



Southern Runner Cross Country League
Race 4 to be held at Lord Wandsworth College
Sunday 29th December 2013 @ 11.00am

Hart Road Runners welcome you to the 4th race of this season's series to be held at:

Lord Wandsworth College, Long Sutton, Hants. RG29 1TB.

Lord Wandsworth College can be reached from the M3 J5. Take the A287 then B3349 via North Warnborough and Odiham. Go past the RAF Station and turn left at the bottom of the hill, through Long Sutton village. The College gates are just beyond the Four Horse shoes public house. From Alton, take the B3349 to Hook then turn right just past South Warnborough. Go through Long Sutton village as above.

Car parking is within the College grounds and will be signposted from the gates.

Toilets will be available close to the start, but unfortunately there are **no changing facilities**.

The course is just under 8 km long, undulating and is mostly woodland tracks and paths. Where possible any obstacles and hazards will be clearly marked or marshalled. The whole course is within the grounds of the college

Refreshments will be served in the Sutton Sports Hall at the cost of £1. Please ensure that muddy shoes / boots are not worn in the hall after the race. **As an incentive to encourage car sharing all drivers with three or more persons in their vehicle, will be issued a voucher for free food**

ALTON SPORTS (one of the league's sponsors) will set up a sports equipment display (for sale) in the main hall, so runners will not be able to use this as a 'changing room' before the event. Please bring your tents, gazebos, shelters, etc. as there is plenty of room to put them up adjacent to the start / finish.

If you have any queries please contact Nigel Marchant at n.marchant@ntlworld.co.uk

We look forward to seeing you on the day.

Regards,

Nigel Marchant, Hart Road Runners.