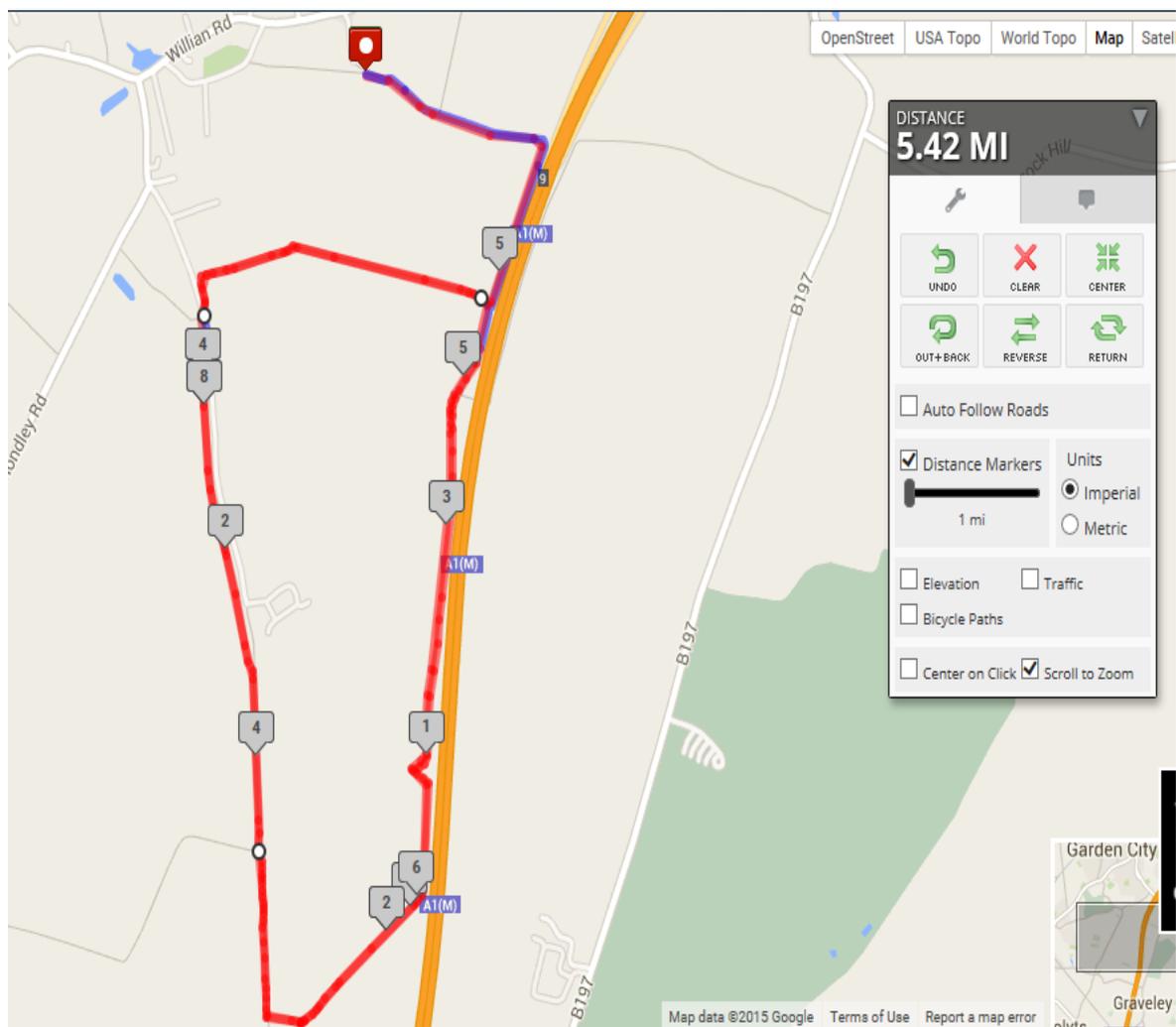


Course instructions and map



Start:

The start will be on a straight and wider section of the Greenway which is fairly flat and on gravel style trails (after the bend – please ignore the road section at the start in red). There are trees and grass on the right hand side – runners told to stay on trail as ground not level.

Runners then continue on this trail (some pot holes but easily seen) with it eventually turning right onto a mud and grass based wide trail around the half mile point.

This continues up a hill then there is a right turn followed by a left turn. The mud path then narrows, although there is some grass either side.

At some points the trail is single file along the next section (although there is space to run on the mud but this will not be advised) and there are tree roots.

At the end of this section there is a right turn to return onto the gravel trail. This again is narrow-ish but can fit 2 runners side by side if using grass also.

This is a fairly short section as there is a slight right onto a much wider trail, with some grass at the sides.

Before reaching the steep downhill section, runners leave the trail and return to a mud and grass based stretch. This heads downhill towards a gate which runners go through – a marshal will ensure safety.

Here runners have a very short road section (50metres) then turn right onto a wooden bridge which returns them to the gravel trail. Runners follow this until they reach a marshal who directs them right for their second lap or left to the finish.

The finish is on the same wide section of trail as the runners started on.

Once they have crossed the finish line, please can runners quickly make their way along the finish funnel to collect their finish place disc, staying in their finishing order.

Spectators / runners who have finished will only be allowed onto the grass area at the side of the trail.