

New Forest Runners are looking forward to welcoming you to the third RR10 race of the season on 15 May 2019 @ 7:30pm at Wilverley Plain, New Forest. Parking will be at Wilverley Plain Car Park and overflow will be in surrounding car parks. Marshals will direct you on arrival. Please car share where possible.

This course is the same as the previous year. The course length should be 8KM. It is a technical cross country course which consists of grass track, single track, bog, mud on undulating surfaces – and on downhill sections. If unsure, slow down.

Parts of the course have uneven ground, exposed routes, tree stumps, low hanging branches. In unsure, slow down. Do not follow the person in front – look around at the hazards both above and below. There is a large fallen tree blocking the course at the half way mark. You will have to vault, step up and over or take the longer route around the crown. If unsure, go around.

Marshals will direct you around the course and indicate hazards in the section ahead. Please respect the general public and animals who may be in the enclosure.

