

TODAY'S RUNNER ALL-TERRAIN SERIES 2006/2007



**PORTSMOUTH JOGGERS CLUB WOULD LIKE TO WELCOME YOU TO  
THE SECOND FIXTURE OF THIS SEASON TO BE HELD AT:**

**QUEEN ELIZABETH COUNTRY PARK**

**SUNDAY 12<sup>TH</sup> NOVEMBER 11.00 AM** N.B. 10.50am at start please to  
allow time to observe 1 min silence.

The Park is situated off the A3M approximately 14 miles north of Portsmouth and  
4 miles south of Petersfield.

**Car parking :** as you enter the park, clearly marshalled, free for race only. If you  
park in the public car parks you will need to pay the appropriate fee (or be fined!)

**The course :** starts above and finishes in the bottom field, which is approx. 500  
metres from the car park, it will be clearly marked and marshalled.  
The course is undulating and made up of flinty tracks, woodland floor, rutted paths,  
and possibly some mud! *Please beware of roots, stumps, and low branches.*

**First Aid:** We hope to have St John Ambulance in attendance but runners take part at  
their own risk.

**Toilets** are in the Park Centre but unfortunately there are no shower facilities.

**Refreshments** will be served in the annexe (close to Park Centre) after the race for  
the usual £1 bargain price.

**Please remember:**

Wear your club vest.

Observe the speed limit! (5.40 min/mile men, 6.15 min/mile women, over 5 miles)  
which translated means if you run the following times or faster you're too fast for the  
Today's Runner!

5 miles	men:-28.20	women:- 31.15
10k	men:-35.13	women:- 38.50
10 miles	men:-56.40	women:- 62.30

Please do not leave baggage in Park Centre as this is a public area.

We look forward to seeing you on the day and hope you enjoy your run,

Den + Gith Portsmouth Joggers Club

