



Alice Holt SOUTHERN CROSS-COUNTRY Race 2 24th November 2024

We would like to welcome you Round 2 of the Southern Cross Country League, 2024/25.

It will take place at:

Alice Holt Forestry, Bucks Horn Oak, Farnham, Surrey GU10 4LS

The event is being put on with the help of all 23-league teams. All the volunteers need to come from the participating clubs.

We are asking each club to put forward 2 people to help on the day: They will be only the role of help with parking. That will be a as non-running job.

If each club can find them and email me with the names and email contact info.

Volunteers we need help with:

Parking – x6

Course marshals - x14

The finish funnel - x6

The results

Setup on the Saturday - x3

Remove the signage on the courses after the race 2-3 people

I need to have all the volunteers listed by the 22nd of November 2024

Please ask your club volunteers to email me at:

racedirectorfr@gmail.com

NOW TO THE RACE

The headquarters for the race is the classroom by near the main car park in Alice Holt Forest, A31. The address is: **Bucks Horn Oak, Farnham, Surrey GU10 4LS**

CAR PARKING

All cars will have to pay for parking. There is a fee of £4 per car. As the same as last year. We will be using the farmers field on the outside of Alice Holt.

Payment by Cash only. If you only have card please park in the main Alice Holt car parks (Normal car parking charges apply) Machines will accept Bank & credit cards.

Please **do not** park on the road leading up to Alice Holt as this will block the road that will be needed in an emergency

Getting there by road

From the A31

- Turn off at Farnham onto the A325.
- Stay on the A325 for approximately 4 miles.
- At the Halfway House on the A325 turn off the main road following signs for Alice Holt Forest. The entrance is 300 yards along this road on the left.

From Portsmouth and Petersfield

- Take the A325 towards Farnham. At the Halfway House on the A325 turn off the main road following signs for Alice Holt Forest. The entrance is 300 yards along this road on the left.

THE START

The race starts a short walk from the race HQ.

- The race starts at 11am.
- Please leave baggage at the start as the race. Starts and finishes by the car park by the classroom at the. Bags at the owner's risk.
- There will be a designated area for tents and flags near to the within car park by the classroom.

THE COURSE

- The 5-mile course follows a variety of undulating tracks, paths and trails around the around the Forestry.
- There will be other people using the Forestry with dogs and kids on bikes.
- Please look out for these and observe common courtesy when passing them.
- Please obey all requests by race marshals as you progress around the course.

- Look out for and follow the arrow signs and red and white strip tape along the route.
- Look out for tree roots on the course and low-hanging branches on either side of the paths.
- The course is not suitable for spikes. 'Trail' or 'off-road' shoes are recommended.
- **ALL Runners take part at their own risk.**

Unaffiliated Athletes:

It is a pre-condition of our race licence from England Athletics that EA-affiliated athletes can participate at no extra charge (race insurance is a benefit of EA affiliation). Non-EA athletes can compete in an EA-licensed race only on the condition that they are identified in the race results, and a £2 levy is remitted for each on the day. To monitor this, the RACE RESULTS submitted by each Team Captain will include an additional column, where a tick is needed alongside any runner identified as non-EA, and £2 must be submitted for each of them.

THE FINISH

- The finish to the race Will be on the path just down from the classroom

REFRESHMENTS

- There will be refreshments of, cakes, tea, and coffee available for fee of £3
- We are asking if each club to donate cakes and biscuit for after the event of shop brought with long dates as if anything is left we will take it to the local food bank.
- If you would like tea or coffee, **please remember to bring your own cup** as we will **not** be supplying disposable cups
- Tea and coffee will be available to purchase prior to the event.

TOILETS AND CHANGING

- There are no changing rooms available.
- There are toilets in the main area of the Forest.

COMPETITORS NOTES AND RULES

- Please ensure that all runners wear their club vests. Runners not wearing club vests will be pulled out of the race.
- Please observe the time-limits - No men who have run faster than 5.30min/mile over a measured race of 5 miles or longer in the twelve months prior to the start of this season. - No women who run faster than 6.00min/mile over a measured race of 5 miles or longer in the twelve months prior to the start of this season. past 12 months. Full race rules at

<https://www.southerncrosscountryleague.co.uk/rules.aspx> The race is held under UKA rules, licence number CC2024/1438, issued 14/11/2024.

Finally, we look forward to seeing you all on Sunday 24th November 2024 and we hope that everyone who attends enjoys the day, has a good race and some fun too!

Best wishes,

Craig Tate-Grimes 07771742077

Farnham Runners

Southern Cross Country league