



TRC Brock Bat



vCC6 2020 Race #1

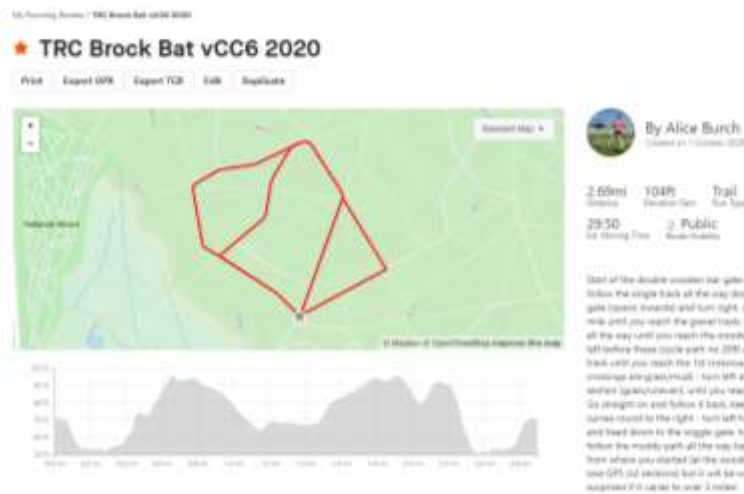


**COMMENCES THURSDAY 1 OCTOBER ~
ENDS 31 OCTOBER 2020 (MIDNIGHT)**





vCC6 Brock Bat Race #1



Location:

Extended Warm up car park: Park at Hollands Wood, Brockenhurst SO42 7QH. Run along the track adjacent to the road and left turn by Balmer Lawn (couple of miles perhaps).

Recommended car park (with 0.5 mile warm up): Park in the car park before Standing Hat (called Tiley Road).

No warm up car park: Park at Standing Hat Inclosure Car Park. Map location of the car park: <https://www.bing.com/maps?osid=858e1bfd-f30f-41eb-ad75-7a9569516adf&cp=50.831695~-1.559126&lvl=16&v=2&sV=2&form=S00027>

Route Description:

Approx 4.4 kms. 60% muddy paths and 40% gravel. Trails shoes recommended.

Start of the double wooden bar gate (back foot on the post) (located in front of the Standing Hat Inclosure Car park), follow the single track all the way down until the 1st wooden gate (opens inwards) and turn right, slope up for around 0.3 mile until you reach the gravel track, turn right and follow it all the way until you reach the wooden entrance gates - turn left before these (cycle path no 289) and follow the gravel track until you reach the 1st crossroads (the horizontal crossings are grass/mud) - turn left along this technical section (grass/uneven), until you reach the gravel track again. Go straight on and follow it back, keep going until the track curves round to the right - turn left here onto the grass again and head down to the wiggle gate, turn left after the gate and follow the muddy path all the way back until you touch back from where you started

(at the wooden bar gate). You may lose GPS (x2 sections) but it will be over 2.7 miles. Don't be surprised if it varies to over 3 miles!

Course Photos:

Start:



Follow the muddy path (all the way to the first gate (right hand side)):



Navigate through the tree roots:







To the first gate (on your right):



Run up the grassy slope until you hit the gravel track:



Turn right when you see the gravel track:



Run round and follow the track to the main gate entrance:



Turn left by cycle route 289:



Follow the track until you reach a crossroads where you turn left onto the grass path:

Technical section – take extra care under foot



Proceed up the grass path until you hit the gravel track – head straight on.

Keep going until it curves round to the right. Turn left onto the grass path instead of running around this curve. You should see the wiggle gate at the end.



Turn left at the Wiggle Gate:



Keep running along the pathway passing the first gate you went through and over the boggy bits! You can balance over the logs if you wish 😊





Alternative crossing to the bog! 😊





Almost there:



Finish by touching the gate where you started!



GPX File:

https://www.strava.com/routes/2746833861114954396/export_gpx

Please be mindful of other forest users and animals. Take extra care when running through the technical sections of the course, especially around mile 1.4 (for 0.3 miles). This course is not suitable for spikes due to the gravel track. It can be very muddy in parts with one boggy bit to cross. You can go around but this will obviously take longer.

“Run when you can, walk if you have to, crawl if you must; just never give up.” – Dean Karnazes