



Round 5 - The Bourne Woods

Sunday 2ND March @11am 2024

FARNHAM RUNNERS

Farnham Runners would like to welcome you all to the 5nd round of the Southern Cross-Country League All-terrain race series. The race will once again be held in The Bourne Woods Starting from Rural life Centre Tilford.

By road

Post code is GU10 2DL

Take the B3001 south from Farnham. Take the right- hand fork. That is signposted Tilford, immediately past the level crossing. Keep to that road. Just outside of Tilford village pick up the signs for the Rural Life Centre. Follow those signs go past the entrance of the centre look out for the entrance to the field that we are using.

Parking

Parking is at the museum. £5 per car cash if possible.

Gate will open at 9am and close by 1.30pm.

Please do not park on the Road.

THE START

To enable everyone to enjoy the morning please ensure that all competitors have noted the following

- The race start will be at the entrance to the museum, (LOOK OUT FOR THE START FLAGS).
- The race starts at 11am.
- Leave your baggage at finishes area that will be location by the side of museum.
- Tents and Flags can be put up within this area.

THE COURSE

- The 5-mile course follows a variety of undulating tracks, paths, and trails through the Bourne woods.
- The paths and trails are open to the public so runners may encounter walkers, cyclists and/or horse riders en-route. Please look out for other users of these woods and observe common courtesy when passing them.
- Please take care for dog off leads with in the woods.
- Please obey all requests by race marshals as you progress around the course.
- Look out for and follow the 'Day-Glo' arrows.
- Sections of the route are on hard, flinty paths that can be very slippery when wet. **TAKE CARE!**
- There are sections of very loose stone. **TAKE CARE!**

- There are sections that are quite waterlogged and very muddy. You are very likely to slip and slide. **TAKE CARE! 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.
- **Runners take part at their own risk.**

THE FINISH

Will be at the side of the museum.

REFRESHMENTS

- There will be refreshments of sandwiches, cakes, tea, and coffee available for fee of £3
- We will have a large marquee in the field where the race will start this will be where refreshments are served.
- **Please ensure you bring your own cup** if you would like tea or coffee as we will **not** be supplying any disposable cups
- Tea and coffee will be available to purchase prior to the event.
- Please support of refreshments as this helps with cost of putting on this race.

CAR PARKING.

- Parking is in a large car park, £5 per car cash if possible. cash is preferred
- Gate will open at 9am and close by 1.30pm

TOILETS

Toilets will be available inside the museum. They will be signposted.

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.
- Finally, we look forward to seeing you all on the 27th of November and we hope that everyone who attends enjoys the race and some fun too!

- **ENGLAND ATHLETICS AND UNAFFILIATED MEMBERS**

- **With the licence approved, we therefore have race insurance. England Athletics require me to advise (post event) whether there were any unaffiliated athletes taking part (i.e. non club members or any runners at clubs not affiliated to EA), therefore please let me know post event such details and I will need the £2 unaffiliated levy payment per runner. Please send this by BACS to me (my bank details will on the results sheets), confirming by email at racedirectorfr@gmail.com Within a week I would hope to send**

the final consolidated sum by BACS to England Athletics, so please can you settle in a similar timescale.

Please may we remind all runners that they run at their **own risk**, that they should wear their club vests, appropriate footwear and they should be fit enough to take part.

If you like to visit the museum after the race you more than welcome but your must pay an entrance fee.

Finally, if you have any queries, please let me know.

Craig Tate-grimes **Race Director**

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