

The Heartbreaker

31st January 2010

In Support of:



Start Time is 10am from the riverside path.

Registration is from 8am in The Woodside Suite (open for drinks etc) and will close at 9.40am for briefing and to allow you time to get to the start!

14 miles almost all off-road run on gravel/sand surfaces—approx 2 miles on tarmac.

COURSE DIRECTIONS:

Start Route in Sandy Balls:

From the start at the riverside (you'll be walked down together!), follow the "forest trail" well-marked track around the site and into "North Field" camp ground to join the public bridleway to exit onto the main road just before the cattlegrid

1. From Sandy Balls exit turn left using the pavement as far as the cattlegrid
2. 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
3. Turn right into the second car park you reach (beyond the cricket pitch)
4. Follow the main gravel track to Ditchend Brook and through Pitts Wood
5. When you reach the cross section of tracks turn left at the marshal
6. Follow the main gravel track through Amberwood until its end at Fritham car park
7. Turn sharp right in the car park / drinks station to follow the next track across Fritham Plain and down to Holly Hatch Cottage
8. Continue on the track bearing left into the woods
9. Turn right at the cross section of tracks
10. Turn right just before the first gate and downhill to cross "Splash Bridge".
11. Slightly left and up the obvious track (named "The Sandy Gallop" for reasons that become quickly apparent.)
12. At top of "gallop" turn right on to gravel track to Sloden Inclosure.
13. Through gate into Inclosure then bear left downhill to double gates.

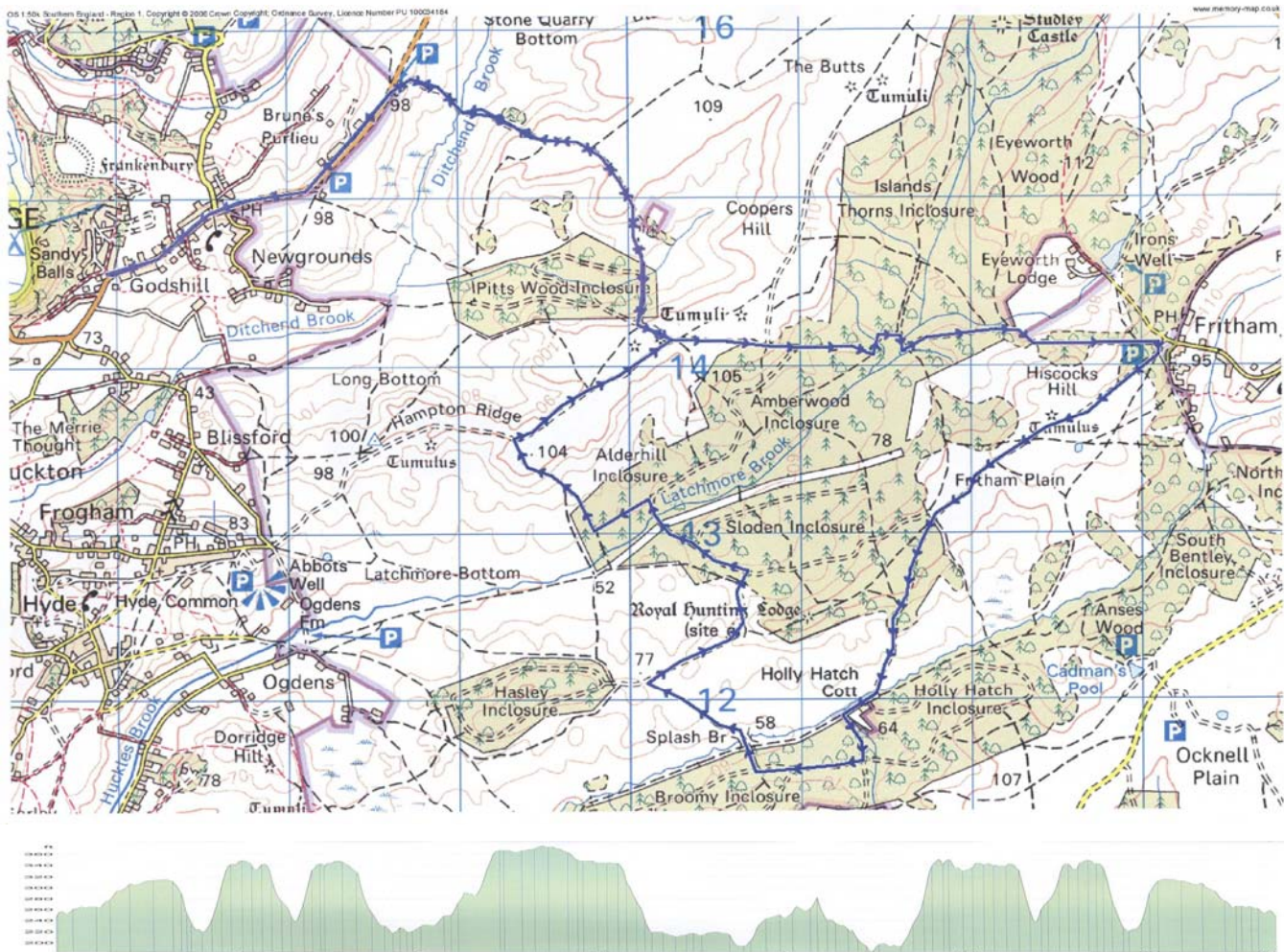
14. Straight through both gates and across bridge and straight up grassy path in front of bench to turn left onto gravel track.
15. First right (uphill) to exit Inclosure.
16. Straight Uphill to intersect main Fritham to Frogham cycle track again.
17. Right here and continue to marshal / drinks station to complete your loop
18. Turn left and retrace your earlier route back through Pitts Wood to Ditchend Brook
19. Turn left in the car park to rejoin the road to Godshill, cross to the left when safe to do so
20. Straight on past the Fighting Cocks pub and over the cattlegrid onto the pavement
21. Turn right into the Sandy Balls Holiday Park and follow the route to the Finish Cut –off for completion of the run course is after 3 hours

ALL WILL BE WELL SIGNED AND MARSHALLED. GATES ATTENDED SO DON'T WORRY!

Please DO NOT LITTER the New Forest! 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

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!





Important Information

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 Soup in the Woodside Suite for all runners!

Presentations will also take place in the Suite at approx 1pm. Prizes for 1st 3 overall (men and women), and vets category winners.

We regret we cannot post prizes—please make arrangements if you cannot attend the presentations.

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.

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.

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.

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 RACENEW-FOREST Events.

We regret this event is unsuitable for wheelchair athletes.

