

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.

Access to site is from Wellesley Road only – the postcode GU11 1QA is for the Church, what3words [///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.

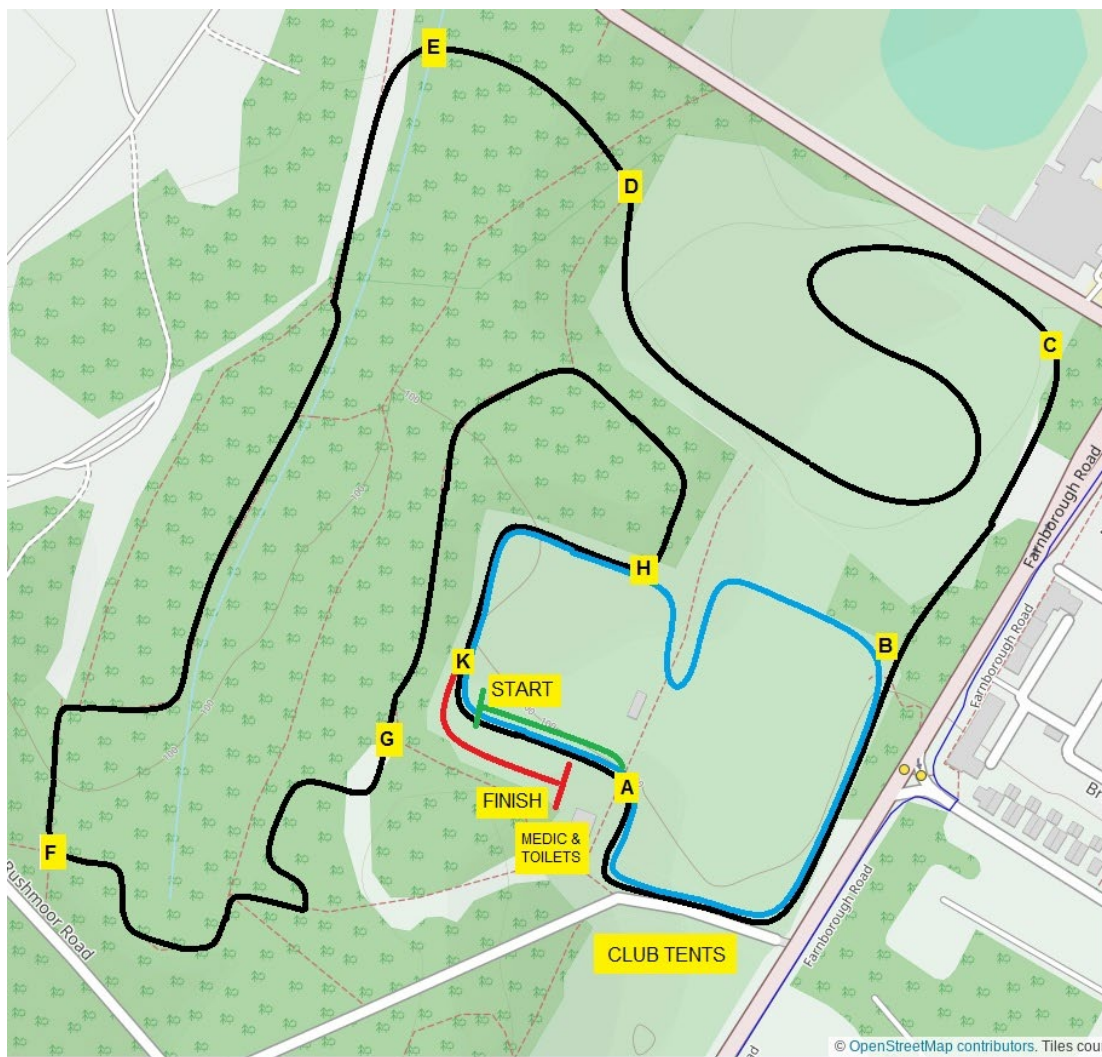
Please share this information with your athletes and ask them to comply with all signs and instructions.

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

Under 11 Race 1750m

Girls at 11:30. Boys at 11:45. 2 short laps:

Paid up members of AFD should sign-up for the event using myclubhouse

Members of visiting clubs enter using rosterathletics.com (search for Aldershot) - £3 an athlete.

- Athletes can be entered individually (by their parent)
or by a team manager entering multiple athletes from the club
- All athletes will collect their numbers individually on the day

Please enter in advance if possible.

You will still be able to enter on race morning (right up until a few minutes before the race start)

using your own mobile phone or device but you'll find it much less stressful if you do it in advance!