



New Forest Rattler – Sunday 25th August 2019

Runner Brief

The New Forest Rattler team look forward to welcoming you to Moyles Court School on Saturday 25th August 2019

The following information has been put together to provide runners with all the information they need to know about the event, and also offer advice regarding the routes.

Getting to Moyles Court School

Moyles Court School is a superb boarding school set in the heart of the New Forest. For a route map detailing how to get to the school please use the following link:

<http://www.moylescourt.co.uk/index.php?page=contact-us>

Free parking at the school. Follow the yellow signs to park in the sports field. Please close the gate behind you.

Camping

Entrance to the camping area will be available from 2pm onwards for those who paid to camp when booking. Please go to the main entrance of Moyles Court School on arrival and someone will be on hand to assist you.

If you have not booked to camp, but would like to, we still have a limited number of pitches available at a cost of £25 per group (up to four people). Please email contact@challenging.events to reserve.

Date and Time

Sunday 25th August 2019

Registration 10am – 11:00am

The start time is a rolling start. This means you can choose when you want to start within the allocated hour. First group 11:30am - Last start time is 12:30.

Those planning to complete a marathon must start at 11:30am

We will set you off in small groups. This keeps the relaxed friendly atmosphere and avoids the intimidation of a mass start.

The event cut off time is 6 hours. All runners must be finished before 6pm. Marshals will ask the runner to head to the finish if they believe the runner will not complete a lap and get back to the finish before 6pm.

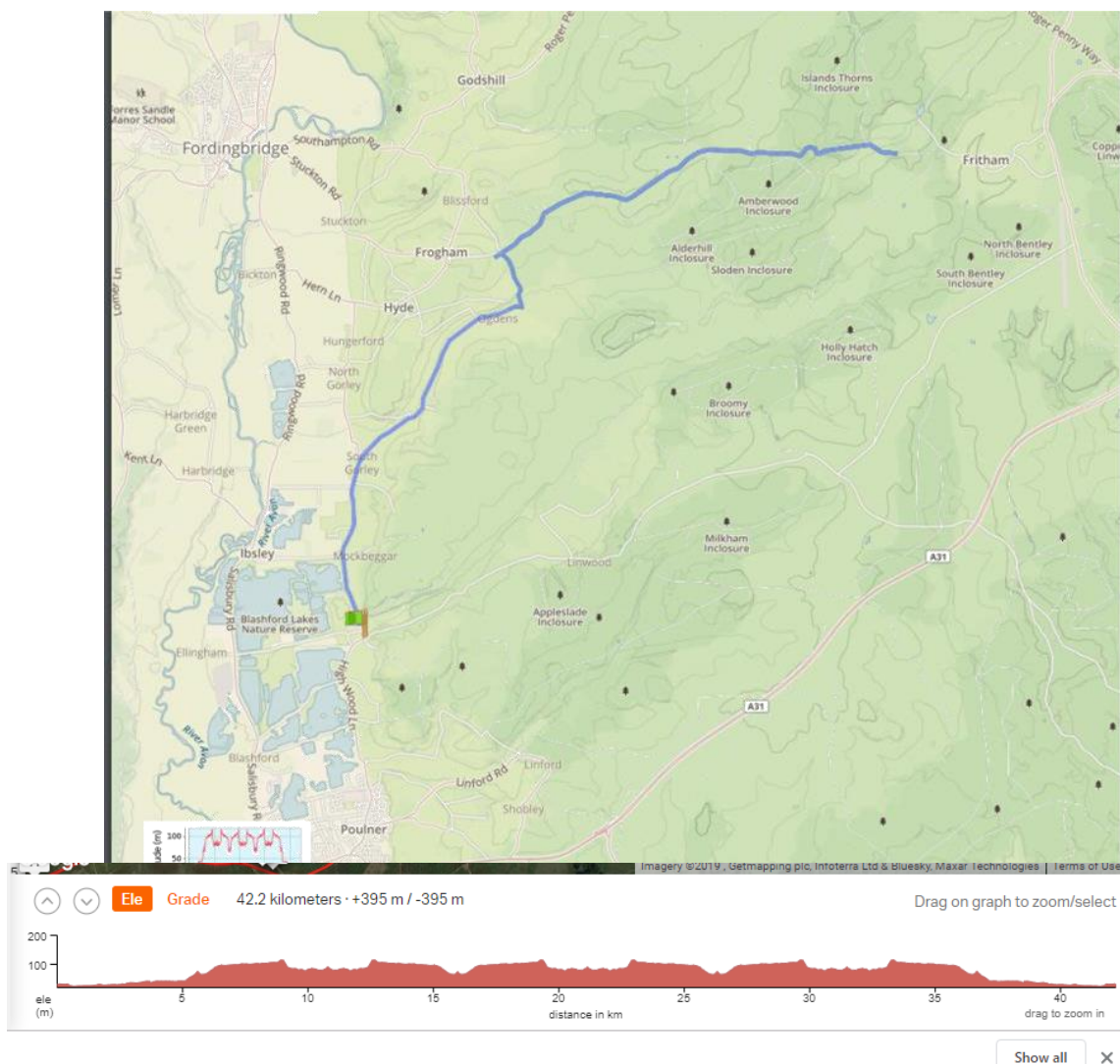
You will receive a number with your timing chip attached to the back. Do not tamper with the chip. The number is to be worn on your front.

Please write on the back your emergency contact details and any medical conditions you may have.

New Forest Rattler Endurance Weekener – The Run

The run element of the New Forest Rattler Endurance Weekender is a gorgeous run through the beautiful New Forest. Part on the highway and part on trails. Just like the Ride and Swim, it is a sportive run, designed for enjoyment and personal achievement. You are only racing yourself, don't worry, it is chip timed and you will get an awesome medal!

You can run up to a marathon if you want to within the 6 allocated hours. A marathon is three laps. The half is an out and back and we have a 10K too!





Run Directions:

Exit over boarded cattlegrid and turn left on the road towards South Gorley (rolling start of small numbers as the road is open)

At the fork just after Hockey's Farm, bear right.

Straight on towards Ogdens on Abbotswell road
Where the road bears sharp left, go straight onto the track

Follow the signs through the car park and over the bridge, straight on to where the track joins with the Frogham – Fritham Cyle track.

Turn right onto the cycle track to start your laps!

Continue to the turnaround point just before Fritham to collect your lap band

If you are doing the half marathon it's a simple out to the end and back. IF you are doing a marathon its three out and backs you need to do.

Retrace the route back towards Abbotswell/Frogham Aid Station.

Once you've collected all 3 race bands for the Marathon Distance, return from Abbotswell/Frogham retracing out-route to the Finish at Moyles Court school.

10k runners – Just turn around when you have reached the turning point. There will be water available for the 10K runners only here.

The aid station for the marathon and half marathon runners will be at Abbots well road. Its where you turn right and start the laps.

Half marathon runners will reach this aid station twice and marathon runners will reach here 4 times.

Marshals

Marshals will be at all turn around points and aid stations. Any problems please do ask for assistance. We have marshals also roaming on bikes. The small road section will be open so you must take care when running on the roads.

We have medics at the finish line should you need any assistance.



The Finish.

The finish is back where you started. We will be waiting for you with your medal, water and some yummy snacks.

Running in The New Forest

Please do not drop any litter on the route. Keep your wrappers & bottles to drop with a marshal.
Please drop water cups in the bins provided (within 10metres of the aid station)

Beware of dog walkers and horse riders and show due consideration when passing. If approaching horse riders from behind shout a warning ahead so they know you are there

Ticks and Lime Disease: The New Forest is one of the areas in the country affected by Lime Disease which is very rare but can occur following a tick bite. If you notice a rash or swelling following a bite, please ask your GP for a test. The best prevention is to wear long socks / calf guards and remove any ticks asap!

Please be courteous and respectful as all good runners are.

Another thing to watch out for is the roaming wildlife, if you are lucky you will see ponies, donkeys, cows etc. Please give them space and definitely do not feed the animals.

Have a great race and we look forward to seeing you on 25th August 2019 !