

# Swashbuckler Run Course 22.5km / 14m

**2 LAPS TO BE COMPLETED**

## Directions:

Exit transition and cross straight over the access road into farm lane opposite Continue along lane to the t-junction and turn left **KEEP TO THE LEFT SIDE OF THIS ROAD UNTIL YOU REACH THE MARSHAL!!**

At the marshal point cross when instructed safe to do so and turn right

At High Wood junction you continue straight on, climb past the cemetery following lane around to the right until the t-junction.

Turn right onto wider road (watch out for traffic and cyclists!) then take the next track left to Bailey's Hard

Follow the track around to your right and continue along river-side path to return to Buckler's Hard

On completion of your first lap continue through the village and transition to repeat the lap. On completion of your 2<sup>nd</sup> lap turn into the finish chute!

**RUNNERS SHOULD KEEP TO THE LEFT ON THE ROAD UNLESS OTHERWISE DIRECTED.**

The run course cut off will be 7.5 hours elapsed time from the race start

Tracks are gravel based – some tree routes and uneven surfaces along the river bank.

## Profile of run course:



## AID STATIONS

There will be 3 Aid Stations per lap: at Transition, along lane between Longmeads Copse & Newlands Cottages (see map above) and at Bailey's Hard supplying Infinit energy drink and water. Competitors are advised to carry their own gels / food if required.

**DO NOT DROP LITTER in the New Forest National Park!** Keep all used gel wrappers and bottles with you until you can bin them at the aid stations. Drop zone is 10m either side of the drinks station. On footpaths you do not have exclusive right of way – watch out for walkers/riders etc. Please give due respect to horseriders – many horses do not react well to runners – give a wide berth and if approaching from behind, let them know you are there!

