Short: 30 miles

**EVENT VENUE**
Somerley House
Ringwood
Hampshire
BH24 3PS

**ROUTE DISTANCES**
Epic: 100 miles
Standard: 59 miles
Short: 30 miles

**MEDICAL EMERGENCIES:** 07961 063 100
**MECHANICAL ASSISTANCE:** 07854 081 972

Note: All Riders must return or call the event centre before 5:30pm and report to a member of the UK Cycling Events Team.
EVENT DETAILS
WIGGLE NEW FOREST 100 SPORTIVE
SATURDAY 16TH SEPTEMBER 2017 & SUNDAY 17TH SEPTEMBER
HASHTAG YOUR RIDE: #GETOUTANDRIDE

VENUE OPENS: 6:30am - REGISTRATION OPENS: 6:45am (Closes: 10:30am)
LATEST FINISH TIME: 5:30pm

PLEASE NOTE THAT YOU CAN ONLY START WITHIN THE TIME PERIODS LISTED BELOW. QUEUE MANAGEMENT WILL BE IN PLACE TO ENSURE RIDERS START WITHIN THE TIME ALLOCATED TO THEIR CHOSEN ROUTE.

EPIC START TIME: 7:20AM – 9:15AM
Dist: 100 Miles  Elevation Gain: 4635 ft  Difficulty Rating: 6/10  GPX File  and  Garmin

STANDARD START TIME: 9:00AM – 10:15AM
Dist: 59 Miles  Elevation Gain: 2096 ft  Difficulty Rating: 5/10  GPX File  and  Garmin

SHORT START TIME: 10:00AM – 10:40AM
Dist: 30 Miles  Elevation Gain: 879 ft  Difficulty Rating: 4/10  GPX File  and  Garmin

FEED STOP 1
Bisterne Village Hall
Ringwood Road
Ringwood
BH24 3BN

FEED STOP 2
Bashley Village Hall
New Milton
Hampshire
BH25 5RY

FEED STOP 3
Awbridge Village Hall
Romsey Road
Awbridge, Romsey
SO51 0HG

FEED STOP 4
Barn
Southampton Road
Fordingbridge
SP6 2LE

TIMING STANDARDS

<table>
<thead>
<tr>
<th>Route</th>
<th>Award</th>
<th>Distance</th>
<th>Avg Speed (Mens)</th>
<th>Time</th>
<th>Avg Speed (Women)</th>
<th>Time</th>
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<tbody>
<tr>
<td>Epic</td>
<td>Gold</td>
<td>100</td>
<td>&gt; 15.5 mph</td>
<td>&lt; 6hr 27min</td>
<td>&gt; 14.5 mph</td>
<td>&lt; 6hr 53min</td>
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<tr>
<td>Epic</td>
<td>Silver</td>
<td>100</td>
<td>&gt; 14 mph</td>
<td>&lt; 7hr 8min</td>
<td>&gt; 13 mph</td>
<td>&lt; 7hr 41min</td>
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<tr>
<td>Epic</td>
<td>Bronze</td>
<td>100</td>
<td>&lt; 14 mph</td>
<td>&gt; 7hr 8min</td>
<td>&lt; 13 mph</td>
<td>&gt; 7hr 41min</td>
</tr>
<tr>
<td>Standard</td>
<td>Gold</td>
<td>59</td>
<td>&gt; 15.5 mph</td>
<td>&lt; 3hr 48min</td>
<td>&gt; 14.5 mph</td>
<td>&lt; 4hr 4min</td>
</tr>
<tr>
<td>Standard</td>
<td>Silver</td>
<td>59</td>
<td>&gt; 14 mph</td>
<td>&lt; 4hr 12min</td>
<td>&gt; 13 mph</td>
<td>&lt; 4hr 32min</td>
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<tr>
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<td>59</td>
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<td>&gt; 4hr 12min</td>
<td>&lt; 13 mph</td>
<td>&gt; 4hr 32min</td>
</tr>
<tr>
<td>Short</td>
<td>Gold</td>
<td>30</td>
<td>&gt; 15.5 mph</td>
<td>&lt; 1hr 56min</td>
<td>&gt; 14.5 mph</td>
<td>&lt; 2hr 4min</td>
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<tr>
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<td>Silver</td>
<td>30</td>
<td>&gt; 14 mph</td>
<td>&lt; 2hr 8min</td>
<td>&gt; 13 mph</td>
<td>&lt; 2hr 18min</td>
</tr>
<tr>
<td>Short</td>
<td>Bronze</td>
<td>30</td>
<td>&lt; 14 mph</td>
<td>&gt; 2hr 8min</td>
<td>&lt; 13 mph</td>
<td>&gt; 2hr 18min</td>
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