

Michael Horner Bench-to-Bench Trail Run 2024

Starts 7pm Tuesday 18th June

Please read everything here, all the way to the bottom, or perhaps find yourself wandering the slopes of Leith Hill in the dark....and you may go hungry if you don't complete your order for food!!

Tuesday Ranmore run with a twist – note it will be a different route from last year (and more beautiful). Please find links below to a GPX file and the Strava link.

MAPS

- **GPX** - https://drive.google.com/file/d/114X0mSnuggmZHN-8M5pMp_gDmVaW0-HZ/view?usp=sharing

- **Strava** - <https://www.strava.com/routes/3234979799070478156>

- Map for printing - attached to this email

Links also accessible from the website page <https://www.dmvac.org/events/bench-to-bench/>

DISTANCE OPTIONS

Runners usually arrange themselves to form a group to run together. Please get in touch with your usual run leader if not already in an arranged group.

The first option is to complete the full Bench to Bench from Ranmore to Leith Hill and back again (around 11 miles) and then drive down to the Wotton Hatch afterwards.

The second option is to run from Ranmore to Leith Hill, and then to run back to the Wotton Hatch for the social evening (Bench to Barstool, about 9.5 miles).

The third option is to run from the Bench on Ranmore to the Bench on Leith Hill and then drive from there to the Wotton Hatch or home.

It is recommended that runners pool car arrangements by, in advance, leaving cars at their planned finishing point and sharing lifts to get to the Wotton Hatch, home or back to Ranmore.

* For those who are not able to do so, or do not wish to run that evening, you would still be very welcome for the social evening at the pub *

SAFETY FIRST

The route crosses the railway and the A25 road.
STOP at the RAILWAY until it is safe to cross
STOP at the A25 ROAD until it is safe to cross
It also runs along a couple of minor roads - be careful
There is no drinking water on the route
There are no marshals on the route

TURN-AROUND AT 8PM if doing the full route (unless you are with a group leader)

If you turn around after 8pm, you are on your own and no one will come looking for you.

HELP WITH NAVIGATION

Print out and carry the attached map, or put it on your phone.

Put the GPX file on your electronic navigation aid if you have one

If you get lost, you are on your own, no one will come looking for you.

Some route marking might be removed by weather or altered by members of the public.

Tape and arrows will be cleared, starting from the Leith Hill end at 8.05pm

Be absolutely sure of two sharp right-hand turns:

- off Summer Lightening down through Brookwich Copse
- off Whiteberry Road opposite Warren Farm.

THE ROUTE

Expect typical 'Ranmore run' terrain with varied ground conditions, natural trip hazards and uncooperative plant life

The route is DIFFERENT FROM 2023 - follow the bold black dots on attached map (white dots = 2023 route difference)

Instead of descending from Wolvens Lane through Simon's Copse, this year it will follow Summer Lightening's single-track through the beautiful Brookwich Copse and then turn sharp right to descend on a narrow twisting trail to Tilling Springs. Here it will briefly touch Whiteberry Road, before leaving by turning sharp right at Warren Farm, to follow the 2016, 2017, 2018 route through the stunning open woodland of Whiteberry Hill and then the rugged heathland of Snakes Hill to reach Leith Hill summit.

At the summit, there is a short loop around the tower to admire the view, visit Michael's bench and return you to the route back to Ranmore.

Outbound runners should give way to returning runners on the narrow bits.

ROUTE MARKING - not guaranteed, but has been ok in the past.

- white flour on the floor.
- occasional red-and-white tape streamers
- yellow signs at the road crossing

GPS - an (untested) GPX file has been created for the route - it is attached to this email for those who want to try it, and can find their own way home if it is wrong!!

FOOD AT THE WOOTON HATCH

The short menu has been chosen so that it will be possible to keep food warm/ reheat if people arrive late.

Please would you fill in the link below if you are going to the Hatch (even if only for a drink) so we know how many to expect.

<https://forms.gle/7bsEcQ27BpBhcFas8>

We have sole use of the room at the far end passed the bar if it is wet. Please try not to block the bar area.

GOOD LUCK, have a lovely time, and don't forget to cheer the fast individual runners as they pass.

Your dedicated organising, route clearing and marking team this year are:

Alan Waring, Elizabeth Horner, Paula Carter, John Baker and Steve Bush

Paul Allen created the GPX file (with information from others, so it is not his fault if it is wrong!)

NOTES:

For slower runners who want to start early, you must know the course as parts are still being marked as late as 7:30pm. Elizabeth will be at Steers Field from 6:30pm to take photos of any early starters.