



# Southern Cross Country League

## Race 1 (of 7)

### Sunday 9 October 2016

### 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 HQ:** The Race HQ 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). Please car share where possible.

After the race at the Race HQ, there will be **hot food** (freshly-cooked locally produced sausages in a bread roll) plus vegetarian options, and plenty of home-baked cakes by BMHAC club members, and tea/coffee, at a price of £2.00 per head. Please stay if you can (provisional race results will be announced at the Race HQ asap after the finish).

**Facilities:** Toilets, limited changing, and clothing dump are available at the Race HQ.

**Competition Rules:** All runners must wear a Club Vest. There may be sheep in the field near Little London (the southern edge of the course), so no dogs, sorry. Full race rules (including pace eligibility) at <http://www.bobayer.com/trwl/rules/>

**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 for 6-miles until you reach the Sainsbury's traffic lights, and then another set of lights a further 50 metres along. Turn right at these, into Silchester Road towards Pamber Heath. After 1000m (after the 30MPH speed signs) turn right into Pamber Heath Road. The Pamber Heath Memorial Hall (Race HQ) is 400m on left.

**Race Start:** The start and finish will be in 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 Race HQ (10 min 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 Race HQ, or (if needs must) not in public view, particularly near the start.

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