

## **\*\* REMEMBER BST STARTS \*\***

### **WELCOME TO HOVINGHAM SOUTH WOOD**

Please support the **YHOA JUNIOR SQUAD** cake stall.

This area, that hasn't been used for many years, consists of 3 woods.

- Brown, Blue, Green, Red will start across the road in Bank Wood. Take care crossing the road on the way to the start from Assembly.
- Part way through your course you will need to cross back over the road. The time taken (max time allowed 2mins) when crossing the road out of Bank Wood will not be included in the total time. It is a fast road. Do not take risks crossing the road.
- The Brown course has 2 maps that are back to back in the bag. Controls 1-16 are on the first map.
- The start for all other courses, the finish and Assembly are in South Wood. These courses do not cross the road.
- To the east across a stream valley is Wath Wood. There are two possible routes to cross into this wood. It is your choice but only use the marked routes. White, Yellow, Orange do not cross into Wath Wood.
- Some courses have a butterfly loop and visit the same control more than once. Check you are taking the loops in the correct order.
- The bramble is fierce in some areas and less so in others. On the other hand the recently felled areas offer fast running. Tall spindly isolated trees left in the felled areas have not been marked.
- The marsh along the SW edge of Wath Wood is locally notorious. Black and yellow warning tape marks its edge in the vicinity of controls.
- There is a **SHORT GREEN** course in addition to the regular selection

|             |      |      |
|-------------|------|------|
| Brown       | 7.6k | 285m |
| Blue        | 6.3k | 230m |
| Green       | 5.2k | 180m |
| Short Green | 3.9k | 155m |
| Light Green | 3.2k | 130m |
| Red         | 5.2k | 175m |
| Orange      | 2.5k | 70m  |
| Yellow      | 2.1k | 45m  |
| White       | 1.9k | 45m  |

- **NB Courses close at 14.30**
- The **STRING COURSE** is short but hilly – not suitable for pushchairs.
- The start for shorter courses and the finish are adjacent and about 500m from Assembly. It might be convenient for runners to leave clothing at this start for collection after finishing but you need to provide your own bag.