



# Hampshire Todays Runner Cross Country League Sunday 22 Nov 2009 Pamber Forest, near Basingstoke

**Venue:** Basingstoke and Mid Hants Athletic Club invite you to Pamber Forest (the Start is at 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 the forest along undulating tracks and footpaths. The race will start at 11:00am; distance approx 5 miles.

**Race Meet:** The meeting point and race car park will be to the north of the Forest at **Pamber Heath Memorial Hall** (when full, for parking overflow, please park sensibly in Burney Bit or other local residential streets). After the race at the Memorial Hall, there will be **hot food** (our famous Hot Dogs!!) including vegetarian options and cakes/teas etc, at a very reasonable price (£1.50 per head). Please stay if you can (provisional results will be available).

**Facilities:** Toilets, limited changing, and clothing dump available at the Hall.

**Competition Rules:** All runners must wear a Club Vest!!

**Directions:** (From South): From M3 J6 follow A340 signs for Aldermaston. Keep on A340 until you reach the Lloyds Bank traffic lights in Tadley. Turn right for Pamber Heath and Silchester, then after 1000m turn right into Pamber Heath Road, and the Pamber Heath Memorial Hall is 400m on left.

**Race Start:** The start and finish will be from the open field adjacent to the Forest and accessed from Burney Bit. To reach this point, walk along Burney Bit eastwards for approx 300m from the Pamber Heath Road junction, and then turn right, or simply follow our signs from the Memorial Hall.

**IMPORTANT:** We would like to use the Forest for future races, and therefore we are under some scrutiny that we do not antagonise the locals or the regular forest users. Therefore please display courtesy to others on the day, whenever possible, including whilst running. In particular please use the toilets in the Memorial Hall, or (if needs must) please not in public view!

**Enquiries:** [tim.fowler@hotmail.co.uk](mailto:tim.fowler@hotmail.co.uk)