



Southern Cross Country League

Sunday 13 October 2013

Pamber Forest, near Basingstoke

Pamber Forest: Basingstoke and Mid Hants Athletic Club invite you to Pamber Forest (the Start is grid reference SU 612 617), a beautiful 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.

Race Meet: The meeting point and race car park will be to the north of the forest at **Pamber Heath Memorial Hall**, Post Code RG26 3TQ (when full, for parking overflow, please park sensibly in Burney Bit or other local residential streets). After the race at the Memorial Hall, there will be **hot food** (freshly-cooked locally produced sausages in a bread roll) plus vegetarian options, and home-baked cakes by BMHAC club members, and tea/coffee, at a price of £1.50 per head. Please stay if you can (provisional race results will be announced at the Hall asap after the finish).

Facilities: Toilets, limited changing, and clothing dump available at the Hall.

Competition Rules: All runners must wear a Club Vest. There will be sheep in the farmers field near Little London (the southern edge of the course), so no dogs, sorry.

Directions: (From South): From M3 J6 join the Basingstoke Ring Road north, and exit following the A340 signs for Aldermaston (passing the hospital). Keep on A340 until you reach the Lloyds Bank traffic lights in Tadley (just after the Sainsburys store). Turn right for Pamber Heath and Silchester. After 1000m (immediately after the 30MPH speed signs) turn right into Pamber Heath Road. Pamber Heath Memorial Hall is 400m on left.

Race Start: The start and finish will be from 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 Memorial Hall (5-10 minute walk).

IMPORTANT: As always, please display courtesy to others members of the public on the day, including whilst running. Please use the toilets in the Memorial Hall, or (if needs must) not in public view, particularly near the start.

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