

INSTRUCTIONS FOR LISS RUNNERS ORGANISED RACE OF THE
TODAYS' CROSS COUNTRY SERIES 2007/08 TO BE HELD ON
SUNDAY 6TH JANUARY 2008 AT ROGATE COMMON STARTING
AT 11.00 A.M.

Team Captains : individual runners can print off their own set of instructions on our club website : www.liss-runners.org.uk

Please find enclosed your teams results sheet . If you forget it on the day pick up a spare at the start and ensure to write your team name on the top.

Car Parking and Race Start Location :-

Cars are to be parked on the wide verges of the lane to the North of Rogate going towards Rake at grid reference : SU 803.249. Start is over the stile into the wooded area at the wood / field edge.

Important note: Please leave enough time to walk from your car to the start as it may be at least a 10 minute walk away for latecomers.

Directions from the North : From A3 (Guildford etc.) take first slip road into Liphook , drive through the centre of Liphook and go straight over the mini-roundabouts to take road South – B2070 – towards Rake . Shortly go under brick railway bridge and continue on for approximately 3 miles to get to the village of Rake . Here take lane on the left opposite The Flying Bull Pub. Signed Rogate . Keep on this lane for approximately 2 miles passing lane fork , cross lanes and steep up hill to staggered cross lanes . Keep on same lane . The car parking verge is halfway down the hill.

Directions from the South : From A3 (Portsmouth etc.) : Take slip road just passed Petersfield - signed A272 Midhurst – At roundabout turn left and follow road shortly going passed The Half Moon Pub. Rise up steep hill and towards the top take the slip road on the right signed A272 Midhurst . Continue on this road for approximately 2 miles to reach the village of Rogate . Take the lane on the left at the cross lanes by the Church . Follow this lane for a mile . The car park verge is halfway up the hill after the tight double bends.

Directions from the West : From B3006 (Alton , Basingstoke etc.) At Ham Barn roundabout (A3) go straight over to keep on the B3006 and into West Liss . Take the left road opposite the Blue Bell Pub . still signed B3006 and on into Liss village centre . Go over the level crossing and take the right turn on the mini-roundabout . Rise up hill for about a mile to get to Hill Brown and a staggered crossroads . Go straight over the crossroads to pass the Drovers Pub. on it's right . Follow this road for a mile to get to another staggered crossroads . Here turn right and the car park verge is halfway down the hill.

Directions from the East : From A272 (Midhurst etc.) at Rogate take right lane at crossroads opposite the church . Follow this lane for a mile . The car park verge is halfway up the hill after the tight double bends.

Course:-

Around 5 and an half miles long (estimated) and is undulating with a few stiff climbs . The route is around sandy wooded area with hazards such as tree roots , low branches , stones , ruts . The route will be cleared as far as practical but individual runners must be responsible for looking ahead themselves and wearing adequate footwear .

First Aid Facilities:-

There will be a first aid sweeper and a first aider at the finish . There will not be any other provision . Emergency hospitals are some way away from the race area . Could runners please think about this provision and don't take part if there is any risk of heart problems as there will be no resuscitation equipment present.

Toilet facilities:-

Sorry none , as they cost a lot! Please could you go before arrival ! Public Toilets are at Liphook , Selbourn , Petersfield and Midhurst. Or in the race area please use your discretion . Go deep into the woods (plenty of bushes) and try to cover evidence! Abuse of this may make it hard to get permission to hold the event in future years.
Rubbish : This also applies to rubbish . Please put any in the bins provided .

Refreshments:-

Sorry , Liss Runners are copping out! There is not a local hall available . Why not bring your own?

Course Markings:-

Major junctions will be marshalled and marked . Lesser junctions will be marked with large yellow signs with black arrows . This will be supplemented with smaller yellow signs with black arrows at ground level on the correct route just after the junction . The 2km and 1km to go locations will be marked.

At the finish:-

As you go over the finish line please keep in order . At the end of the finishing funnel please take your finishing position token from the marshals . Blue for the men and pinkish for the ladies . As soon as you can please hand them in to your team captain / result collector / injured runner who has the club results sheet . The team results will be read out as soon as able . Result collectors : When all your runners are listed on the results sheet please hand it in along with all the position tokens . The quicker this is done the quicker the provisional results can be read out. There should be a board with a box for your results sheets near the finish area tent.

Don't Forget:-

Please wear your club tops and don't take part if you are over the speed limits : i.e. if in the year before the first race you have done better than 28.20 in a 5 mile race , 35.13 (10km race) or 56.40 (10 mile race) for the men and 31.15 (5 mile) , 38.50 (10km) or 62.30 (10 mile) for the ladies . Any evidence that competing runners have achieved or bettered these limits please talk to the race director . With proof these runners can be omitted from the results.

Finally:-

Liss Runners are looking forward to seeing you all on the 6th of January . Please have a good run and good luck to all who take part.

Tom Frost , Liss Runners.

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