

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** should be used.

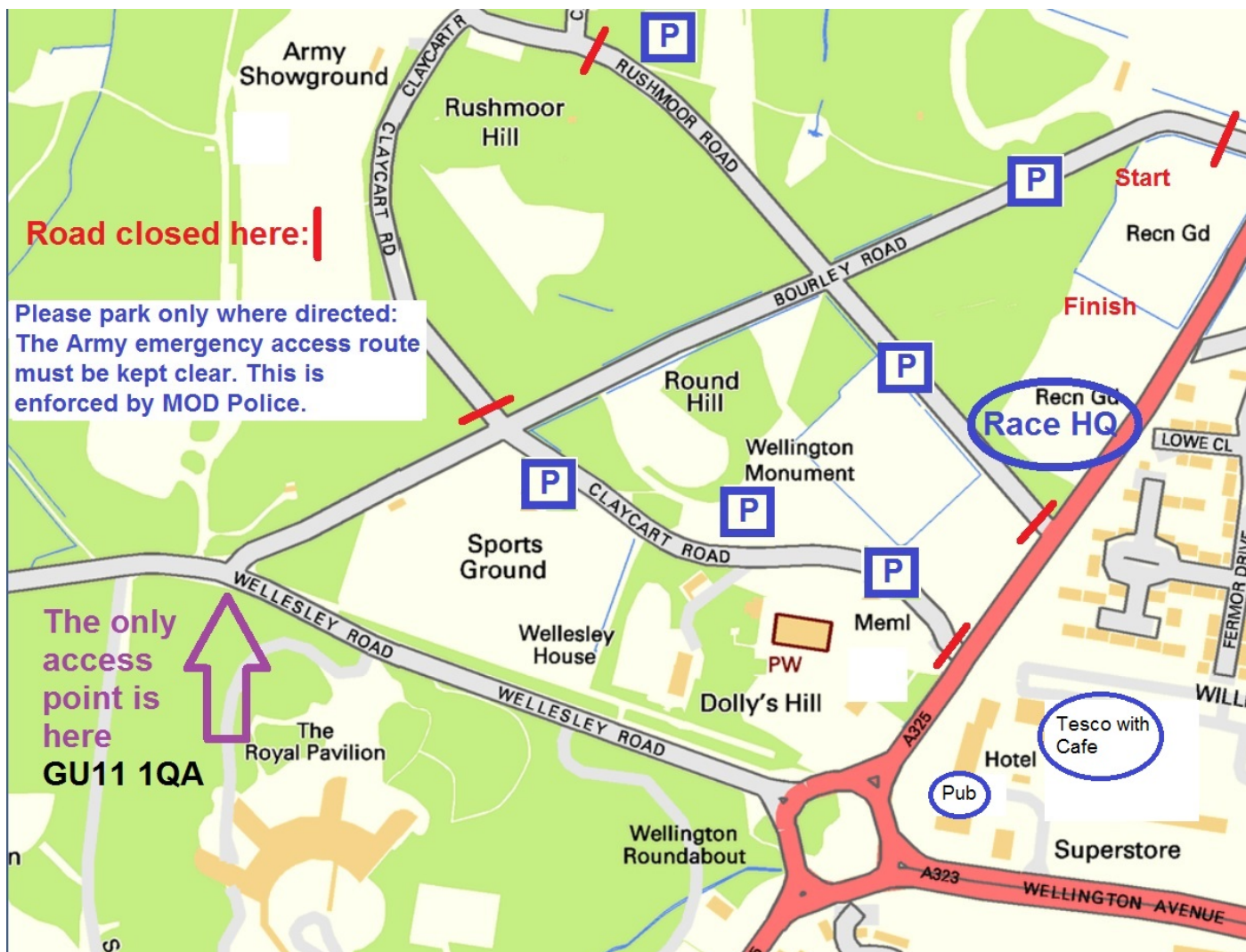
Whilst the venue is close to Rushmoor Arena, access and parking is different to that previously used for road relays.

We are grateful to Grainger plc, 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 minute walk from the railway station.
- Portable toilets will be provided. Refreshments are available in the Café at Tesco or in the Brewers Fayre Pub which are 5 minutes walk away.



Start Loop - 500m ABCDAB -

Short Lap - 800m
ABCDAMNOP

Medium Lap - 2.2km
BCDEFJKILMNOP

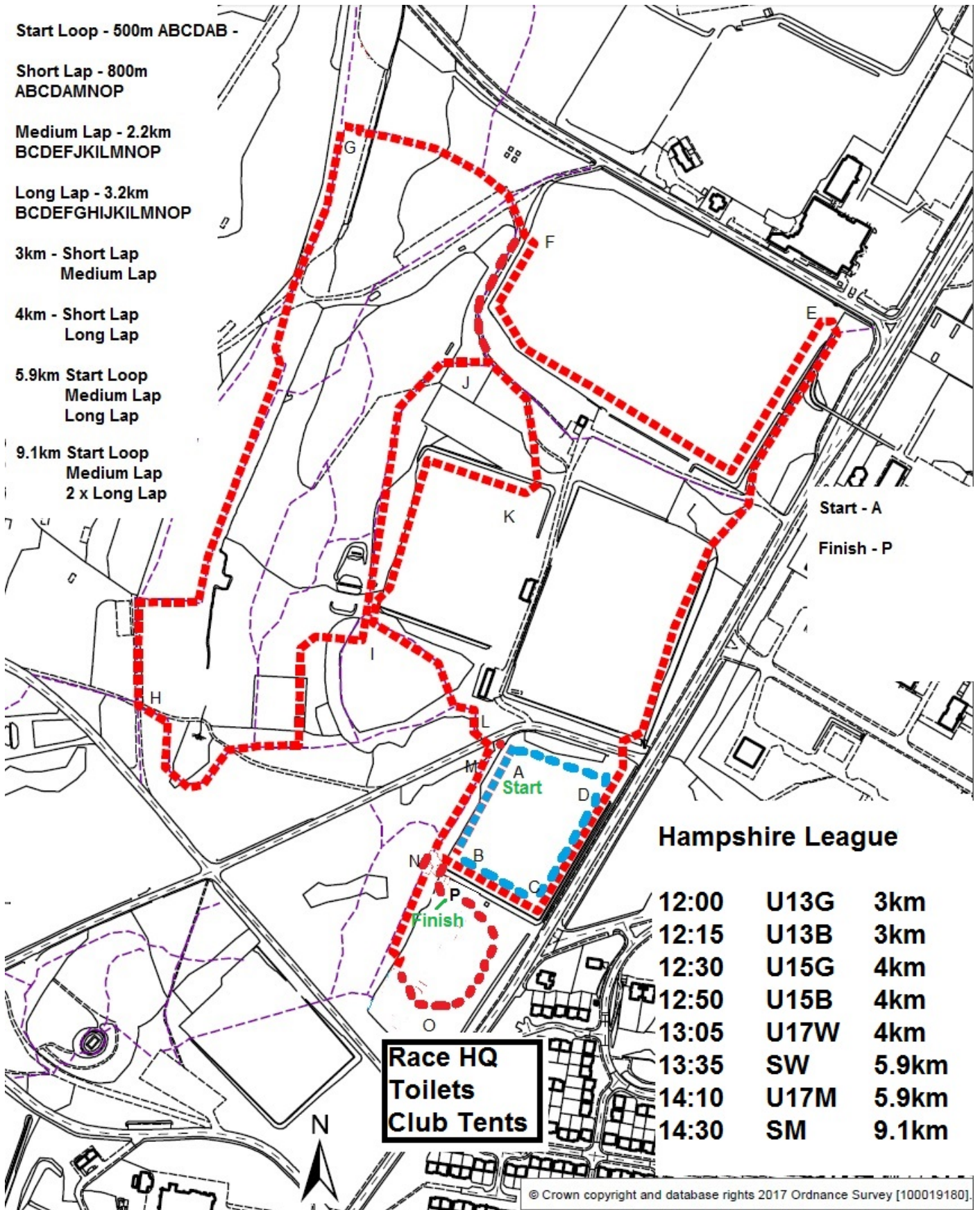
Long Lap - 3.2km
BCDEFGHIJKILMNOP

3km - Short Lap
Medium Lap

4km - Short Lap
Long Lap

5.9km Start Loop
Medium Lap
Long Lap

9.1km Start Loop
Medium Lap
2 x Long Lap



Start - A
Finish - P

Hampshire League

12:00	U13G	3km
12:15	U13B	3km
12:30	U15G	4km
12:50	U15B	4km
13:05	U17W	4km
13:35	SW	5.9km
14:10	U17M	5.9km
14:30	SM	9.1km

Race HQ
Toilets
Club Tents

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