

# Foxbury 10km

26<sup>th</sup> May 2013 Event Information  
Foxbury, Blackhill Road, East Wellow, SO51 6AQ



## How to get to Foxbury

**Foxbury:** Follow postcode SO51 6AQ. via Half Moon car park, Blackhill Road, East Wellow, near Romsey, Hampshire. 7 miles north of Lyndhurst, access from A337. 7 miles north-west from M27/A31 junction, taking A36. 15 miles south-east of Salisbury, taking A36. 13 miles east of Fordingbridge via the B3078. (Grid ref: SU297178. Latitude: 50.9584542 Longitude: -1.5779202)

## Car Parking

There is a large car parking area at Foxbury. Drive up the track through Half Moon Car Park, to the main car parking area just over the short rise.

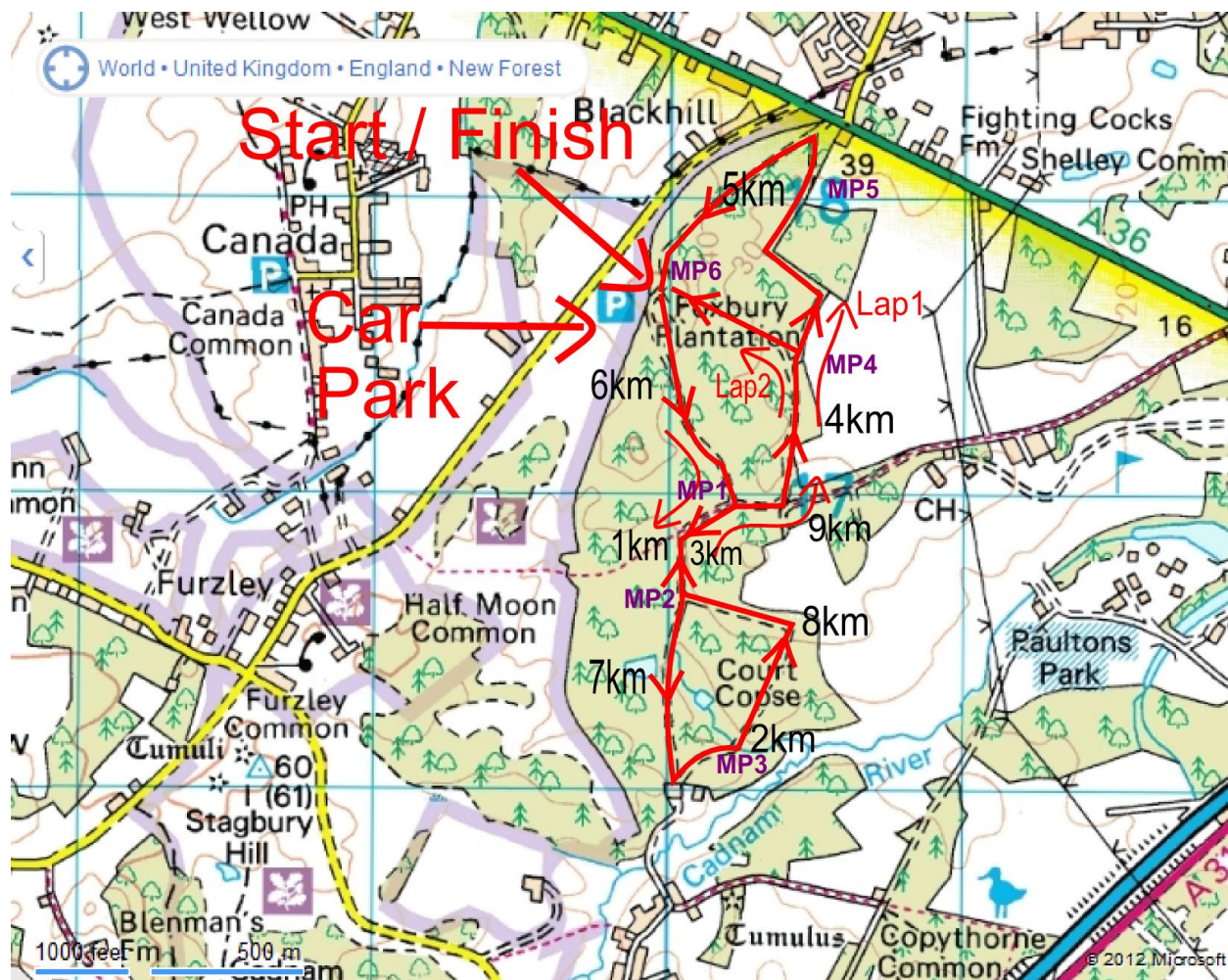


## Toilets

There are portaloos on site, adjacent to the car park and next to the entrance to the Foxbury reserve.

## Registration

Directions to registration will be signed. It will be positioned under white gazebos, where MP6 is shown on the map.



### Start / Finish

The Start / Finish area is adjacent to Race Registration. There will be a race briefing 5mins before the start. MP on the maps denotes Marshal Points, where you can expect to finish marshals on the day.

### Course Description

The course is on a variety of different style trails; woodland and countryside trails which are stony in places. Off road shoes would be recommended, but road shoes will certainly suffice. There are several points where runners will pass in opposite directions, at the 1km and 3km points on the above map. Please stick to the Right Hand Side at these points.

5km Runners will complete a 1 lap course, making a left hand turn towards the finish at MP4 (where the lap 2 arrow leads) and up a rise to the finish line.

10km Runners complete a large lap, heading straight on at MP4. Runners then head through the start line where a drinks station will be positioned. Runners then complete another lap of the course, but this time make the left hand turn at MP4.

### Finish

Winner's prizes and spot prizes will be drawn at 12:45 or when the last runner finishes.

### **300m**

The 300m Fun Run will take place at 12:45 and will mark the end of the days racing.

### **Notes**

#### **Lyme Disease**

Please be mindful of tick bites and the associated risk of Lyme Disease, albeit a very small risk – so don't be put off the race! One of the key symptoms is a Bullseye style rash, associated with fever, headache and fatigue. If you develop these symptoms, please report to your GP as soon as possible.