

NF 100 SPORTIVE 8th JUNE 2024

LONG ROUTE - 163km - 1123m

MEDIUM ROUTE - 116km - 800m

SHORT ROUTE - 67km - 448m



1.6 km - 3.2 %



101

100

110



LANDFORD

BREAMORE

90



1.0 km - 4.2 %

122

120

1.2 km - 3.8 %



130

MINSTEAD

IBSLEY

77 77



81

80



LYNDHURST

90

RINGWOOD

70

140

1.0 km - 5.4 %



START FINISH

100

50

150

BEAULIEU

110

60

10

EXBURY

SOPLEY

50

45



20

60

40



NEW MILTON

37 37 37

DOWNTON