



Southern Cross Country League Race 3 – 19th December 2021

Date: 19th December 2021

Time: 11:00 hrs (Start) Allow at least 10 minutes to get from your vehicle to the start.

Location: Lord Wandsworth College, Long Sutton, RG29 1TB

Hart Road Runners cordially invite you to Race 3 of the 2021/22 Southern Cross Country League. A great way to spend the weekend before the Christmas festivities!

Directions: Lord Wandsworth College can be reached from the M3 J5. Take the A287 then B3349 via North Warnborough and Odiham. Go past the RAF station and turn left at the bottom of the hill, through Long Sutton village. The College gates are just beyond the Four Horse Shoes public house.

From Alton take the B3349 to Hook then turn right just past South Warnborough. Go through Long Sutton village as above.

Car parking: Car parking is within the College grounds and will be signposted from the gates. Please note that car parking spaces are limited and as such, please car share where possible.

Car parking is limited so please try and car share. Please note the charge PER CAR below

There will be a £5 charge made at the gate for cars to assist in defraying the costs of the day.

PLEASE BRING CASH IF POSSIBLE (Bank Cards are exceptionally difficult to read in this area)

Course: The course (most of 2 laps) is approximately 5 miles (8 km), is undulating, mostly woodland tracks and paths with some muddy areas. A short tarmac road (approx 30M) is situated near the start, resulting in spikes NOT being recommended.

For those of you who have run this course before we will be running it in reverse owing to safety reasons.

Dogs: There is a strict ruling about **NO DOGS** on any of the playing field areas within the college. You can get onto the course without entering the playing field area (the start and finish and team tents / flags will all be on the playing fields) Ask any official for guidance.

Refreshments: There will be no refreshments available this year

Special Notice:

Please respect the sports pitches and not abuse them. **DO NOT PITCH SHELTERS OR FLAGS ON ANY PITCH** – There is sufficient room beyond the finish tunnel

There will be NO washing facilities for muddy footwear this year. Please bring your own muddy footwear bags or containers for the journey home!