

HAMPSHIRE LEAGUE CROSS COUNTRY

Aldershot, Farnham and District Athletic Club are pleased to invite you to a Cross Country meeting at Wellesley Woodlands, near the Wellington Statue in Aldershot.

**PLEASE NOTE THERE IS A NEW COURSE FOR 2023 WHICH REMOVES THE ROAD CROSSINGS
PARKING AND ACCESS ARRANGEMENTS REMAIN THE SAME AS FOR PREVIOUS YEARS**

Access to site is from Wellesley Road only – the postcode GU11 1QA is for the Church,

what3words [///shares.moons.dwell](https://www.what3words.com/#!/en/@@@/shares.moons.dwell) is for the exact location

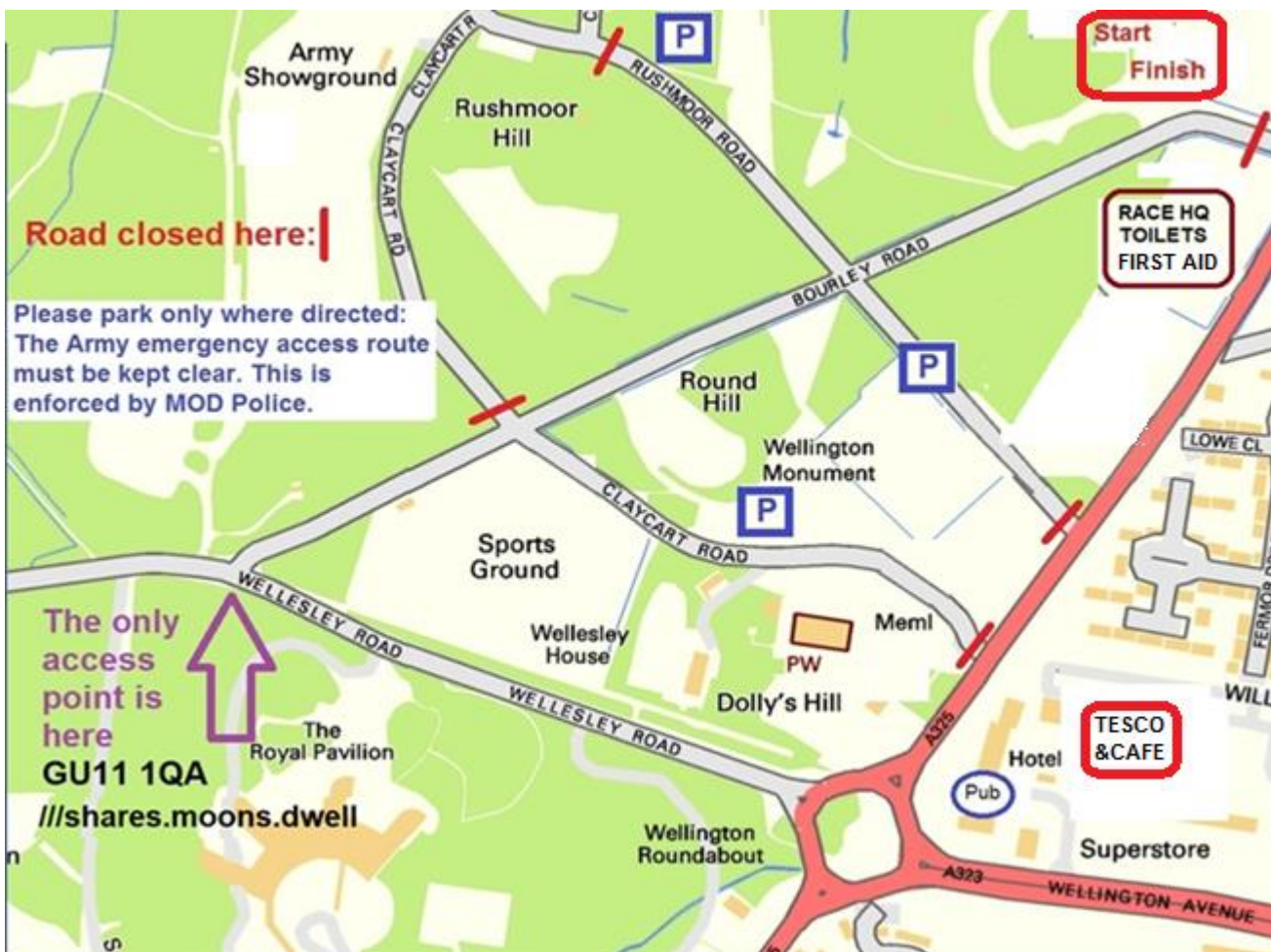
Whilst the venue is close to Rushmoor Arena, access and parking is different to that used for road relays.

We are grateful to Grainger plc, Rushmoor Borough Council, the Land Trust and Blackwater Valley Countryside for allowing us to host the event.

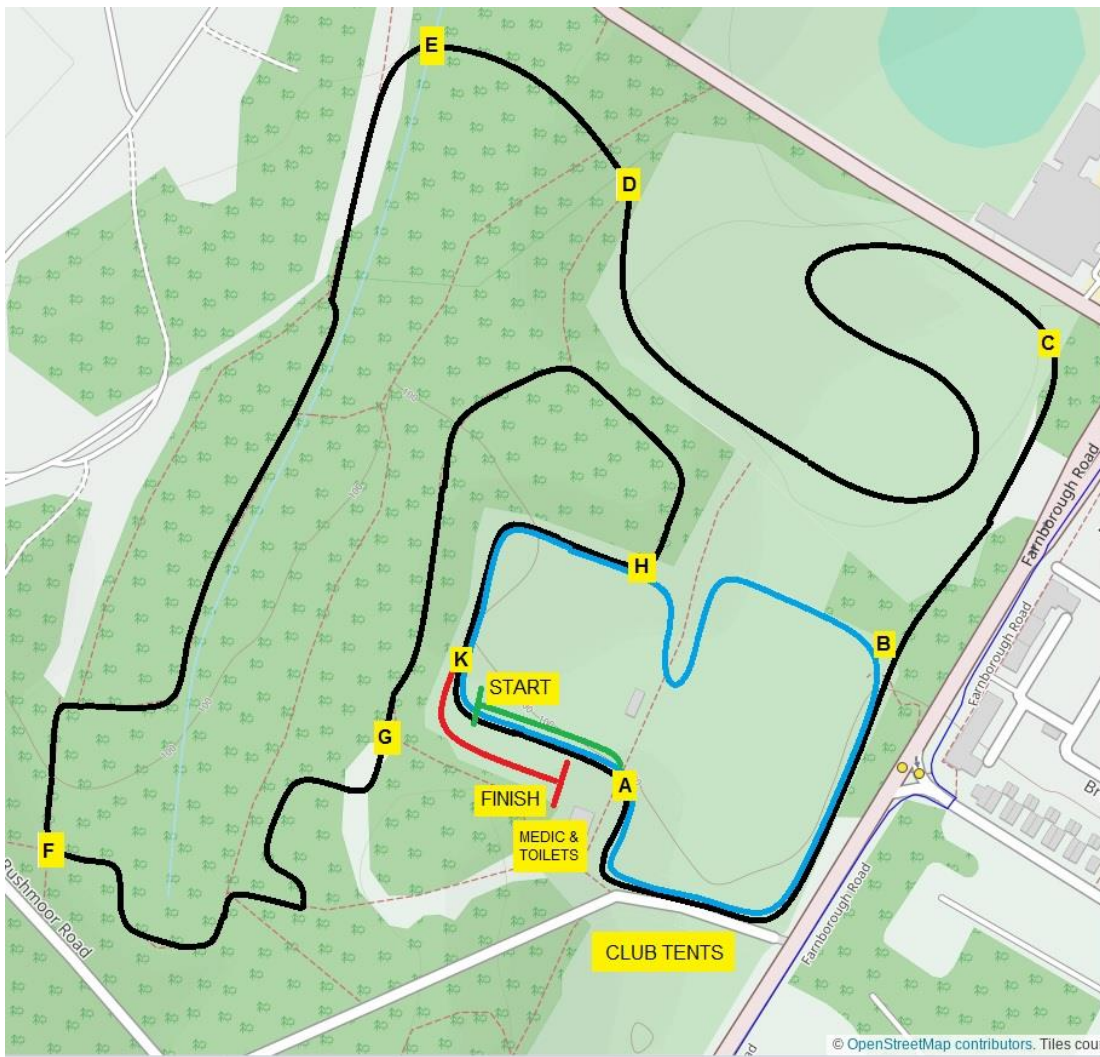
Please share this information with your athletes and ask them to comply with all signs and instructions.

Inconsiderate parking puts future events at risk.

- Car, coach and minibus parking is available on site.
- Some of the access roads are military roads, patrolled by the Military Police. These roads are emergency access roads and must not be parked on. Please park only as directed by marshals.
- The venue is on the edge of Aldershot Town Centre – 20 minutes' walk from the railway station.
- Portable toilets and first aid will be located at "Race HQ" just off Bourley Road, near the A325.
- Nearest refreshments are at Tesco which also has a café.
- Please don't warm up on or run across any marked football pitches.



A Natural Partnership



**AFD HAMPSHIRE LEAGUE
NEW COURSE FOR 2023**

**SHORT LAP - 850m
START - A - B - H - K**

**LONG LAP - 2950m
START - A - B - C - D - E -
F - G - H - K**

U11 2 X SHORT 1750m

U13 1 X LONG 3000m

**U15 & 1 X SHORT
U17W 1 X LONG 3850m**

**U17 2 X LONG 5950m
&SW**

**SM 1 X SHORT
3 X LONG 9750m**

Time	Age	Sex	Distance	Lap 1	Lap 2	Lap 3	Lap 4
11:30	U11	Girls	1.75km	Short	Short		
11:45	U11	Boys	1.75km	Short	Short		
12:00	U13	Girls	3.0km	Long			
12:15	U13	Boys	3.0km	Long			
12:30	U15	Girls	3.85km	Short	Long		
12:50	U15	Boys	3.85km	Short	Long		
13:05	U17	Women	3.85km	Short	Long		
13:35	Sen	Women	5.95km	Long	Long		
14:10	U17	Men	5.95km	Long	Long		
14:30	Sen	Men	9.75km	Short	Long	Long	Long

In case of emergency phone:

Mike Neighbour 07859 018133

Kate Haynes 07974 020460

Stuart Boswell 07784 708378