

Thank you for registering. Reading Athletic Club looks forward to welcoming you to the Hampshire Cross Country League.

The information below is intended to help your day run smoothly and be as enjoyable as possible.

### **TRAVEL**

Please allow a little extra time for your journey and parking at Dinton Activity Centre. Be aware that some narrow country lanes near the venue display flood-warning road closure signs. These relate to previous storms — the roads are currently \*not flooded\*, but please proceed past signs with care.



### **PARKING**

As outlined in the Prospectus, please drive directly to Dinton Activity Centre.

At the site entrance a Car Park Marshal will direct you to:

Car Park A (main car park), or

Overflow Car Parks; B, C or D if required (see event prospectus/map for locations).

Allow extra walking time from overflow carparks.

Only Hampshire League Officials and Club Team Managers with Gazebo's can park in Car Park A for free. The free parking code and procedure must be obtained from Car Park Marshal upon arrival.

You must display a free parking ticket to avoid getting a parking ticket.

## THE COURSE

Below photo's were taken 4pm yesterday, after a full days rain.



Long spikes and tight laces needed as it will be very muddy.  
Weather forecasts waves of rain tomorrow, Friday and some Saturday morning.

The Emm Brook up hill traverse will be particularly challenging as it's weak heavy "squelchy" ground surface is unrelenting, saturated from the adjacent flowing brook and black swan lake.

At the back of the course, the narrow ditch can be jumped without putting a foot in the water by older athletes. This ditch is not included in the U11 course.

The main meadow fields and plateau have several pockets of large puddles, most puddles are less than ankle deep. One or two puddles are ankle deep at most. The ground at the bottom of the puddle is firm and safe.

## **U11 Races**

### **RACE BIB COLLECTION**

After parking, walk to the Dinton Activity Centre building.

The U11 registration room is located on ground floor concourse near the main central stairwell.

Please:

Join the registration queue.

Collect your child's unique race bib number.

Ensure the bib is securely pinned to the front of the athlete's vest or T-shirt.

### **GETTING TO THE START LINE**

U11 Girls 11:30am

U11 Boys 11:45am

Please allow an additional 10–15 minutes for:

\* Using the toilets and changing rooms (located opposite the registration hall).

\* Walking approximately 200 metres across the car park and fields to the start area.

As a guide, if your race starts at 11:30am, please aim to arrive on site by 10:15am. This allows plenty of time to park, collect bib, warm up and walk course.

### **FINISH LINE PROCEDURE**

At the finish, each athlete will receive a disc token (similar to Parkrun).

Important:

\* Athletes must hand their disc to their own Club Team Manager

\* Team Managers will record finishing positions

\* Please be patient and allow officials and marshals time to complete results recording

\* Ensure all discs are returned

Athletes are encouraged to thank fellow competitors and the volunteers who make the event possible.

Best of luck to all competitors — enjoy the racing and \*go for it! 🏃🏃