Hampshire Cross Country League

Event prospectus | Match 3 | 2026-27

Saturday 5th December • Aldershot • Hosted by Aldershot, Farnham and District A.C.

Event details

Wellesley Playing Fields and Wellesley Woodlands, Aldershot.

Access to athlete parking is from Wellesley Road only.
For navigation to the public parking area: Postcode GU11 1QA | What3words: ///shares.moons.dwell

General contact:	Mike Boucher	mike.afd@gmail.com
Officials' and volunteers:	Kate Haynes	kate.haynes@btinternet.com
Club chair:	Mike Neighbour	mike_jillneighbour@hotmail.com

Event updates: Hampshire Cross Country League website and social media.

Please read this prospectus alongside the current HCCL Competition Rules.
Follow the travel and parking instructions to help us maintain good relationships with the landowners.
The event is licensed by England Athletics: CC26/2074.

Race timetable

The main Hampshire Cross Country League programme is:

Start	Race	Distance	Course
12:00	U14 Girls	3,000 m	1 long lap
12:15	U14 Boys	3,000 m	1 long lap
12:30	U16 Girls	4,900 m	1 medium lap + 1 long lap
12:50	U16 Boys	4,900 m	1 medium lap + 1 long lap
13:05	U18 Women	5,500 m	Start loop + 1 medium lap + 1 long lap
13:35	Senior Women, including U20 and veterans	6,000 m	2 long laps
14:10	U18 Men	5,500 m	Start loop + 1 medium lap + 1 long lap
14:30	Senior Men, including U20 and veterans	9,600 m	Start loop + 3 long laps

The main course consists of a 600 m start loop, a 1,900 m medium lap and a 3,000 m long lap.

Non-league U10 and U12 races

These races are open only to athletes who are members of clubs affiliated to the Hampshire Cross Country League.

Start	Race	Distance
11:30	Combined U10/U12 Boys	2,000 m
11:45	Combined U10/U12 Girls	2,000 m

The U10/U12 races use the separate junior course shown on the accompanying course map. Entry is £4 per athlete. Visiting athletes enter through Roster Athletics; AF&D athletes sign up through MyClubhouse.
https://meets.rosterathletics.com/public/competitions/details/about?id=30044
Individual and club-bulk entries are both available on Roster.

Travel and parking

Getting to the venue

The event takes place at Wellesley Playing Fields and Wellesley Woodlands, Aldershot.

Access to athlete parking is accessed from Wellesley Road only. For navigation to the public parking area: Postcode GU11 1QA | What3words: ///shares.moons.dwell Please use the accompanying parking map.

Parking

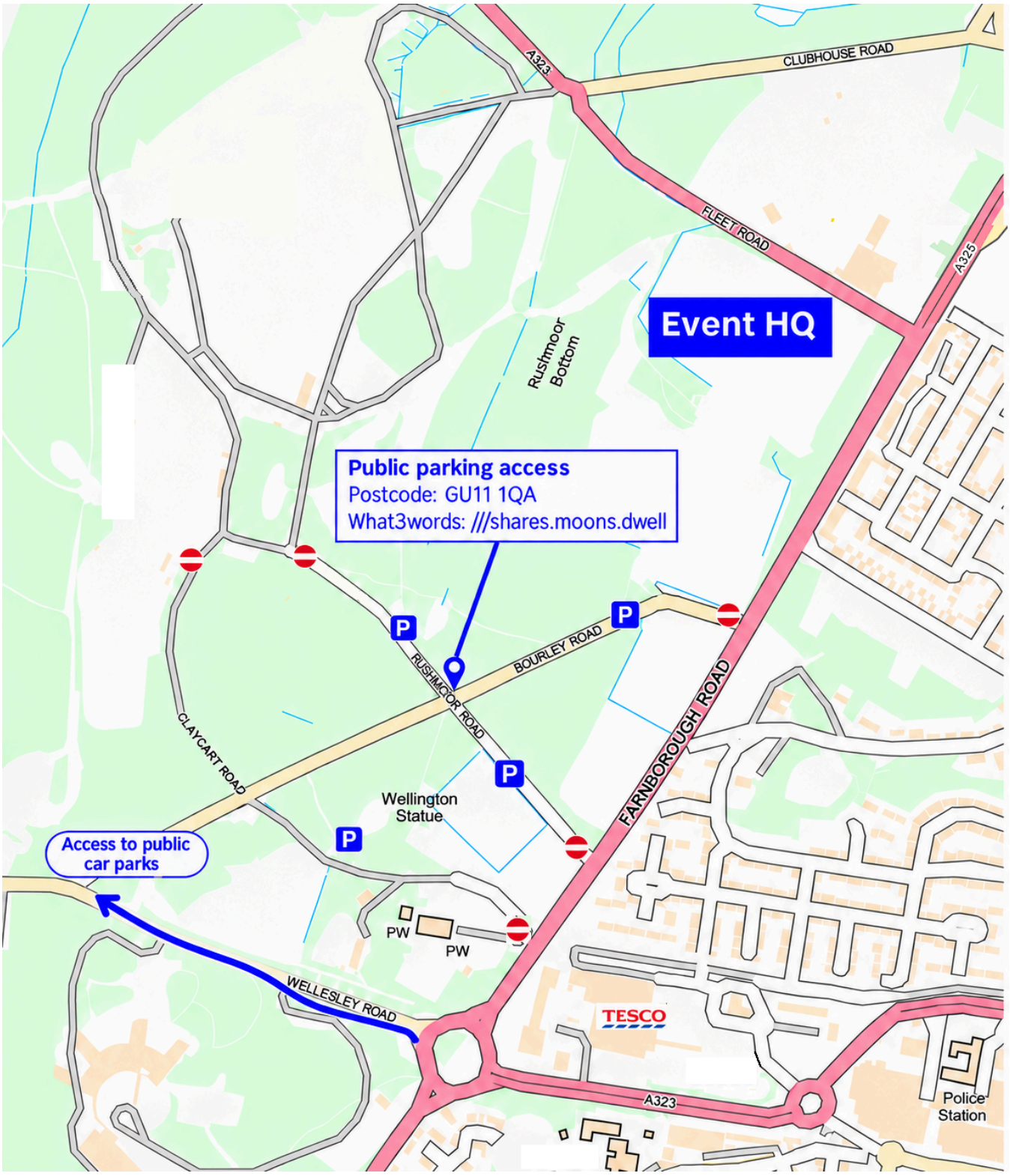
Athlete parking is in the area around the Wellington Statue, accessed from Wellesley Road only.
The Army Cricket Club car park is reserved for officials, volunteers and disabled visitors.

Only authorised vehicles may enter the event field.
Please follow the parking map, instructions of marshals and all local signs. Do not block entrances, roads or emergency access routes.

Public transport

Aldershot railway station is approximately 20 minutes' walk from the venue.




A323
CLUBHOUSE ROAD
FLEET ROAD
A325
Event HQ
Rushmoor Bottom
Public parking access
Postcode: GU11 1QA
What3words: ///shares.moons.dwell
P
P
P
P
BOURLEY ROAD
RUSHMOOR ROAD
CLAYCART ROAD
FARNBOROUGH ROAD
Wellington Statue
Access to public car parks
PW
PW
WELLESLEY ROAD
TESCO
A323
Police Station

On the day

Team managers and registration

For the U10 and U12 races, please enter online here and collect numbers from the gazebo in the Event HQ area.

After the Hampshire League races, team managers should bring their completed envelopes to the results team at the same gazebo.

Wristbands for medical details can also be collected from the results team if required.

Athlete information

All athletes must wear their club vest.

The main races use the 600 m start loop, 1,900 m medium lap and 3,000 m long lap in the combinations shown in the race timetable. The U10/U12 races use the separate 2,000 m junior course shown on the accompanying course map.

Club tents

Club tents may be placed only in the designated team area, away from the course.

All tents and gazebos must be secured and, in strong winds, removed if requested.

Toilets, medical cover and catering

Toilets, medical cover and catering will be located at Event HQ.

Keep off football pitches - and respect others who are racing

Please do not warm up on or run across marked football pitches (whether or not there is a game in progress), and be considerate of those racing when inspecting the course.

Results and event updates

Results for the U10/U12 races will be published on Roster Athletics.

Results for the Hampshire League races will be published on the Hampshire Cross Country League website.

Any changes or cancellation will be announced through the Hampshire Cross Country League website and social media.

Main league course and timetable

The main course consists of a 600 m start loop, a 1,900 m medium lap and a 3,000 m long lap. The race routes, lap combinations and timetable are shown on the accompanying course map.



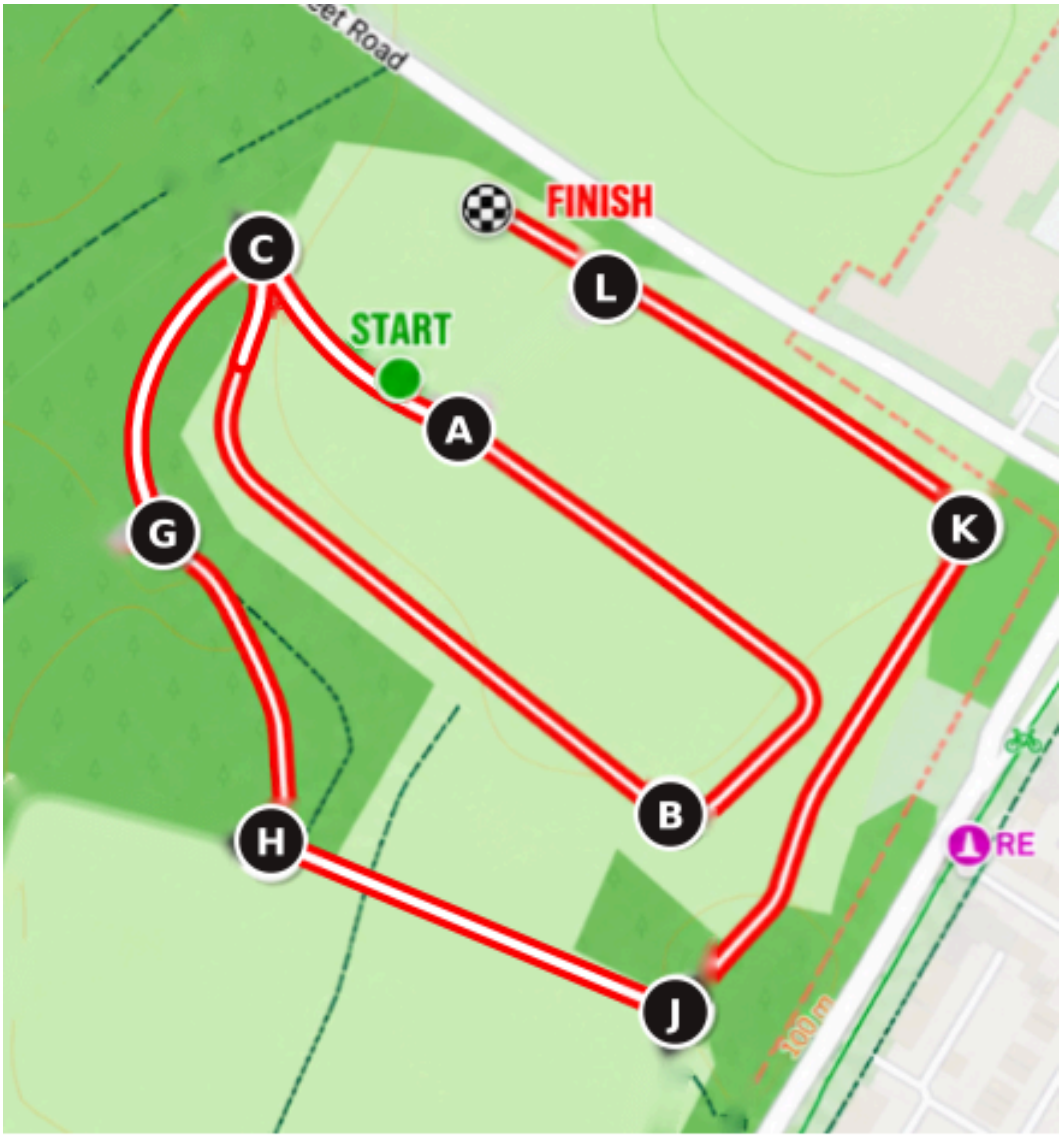
Start loop	600 m	A — B — C ::: A
Medium lap	1,900 m	A — B — C ::: G — H — I — J — K — L
Long lap	3,000 m	A — B — C — D — E — F — G — H — I — J — K — L

Time	Race	Laps	Distance
12:00	U14 Girls	1 long	3000m
12:15	U14 Boys	1 long	3000m
12:30	U16 Girls	1 medium, 1 long	4900m
12:50	U16 Boys	1 medium, 1 long	4900m
13:05	U18 Women	1 start, 1 medium, 1 long	5500m
13:35	Senior Women, including Veterans and U20	2 long	6000m
14:10	U18 Men	1 start, 1 medium, 1 long	5500m
14:30	Senior Men, including Veterans and U20	1 start, 3 long	9600m

Combined U10 and U12 course

The combined U10/U12 races use a separate 2,000 m junior course.

https://meets.rosterathletics.com/public/competitions/details/about?id=30044



U10/U12 - 2km
Boys 11:30
Girls 11:45

Start - A - B - C -
Start - A - B - C - G - H - J - K - L - Finish