

New Forest Spring Sportive Flow Chart STD/EPIC

Number	Location	Miles	Fastest	Slowest
			20	12
1	Start times	STD/EPIC	07:20	10:15
2	Hurn	9	07:46	11:24
3	Sopley	11	07:51	11:32
4	Brangore	13	07:57	11:42
5	Burley	17	08:11	11:40
6	Sway	24	08:29	12:11
7	Boldre	27	08:41	12:30
8	Portmore	28	08:44	12:35
9	Beaulieu	32/47	08:58	13:13
10	Hill Top	34/45	09:02	13:06
11	Fawley	38	09:11	12:21
12	Ower	39	09:16	12:29
13	Lepe	42	09:28	12:49
14	Exbury	44	09:34	12:59
15	Lyndhurst	40/57	10:03	13:48
16	Ashurst	42/59	10:09	13:58
17	Woodlands	43/60	10:12	14:05
18	Bartley	45/62	10:20	14:15
19	Furzley	48/65	10:29	14:30
20	Nomansland	50/67	10:39	14:47
21	Godshill	57/74	10:56	15:16
22	Fordingbridge	59/76	11:02	15:26
23	Sandleheath	60/77	11:05	15:31
24	Alderholt	62/79	11:10	15:39

SHORT

Number	Location	Miles	Fastest	Slowest
			18	10
1	Start times	SHORT	10:00	10:40
2	Hurn	9	10:30	11:24
3	Avon	11	10:59	11:36
4	Bisterne	12	11:03	11:42
5	Rockford	16	11:16	12:06
6	Mockbeggar	17	11:19	12:12
7	South Gorley	18	11:22	12:18
8	North Gorley	19	11:25	12:24