

The Heartbreaker Run Festival

26th February 2012

Sandy Balls Holiday Park, Godshill, Fordingbridge, SP6 2JZ



10km Run The "Half" (circa 14miles) or The Marathon

COURSE DIRECTIONS:

10k Start Route in Sandy Balls :

This Extra bit is for the 10km ONLY: From the start at the riverside (you'll be walked down together!), follow the "forest trail" well-marked track around the site to exit onto the main road.

- From Sandy Balls exit turn left using the pavement as far as the cattlegrid
- Continue straight on past the Fighting Cocks pub along the grass verge/side of the road and cross to the right when safe to do so
- past the Cricket Pitch and into the 2nd car park on your right (Ashley Walk)
- **The Marathon and Half Marathon will both start from Ashley Walk car park – you'll be walked to the start after your race briefing.**
- Through the car park follow the obvious gravel track descending to Ditchend Brook... then up!!
- Continue along this track (shown in blue on the map) to the marshal and AID STATION. **The 10km race turns at this point to retrace the route back to Sandy Balls (the 10km route is the Blue Line shown on the map above)**

- The Marathon and 14mile options continue through the Aid Station where you will turn left to start your lap of Hampton Ridge (shown in red on the map)
- Continue to Fritham for your first turnaround
- Retrace to your lap start point and continue along Hampton Ridge Cycle path to the other turning point at Frogham (Abbots Well) and collect your band from the marshals.
- Return again to your lap start point. *The 14mile "Half" turns left at the central Aid Station and retrace the blue route to Sandy Balls and the finish.*
- The Marathon continues to complete another 2 circuits out to Fritham and Frogham(Abbots Well) ie 3 laps of the red route altogether
- Once you have collected 3 bands after all 3 laps you can then turn left at the central aid station and return to Sandy Balls

ALL WILL BE WELL SIGNED AND MARSHALLED. CHECKPOINTS AT TURNAROUNDS .

The Aid Station will be passed approximately every 3 miles on route and will have water and energy drink (Infinit Nutrition) available in cups.

Please DO NOT LITTER the New Forest National Park! Used Cup Drop zone is 10m either side of the drinks station – please use the bins provided.

You will be sharing the run route with walkers, mountain bikers, horse riders etc. Please show consideration to other people – we do not have exclusive access – if approaching horseriders from behind please call a warning ahead to let them know you are there!

Start and Finish at Sandy Balls Holiday Park, Godshill, Fordingbridge, SP6 2JZ

Free car parking on site, accommodation available, bar, bistro café, toilets, showers, pool, jacuzzi etc. **Post Race Free Refreshments** in the Woodside Suite for all runners!

Prizes

Medals are given to all finishers, please remember to collect yours in the Woodside Suite once you've finished.

Presentations will also take place in the Suite at 1.30pm approx. Prizes are awarded as follows:

10k: 1st to 3rd Senior men and women, 1st to 3rd Vets and Supervet winners (men and women)

Half and Marathon: 1st to 3rd Senior men and women, 1st-3rd Fvet 35, Fvet 45, winner Fvet 55, 1st to 3rd Mvet 40, Mvet 50, winner Mvet 60

With cash prizes for overall race winners also.

We recognise that not everyone will be able to stay / come back for this presentation so will post out all prizes that are not collected on the day.

Directions To Sandy Balls Holiday Park

From The South East / London: From M3 continue onto M27 Westbound. Exit M27 at junction 1 and follow the B3079 to Brook. In Brook turn left onto B3078 and continue towards

Fordingbridge. You will find Sandy Balls on your right in the village of Godshill shortly after passing The Fighting Cocks pub on your right. Follow Signs for RaceNewForest Event Parking

From The West / Bournemouth: Follow the A31 (A338) Eastbound and exit at Ringwood and turn left at Roundabout following A338 as far as Fordingbridge. Leave A338 via left sliproad in

Fordingbridge and turn right at the t-junction following signs to Godshill and Sandy Balls. You will find the holiday park on your left at the top of the hill in Godshill. Follow RaceNewForest Event Parking signs.

From The North / Salisbury: Leave Salisbury on A338 as far as Fordingbridge, where you should turn left onto the flyover - sliproad signed to Godshill and Sandy Balls. Turn right at the t-junction at the fuel station and continue up the hill to Godshill where you will find the holiday park on your left.

NB: Car parking will be signed as **"RaceNewForest Event Parking"** please follow these signs on race morning as we will either use one of the event fields (if dry enough!) or have allocated parking at Sandy Balls in one of the camping grounds. Please do not use the Sandy Balls car park as there is not enough room for all of us!

General Race Rules:

The use of personal headphones, MP3 players or mobiles whilst racing is dangerous and is prohibited. You will be DQ'ed if reported using either.

You need to wear your timing chip **on your ankle** throughout the race. (Holding your chip across the finish line will not register!) No chip = no time! Your chip will be collected from you at the finish line. Replacement and non-returned chips will be charged at £25.

Roads are open to traffic therefore normal highway regulations apply. Marshals are not there to stop or slow the traffic for you, merely to point you in the right direction!

All of our Marshals are volunteers. Any competitor, (including their family or friends) abusing our Marshals will be disqualified and will receive a lifetime ban from RACENEWFOREST Events.

Runners are advised that the 1st and last sections of this course take place on the public highway which is open to traffic. Please keep to the side of the road or on the verges and take care when crossing the road. Use the pavement in Godshill village outside Sandy Balls. The gravel tracks we are using are popular with walkers, family groups, dog-walkers, horseriders, carriages and mountain bikers. There may also be occasional Forestry or emergency vehicles on the gravel tracks. Please be aware of, and polite to other users. The New Forest is used for roaming livestock. You are likely to see ponies, cattle and if you're lucky, deer. Take care when approaching as these animals may suddenly bolt or kick.