

**New Forest Summer Sportive Flow Chart**  
**STD/EPIC**

<b>Number</b>	<b>Location</b>	<b>Miles</b>	<b>Fastest</b>	<b>Slowest</b>
			<b>18</b>	<b>12</b>
1	Start	<b>STD/EPIC</b>	<b>07:30</b>	<b>09:15</b>
2	Exbury	6	07:50	09:45
3	Beaulieu	11	08:10	10:10
4	Lyndhurst	21	08:30	10:00
5	Woodlands	23	08:37	10:10
6	Bartley	25	08:45	10:30
7	Copythorne	27	08:50	10:50
8	Furzley	29	09:00	11:10
9	Bramshaw	30	09:05	11:15
10	Nomansland	33	09:15	11:30
11	Landford	34	09:20	11:40
12	Hamptworth	34	09:20	11:40
13	Redlynch	38	09:35	12:10
14	Woodgreen	43	09:40	12:30
15	North Charford	45	09:50	12:50
16	Hale	46	09:55	13:00
17	Godshill	54	10:20	13:40
18	Stuckton	56	10:30	14:00
19	Hyde	57	10:35	14:20
20	Gorley	58	10:40	14:35
21	Brockenhurst	44/72	11:25	15:35
22	Sway	54/82	12:00	16:10
23	Boldre	56/84	12:10	16:20
24	Bucklers Hard	65/93	12:50	17:00