

## PLEASE NOTE THE FOLLOWING:

- The area is subject to frequent change. Permission for this event was only recently granted, leaving little time to do full map updates;
- There are many low-height **small knolls/rootstocks** and it has been difficult to show all of them on the map;
- Many of the **paths** in woodland are relatively narrow and can be easily missed.
- Some parts of the area will vary between **Open** and **Rough Open**, depending on when they were last mowed;
- Not all **hides** are marked on the map, nor all **fences** esp. where they are close together, or double fences around the race course;
- The **narrow ride** symbol is generally a horse ride;
- The Conservators are concerned that runners will not tread the grass down and create tracks. So, for legs that cross the open grassland, **do not follow directly behind another runner** and if you can see signs of a track emerging, run to one side.
- The **racecourse is clearly marked as out of bounds** and should only be crossed at the marked paths.

## SAFETY:

The area is very popular with local walkers, dog walkers and horse riders. They must be shown courtesy, in particular, horses have absolute priority and must be given a wide berth. There is a model aircraft flying area about 400m south of the grandstand – it is not conspicuously marked.

**If you become disorientated head east until you reach open space and then head north, if you cannot see the grandstand you soon will do.**

Do not forget to download even if you retire. Course closes at 20.15

Sun set 20.50.

It is recommended to carry a whistle in case of emergency. Full leg cover recommended.

Please arrive at the event with clean kit after previous outings to prevent ash dieback disease.