



PORTSMOUTH JOGGERS CLUB

Southern Cross Country League

Race 2 – Queen Elizabeth Country Park



QECP: Portsmouth Joggers invite you to league race 2 at QECP. The course is in the lovely country park with plenty of hills and forest trails. The race will be a single lap with a long flat(ish) start before a nice steep hill to take you into the forest section. For those of you who have run this event before we have a change for you this year – the middle section is reversed.

As this is Remembrance Sunday there will be a minutes silence at 11am followed by the start just after 11:01am. The course distance is 5 miles.

Race Meet: The meeting area / finish, is in lower field which you get to by walking past the park visitor centre. There is no shelter in lower field unless your club brings it, so please wear suitable clothing. The start line is a short 2 minute walk up hill from the finish area.

There will be tea / sandwiches / cake available in the hut just next to the visitor centre for the usual £1.50. We hope – subject to QECP permission - to put up a large gazebo in the same area to also serve refreshments because the hut is a bit tight for space and there can be long queues. There is also a café in the visitor centre where you can buy a wider selection of food / drinks.

Please stay if you can at the end - provisional race results will be announced at the end in lower field – subject to weather conditions.

Facilities: There are limited toilets in the visitor centre – with 400 runners expected the queues could be lengthy – you may want to bring your own tissue paper. There are no showers / changing facilities. If you go into the visitor centre / café please ensure you do not drop mud.

Due to the high risk of trip hazard on the course we have professional first aid for your additional safety. Whilst in no way obligatory if clubs wish to make a donation to the cost of £10 each that would be most welcomed by the club. All runners run at their own risk however.

Competition Rules: All runners must wear a Club Vest. No ipods / MP3 permitted. Full race rules (including pace eligibility) at <http://www.bobayer.com/trwl/rules/>.

The race referee's decision on a contested line finish is final. Please stay in finish order in the funnel. Take your finish token to your club captain who will complete your team results sheet to be returned with the token to the race scorer who will be in a PJC gazebo in lower field.

Directions: QECP is very easily located off the A3 just south of Petersfield – there are large signs on the A3. Post code PO8 0QE

Car park – competitors **must** park in the race car park – there is plenty of space. Please do not park in the visitor centre car park or drive down to lower field.

The race car park is just off the northbound carriageway on the slip road (please do not park on the slip road which is exceptionally dangerous). If you are heading south follow the slip round under the road bridge and up to the car park. **The QECP require the usual visitor £3 parking fee to be paid.** Please help us by bringing the correct change.

Enquiries: Race Director: Chris Gambs secretary@pjc.or.uk 07825285866
Race Permit – ARC 14/513

