

Round 2 - The Bourne Woods

Sunday 28th November @11am 2021

[Please note we have new site for this race](#)

FARNHAM RUNNERS

Farnham Runners would like to welcome you all to the 2nd round of the Southern Cross-Country League All-terrain race series. The race will once again be held in The Bourne Woods Starting from a new site, in a field next door to the Rural Life Centre.

To get to the start 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.

Gates will open at 9am and close by 2pm.

To enable everyone to enjoy the day, please ensure that all competitors have noted the following:

THE START

- The race start will be within the field that you have parked in.
- The race starts at 11am.
- Baggage can be left in the team area, as the race finishes at the same location.
- If you would like a coffee before or after the race, it will be available to purchase on site.

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 obey any and all requests by race marshals as you progress around the course.
- Look out for and follow the 'Day -Glo' arrows and red and white strip tape along the route.
- 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!**
- Also, 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

The race finishes in the same field as it starts.

CAR PARKING.

- Parking is in a large field. £5 per car in cash if possible. We will have a card reader at the gate so we can take some payments by card.
- Gates will open at 9am and close by 2pm.

TOILETS

Porta-loos are arranged! *To be sited in the Field*

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 28th November and we hope that everyone who attends enjoys the race and some fun too!

Craig Tate-Grimes / Race Directors

Please 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.

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

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