



**KEY**

- Relatively light damage; will recover naturally. No treatment necessary.
  - Poor cover or bare. Chain harrow as soon as conditions allow and seed with Emorsgate EG4 mix of native grasses in April.
  - Poor cover or bare; similar to condition before cross-country; will not recover, e.g. path, or too heavily used, and/or too shaded and/or too wet. Chain harrow where required as soon as possible.
  - Temporary fence in place.
  - - - Temporary fence required once seeded.
- All compacted areas to be treated with a 'Shockwave' decompactor in April, avoiding tree roots.

Southern Counties Cross-Country Championship