

### **Speed and Endurance briefing.**

We will be holding face to face briefings in the gazebo by the water jump on the cross country on Saturday.

Please follow the pedestrian signs from the lorry park, across the car park and over the footbridge to each this area.

**12:00 noon**

**15:00pm**

We strongly advise that you attend one of these briefings.

### **Phase A, B, C and D course walking times**

From Friday 6pm

The organisers have the right to make any changes up to the time of the first briefing on the Saturday.

Roads & Tracks must only be walked on foot.

**We please request no bicycles on site.**