## Michael Horner Bench-to-Bench Trail Run 2025

Please arrive at start latest 6:45pm Tuesday 17th June

Please read everything here, all the way to the bottom or perhaps find yourself wandering the slopes of Leith Hill in the dark....

### **MAPS**

This year we are reverting back to the old route. Please see links to Strava / OS maps: Strava Route - OS Maps - Map

#### WHAT IS IT?

It is a Tuesday Ranmore run with a twist:

Everyone in the club runs the same route - out-and-back between Michael's memorial benches: one on Ranmore and the other 5.5 miles away on Leith Hill.

It is out-and-back so that everyone gets to see, and cheer, everyone else in DMVAC Some runners will do the whole 11 miles, some will run one way only to the tower (.5 miles) - having first arranged a lift back from Leith Hill.

Still others will reach the Leith Hill summit bench, then turn back and make their own way to the Wooton Hatch – approx. 9.5 miles. This pub route is not marked.

It is not a race, so time yourself if this is important to you.

## **START INFORMATION**

- Please wear your club vest.
- Groups to gather in Steers Field at 6:45pm latest for Pre run photos.
- Faster runners starting at the front, especially those that want to race.
- For Slower runners that would like to start earlier, they must know the course. Possibility that some sections may not have been marked.
- Early runners please take pre run photos and send to <u>media@dmvac.org</u>.
- First 6 finishers from the 7pm start send results to <a href="mailto:media@dmvac.org">media@dmvac.org</a> for publication in the newsletter.

### **EVERYONE HAS A CHOICE:**

- OPTION 1: Run with your usual group leader who will navigate.
  If you might decide to leave your group on route, read the OPTION 2 instructions.
- OPTION 2: Run on your own. If you know the route, feel free to run it on your own but remember, it is not a marshalled route you are responsible for your own navigation!

There will be route marking (white four) but please bear in mind, it might be removed by weather or altered by members of the public.

WHICH EVER OPTION YOU CHOSE, TURN-AROUND AT 8PM (unless you are with a group leader)

People have been known to arrive at Leith Hill in an hour, then take two more hours to get back. The final climb through the Ranmore trees will be dark just after 9pm. If you turn around after 8pm, you are on your own and no one will come looking for you. Group leaders will adjust turn-around times to suit their runners on the evening.

### 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

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:

Graham Mallet, Elizabeth Horner, John Baker plus one other much needed volunteer to mark out Warren Farm to Tower!!

# Michael's benches are identical sturdy wooden benches.

Erected by the Horner family, Michael's Leith Hill bench is just down from the tower on its north side, facing Ranmore – see the diagram at the bottom of the attached map. Erected by DMVAC to celebrate Michael's many wonderful contributions to the club, his Ranmore bench is just to the left a fter you enter Steer's Field, in which you meet for Tuesday summer runs.

With a good telescope, you can see one from the other.