

2026 LDWA Forest Marathon – Autumn

26th September 2026



Some information that will be useful.

Location:-

HQ is located in Henley in Arden Memorial Hall, Station Road.

This is where we start and finish.

There is no parking for entrants here.

Parking:- Parking and Public Transport

The station is 0.2 mile away with hourly trains from Birmingham and Stratford

There are bus stops on the high street with X20 and X21 services

If driving the nearby car parks are listed below We will not be marshalling them. The prices are for all day weekend parking. There are the usual parking apps to pay you are responsible for these charges.

Station Car Park - 51 spaces (0.2 mile) £4.90– stealthier.throats.acclaimed

North Car Park – 91 spaces (0.4 mile) £4:00 cowering.remotest.followers

Prince Harry Car Park - 48 spaces (0.3mile) (Free) – shampoos.solder.trudges

There are a few spaces on the roads around the village but there are also a lot of double yellow lines. Please park considerately so we don't annoy the neighbours.

Toilets:-

There are toilets at HQ, Check point 1 and Check point 2. Between CP2 and CP3 there are some public toilets close to the route.

Menus:-

Start “Breakfast” Bacon Rolls (Mushroom Rolls for Vegetarians), Tea/Coffee

CP1 “Elevenses” Toast/Overnight Oats /Crisps /Biscuits /Sweets
/Tea/Coffee/Pop/Squash

CP2 “Snack Lunch” – Sandwiches, Savouries, Sweets,
Tea/Coffee/Pop/Squash

CP3 “Snack Lunch/Afternoon Snack” – Sandwiches, Savouries, Sweets
Pop/Squash

Finish Hot meal and hot pudding, Tea/Coffee/Squash

Timings:- We have a rolling start – please start at a time that means you will not get to CPs too early. There are a number of stiles in the early miles so a mass start will have you queueing. If you get to a locked gate do not climb it, wait for it to be unlocked. Please do not get to CPs too early - you put pressure on marshals who are trying to get ready. If you are ahead of schedule take in the views snap and a few pictures. The open close times for the CP are on your tally cards and in the route descriptions.

Registration	7:30am to	9:45am
Start	8:00am to	10:00am
Locked Gate 1 (4.5 mi)	9:15am to	11:00am
CP1 (7.1 mi)	10:00am to	11:30am
Locked Gate 2 (8.3 mi)	10:30am to	1:00pm
CP2 (Long only) (15.4 mi)	11:45am to	2:15pm
CP3(Short 14 mi,Long 21mi)	12:10am to	4:45pm
Locked Gate 3 (Sh 16.3/Lg 23.5 mi)	12:30am to	5:40pm
Finish (Short 19.5/ Long 26.7)	1pm to	7:00pm

Navigation

Attached are route descriptions and GPX files for the 2 routes. They share the same first and last legs. Mid way through leg 2 they split. There are several limited access parts of the route that we only have permission to use for the event. Possession of the GPX file and or the Route description does not allow access to these sections of the route on any other occasion.

The RD/GPX are also on the LDWA Heart of England website before the event these will be replaced by GPX files for routes that avoid the on the day access sections.

Kit

If you want a drink at HQ or the CP you will need a mug/drinking vessel. Floppy cups are not great for hot drinks.

We will not be doing a kit check. The weather forecast is changeable at the moment. Last week the ground was not rock hard nor was it muddy. The current forecast is for not huge amounts of rain. There was some long grass on some sections but they may have been mown in the intervening period.

Suggested kit

Some water, some emergency rations, a first aid kit, waterproofs/shade/sunscreen as appropriate. Navigational aids as you see fit – route descriptions, maps, GPX, power packs etc. Head torches should not be needed but the evenings are drawing in.