE AND CAR PARK**

The course will be at Staunton Country Park as per previous years, using the same course as last year. The postal address is:

**Staunton County Park, Middle Park Way, Havant PO9 5HB**



Parking at Staunton Country Park has become increasingly more difficult due to the significant rise in number of attendees over the past couple of years. **Walking/ cycling to the Start if possible or car sharing is therefore strongly recommended.** Runners should park in the public car park (see map) unless directed to an alternative venue by the car park marshals. Competitors and supporters must follow the instructions of the marshals to the correct area as failure to do so could lose the co-operation of the Country Park and future use of this course. A car park ticket must be obtained from the machine at a cost of £2/car. Please ensure that you have the correct change with you. Additional parking is available at Havant Thicket which is located 15-20 minutes' walk from the Start.

The course is very muddy (although, currently, not the extreme conditions as last year!) and trail shoes are recommended. However, several of the paths have been made up into un-metalized, hardcore gravel tracks which make the course **UNSUITABLE FOR SPIKES.** There will be no changing facilities at the start, so please come ready to take part. Following on from their popularity last year, two portaloos will be provided at the start and toilet facilities are also available at Staunton Park Centre or at Front Lawn Primary Academy where the post-race refreshments will be available.

Please be aware that the Country Park is open to the public on the day of the race and there will be walkers and dogs etc on the course. Please ask all runners to be courteous to any other persons that they may come across using the paths during the race. Where possible any obstacles or hazards will be clearly marked or marshalled, but great personal care must be taken.

### **FIRSTAID**

First Aiders will be positioned around the course, marshals will have contact details. Runners must be aware that they take part at their own risk and should be fit enough to enjoy this demanding course.

### **REFRESHMENTS**

Refreshments will be served for the usual price of £1.50 at:

**Front Lawn Primary Academy, Broadmere Avenue, Havant, PO9 5HX** (off Middle Park Way)

Toilet facilities are available at the school but, unfortunately, no showers or washing facilities.

**Please ensure that muddy shoes are not worn in the school hall after the race.**

### **RESULTS**

Result Sheets will be handed out on the day at the Race Director's desk close to the start line of the race. Please complete and return these in promptly after the race to **the same location**, before leaving the park for the refreshments. Race results will be read out at the school as soon as collated.

### **PLEASE NOTE:**

All runners must wear a club vest.

Please observe the time limits:

No men who have run faster than 5.30 min/mile over a measured race of 5 miles or longer in the 12 months prior to the start of the season. This converts to a 10K time of 34:15.

No ladies who have run faster than 6.00 min/mile over a measured race of 5 miles or longer in the 12 months prior to the start of the season. This converts to a 10K time of 37:26.

### **ACKNOWLEDGEMENTS**

Our sincere thanks go to the staff of Staunton Country Park and the Forestry Commission for their help and co-operation in arranging this event and to the staff of Front Lawn Primary Academy for the use of their hall for provision of refreshments after the race.

We look forward to seeing you on the day and hope that you enjoy the race and that the weather is kind to us.

Best Regards

Graham Clarke

Denmead Striders

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