



Southern Cross Country League

RACE 1: BENYONS INCLOSURE

11am Sunday 29 October 2023

Benyons Inclosure: Basingstoke and Mid Hants Athletic Club invite you to a **NEW COURSE AND VENUE** at Benyons Inclosure, a privately owned woodland plantation, seven miles north of Basingstoke. We are grateful to Englefield Estates for allowing access. The race is an 8.3km circuit of ancient woodland and heath. This is a trail race, so expect an uneven surface at times. Spikes are not recommended due to gravel sections. There is a chance of horse riders being present in the woods and that, as the higher risk user, the horse riders must be given priority.

Directions and Parking: Please use Post Code **RG7 2ND** to the main car park. Parking will be on the large playing field alongside the village pavilion. Due to ongoing works to repair the fire-damaged pavilion, the point of access for cars to the playing field may change, and this will be signposted on the day. The fire was due to an electrical fault in 2021. It damaged the pavilion beyond repair, requiring £100,000 to replace this valued community resource. Car park entry will be £5 per car, with all proceeds going entirely to the Silchester Pavilion Repair Fund. Note that all cars must be off the grass field by 1.30pm please. If you are going to the pub (see below) please move the car before then.

Race Start: The race will start at 11:00am. The Start and Finish is an 8-minute walk from the parking field. The landowner has requested **NO FLAGS** at the start line because of the potential impact on horses. Instead, we will have signs on posts with your club names around the meeting area (near the start line).

Race Finish: At the end of the race, in the Finish Funnel, runners will be given a token that identifies their finish position. Please ensure this is given this to your Club Captain asap. This is how SCCL work out the team results on the day. Would all Club Captains ensure that they give the completed team results to our Results Officer when you have all the tokens for your runners. He will be at the finish line.

Facilities at Race HQ: There will be no catering facilities at our event. However, there is a decent village pub opposite the playing fields, The Calleva Arms, that can offer drinks and meals after it opens at 12 noon, with a large beer garden if the weather is kind. They have been advised that there may be runners from our event, and additional staff have been promised.

First Aid: First Aid will be available at the start/finish supplied by Collingwood Medical Services.

Toilets: There will 6 portable cubicles, and also a 6-man urinal, near the Pavilion building at the edge of the parking field. Please use these facilities before heading to the start.

Competition Rules: All runners must wear their club vest to compete in the race. A reminder that you are too fast for the Southern Cross Country League if you have run a similar race at 5:30 minute mile pace (men) and 6:00mmp (women) in the past 12 months. Full race rules at <https://www.southerncrosscountryleague.co.uk/rules.aspx> The race is held under UKA rules, licence number CC2023/0851, issued 17/08/2023.

Race Enquiries: tim.fowler@hotmail.co.uk, 07595 486930.

Enjoyed the race? Please support BMHAC by entering **The Hampshire Hoppit** trail half or full marathon, or 10k (the 10k is new for 2024!). Entries open at <https://hampshiretrailmarathon.co.uk/>. Online entry includes special discount offer on Bridgedale trail socks and ND:R sunglasses.