

**Pre-Race Instructions**  
**Denmead Striders Organised Round of**  
**Today's' Runners Cross Country Series to be held on**  
**Sunday 22<sup>nd</sup> March 2009, Staunton Country Park,**  
**Leigh Park, Havant, starting at 11.00 am**

Welcome to the final today's Runner Cross Country League race of 2008/09

**LOCATION / DETAILS OF COURSE AND CAR PARK**

The course will be at the Staunton Country Park as per previous years. There are some slight alterations to the course used in the previous two additions of this race. A course map can be found on the Denmead Striders website and will be on display close to the start area. The start will be in the Park close to the old location.

It is highly important that NO runners should use the Country Park car park all race parking must be at the Staunton Park School east of the B2149. Sign posting will direct you to this. There is then a short walk to the start. Car sharing is strongly recommended and encouraged as last year we were close to capacity. Competitors and supporters must follow the instructions of the Car Park marshals to the correct area as failure to do so could lose the co-operation of the Country Park and future use of this course. A small amount of car parking is also available at Front Lawn School where the refreshments and presentations will be held after the race.

There will be no changing facilities at the start, so please come ready to take part. In the past runners have congregated close to the old ramparts; please be aware to take care in this area as there is substantial blind drop the other side of the small wall. Please be aware that the Country Park is open to the public on the day of the race and there will be walkers and dogs etc on the course. Please ask all runners to be courteous to any other persons that they may come across using the paths during the race. Where possible any obstacles or hazards will be clearly marked or marshalled, but great personal care must be taken. The course is off road with the starting section along flint paths that are not suitable for spikes. Recently the back section of the course, out through the "avenue" has been extremely muddy, should conditions dry or be icy this may become quite rutted and care should be exercised. The course is approximately 5 miles.

**FIRSTAID**

Dependant upon availability First Aiders may be positioned around the course, marshals will have contact details or request help.

Runners must be aware that they take part at their own risk and should be fit enough to enjoy this demanding a course.

**REFRESHMENTS**

Refreshments will be served at Front Lawn Junior School, Broadmere Avenue, Leigh Park at the usual charge of £1.00. Toilet facilities are available, but unfortunately, no showers or washing facilities.

**Please ensure that muddy shoes are not worn in the school hall after the race.**

**RESULTS**

Result Sheets will be handed out on the day at the race director's desk close to the start line of the race. Please complete and hand these in promptly after the race, in the finish area. Race results will be read out at the school as soon as collated.

**PLEASE NOTE:**

All runners must wear a club vest

Please observe the time limits:

No men who have run faster than 5.40 min/mile over a measured race of 5 miles or longer in the 12 months prior to the start of the season.

No women who have run faster than 6.45 min/mile over a measured race of 5 miles or longer in the 12 months prior to the start of the season.

We look forward to seeing you on the day and hope that you enjoy the race and that the weather is kind to us.

Regards

Denmead Striders

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