

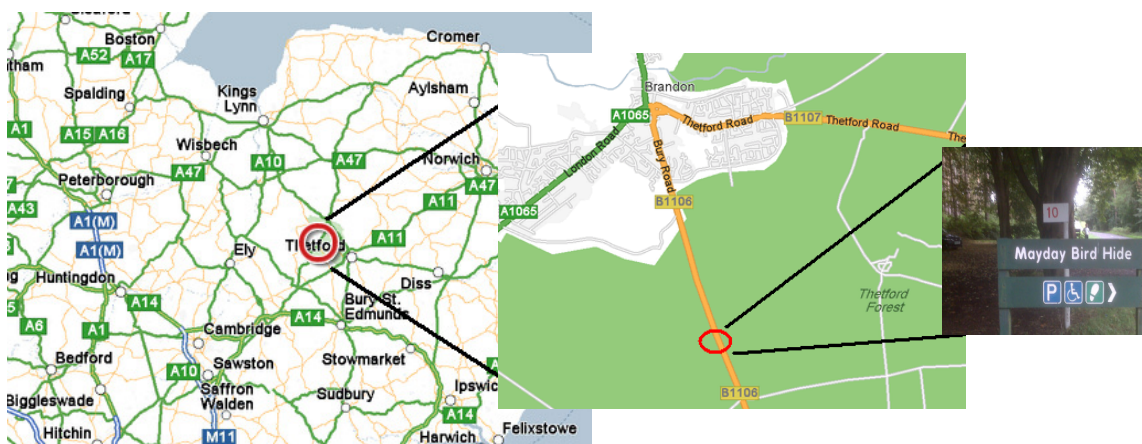


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Mud and Mayhem 21st March 2010 Race Details

Race Location: The event will be located in the Mayday area of Thetford Forest, already famous for some great MTB racing. Enter via Fire Road 10 Mayday Bird Hide entrance off the B1106



- Parking:** Ample parking in the Mayday area.
- Race Registration:** Opens at 09:00 collect race numbers one for the front of the bike one for your running top.
- Race briefing:** 10:30
- Race Starts:** 11:00
- Refreshments:** SIS and water available during the race Tea coffee and Fruit cake post race.
- Helmets:** **Must be worn. NO helmet NO racing**