

Springfield Striders - NESS XC League 2025-26 Round 2

When and Where

Date: Sunday 16th November

Where: Wild Forest Outdoor Activity Centre, Ongar Road, Brentwood, Essex, CM15 0LA
Please do not go to the Secret Nuclear Bunker or Nuclear Races event village across the road.

What3Words: **flames.land.lows**

Junior race – 10am

Senior race – 10:45am

Important Information about the course and site

This site is used for obstacle racing so as you can imagine there are various obstacle on the site and around the course – a condition of us using this course is that **NO ONE** goes on any of the obstacles on site. We have had to have our insurance checked by the landowner. We will need to strictly enforce this rule so anyone (regardless of age) who is attempting any of the obstacles will be asked to stop.

Spectators

Spectators will only be allowed in the start / finish area and will not be allowed round the course whilst the races are taking place. Runners can recce and warm up on the course before the races.

Car Parking

There is on site parking but it is limited so please car share. We will have use of the field for overflow parking but this is weather dependant.

Refreshments

There will be a coffee cart on site selling a variety of drinks etc and will be located near the start / finish area

Toilets

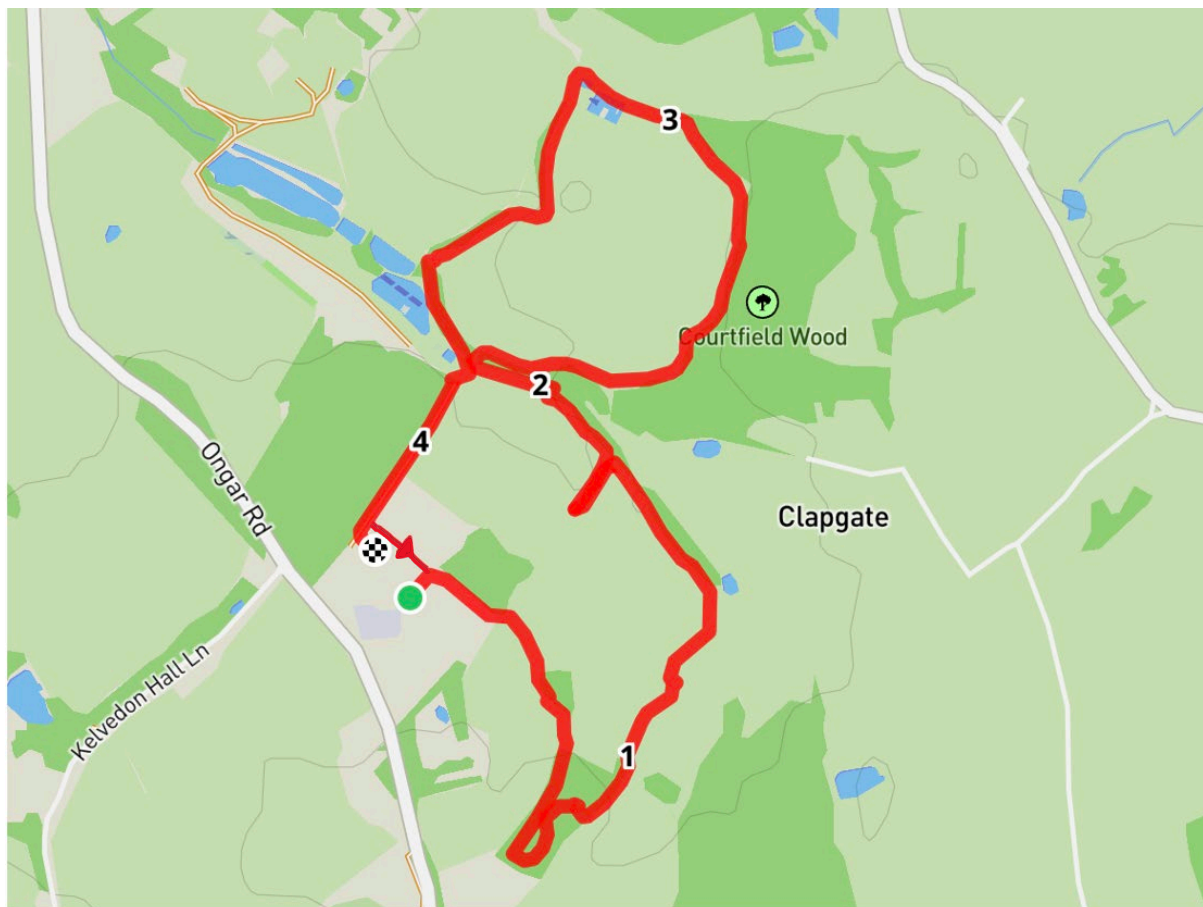
There are toilets on site but we need to ensure they are clean and tidy when the event finishes, so no muddy shoes please and leave them as you would wish to find them.

Senior Course Map

The Senior race will be two laps of an approximately 4.25km course. To begin the second lap, the runners will turn left (marshalled) just before the finish to rejoin the course just after the start point (narrow line with arrow on map).

The course is a mix of farm tracks, woodland paths, and field edges with plenty of undulation, natural obstacles and overtaking opportunities. It takes place mostly on private land but does cross rights of way so please be respectful of anyone on the course.

You will notice several man-made obstacles about the course. These are not part of the race and must not be attempted.



Lap elevation profile:

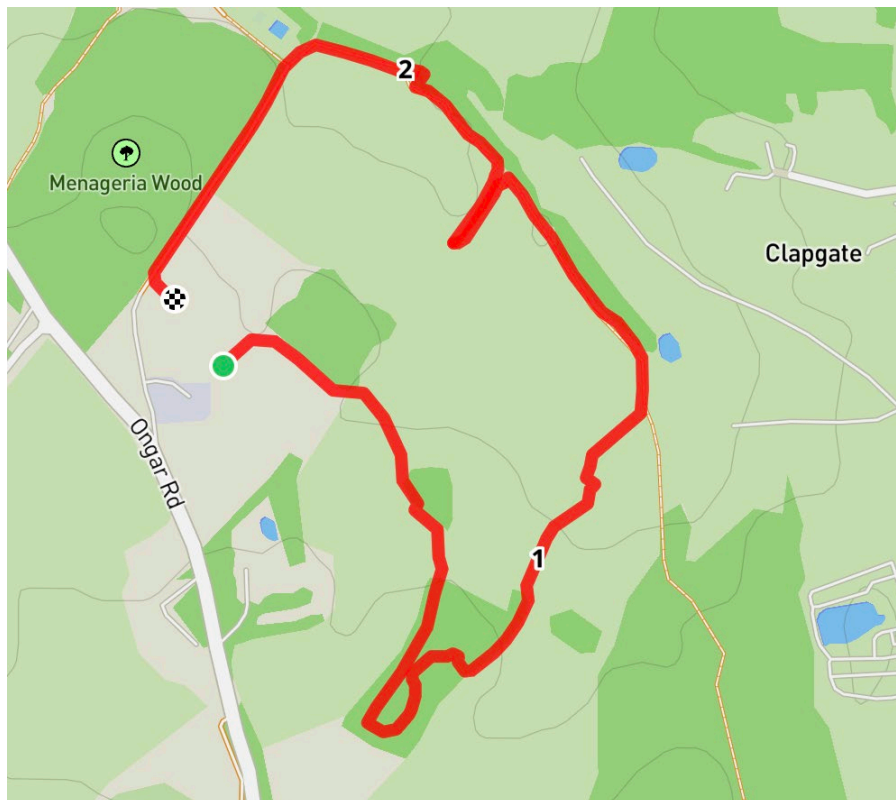


Junior Course Map

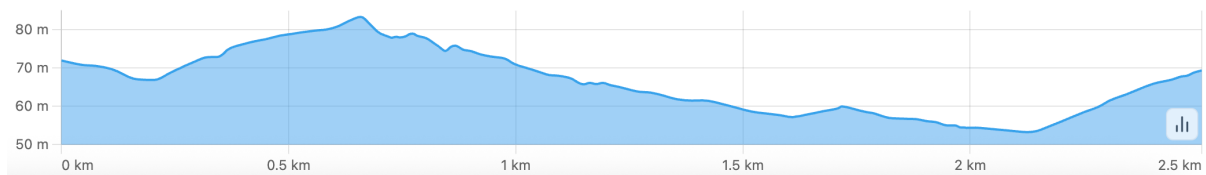
The Junior course is approximately 2.5km, following the first half of the Senior course before taking a left turn after 2.1km to head uphill to the finish.

As with the Senior course, it is a mix of farm tracks, woodland paths, and field edges with plenty of undulation, natural obstacles and overtaking opportunities. It takes place mostly on private land but does cross rights of way so please be respectful of anyone on the course.

You will notice several man-made obstacles about the course. These are not part of the race and must not be attempted.



Elevation profile:



Results and Fees

Score sheets should be placed in the box on the table in the raised decking area

Fees to be paid directly to the league account