

6. Continue towards Beaulieu Road Station
7. Turn right at the marshal just before the hotel on your left
8. Continue to Ipley Crossroads where Left when safe / directed
9. Caution over cattlegrid and tight left hand bend just beyond
10. Turn left after the Bold Forrester pub, caution on tight right hand bend just beyond the junction.
11. Continue to Ashurst to merge left with A35 – **extreme caution!**
12. Continue on A35 to Lyndhurst. Cyclists must **keep in single file and tight to the left on this busy road!**
13. Join the one-way system in Lyndhurst (you may have to stop at pedestrian lights)
14. Keep Left and follow the A337 to Brockenhurst. **Cyclists must keep in single file and tight to the left on this busy road!**
15. Turn left at the Balmer Lawn Hotel – **caution cattlegrid on the junction!**
16. **SLOW** & extreme caution through very narrow village lane!
17. Continue out of Brockenhurst across the heath, back to Beaulieu on the B3055

Repeat a 2nd lap as above from point 6 to 12 then:

18. On the 2nd time you reach Lyndhurst turn left into B3056 Beaulieu Rd at Bolton's Bench just before the large hotel on your left (opposite the fire station)
19. At Beaulieu Road Station, just past the pub and hotel, turn Left
20. At Ipley crossroads turn right when safe / directed—be prepared to STOP.
21. Continue to t-junction at Leygreen Farm where **prepare to stop if necessary** and turn left when safe / directed
22. Continue to Beaulieu Hill to turn left to Bunkers Hill and return to Buckler's Hard

The cut-off time for completion of the bike course is 5 hours after the start time. Competitors finishing after this time will not be permitted to start the run course.