



GREEN ARROW - START
 GREEN LETTERS - MARSHAL POSTS
 RED LINE - MAIN ROUTE
 YELLOW LINE - END OF 2ND LAP INTO
 THE FINISH AREA

THE 5K FAMILY RUN RUN/WALK STARTS AND FINISHES AT THE MAIN START/FINISH LINE ALONG CHERRY TREE AVENUE.

FOLLOW THE ROAD TRAVELLING AWAY FROM THORESBY HALL TOWARDS THE GATES AND STONE BRIDGE. ONCE OVER THE BRIDGE BEAR LEFT TO FOLLOW THE PATH THROUGH THE TREES.

AFTER EMERGING FROM THE TREES, WITH THE CHURCH ON YOUR LEFT, TURN LEFT ON TO THE ROAD, RUNNING PAST THE TANK MUSEUM.

FOLLOW THE SIGNS WHICH WILL GUIDE YOU ON LEFT TURNS THROUGH THE VILLAGE OF PERLETHORPE. NEXT A SMALL CLIMB PAST THE OLD ESTATE COTTAGES.

APPROACHING THE TREE LINE ON YOUR LEFT YOU WILL SEE THE NEXT DIRECTION SIGN POINTING LEFT TO TAKE YOU THROUGH THE WOODS HEADING BACK TOWARDS THE START. PLEASE NOTE THAT THERE ARE A NUMBER OF RAISED TREE ROOTS THROUGH THIS SECTION.

EMERGING FROM THE WOODS FOLLOW THE CHANNEL GUIDING YOU ROUND THE FIELD AND LOOPING BACK IN FRONT OF THORESBY HALL WHERE YOU START LAP 2 OF THE 5K ROUTE, AT THE END OF THE 2ND LAP ATHLETES FOLLOW THE YELLOW LINE AROUND TO THE TOP OF CHERRY TREE AVENUE AND ONTO THE FINISH STRAIGHT.

AT THE END OF YOUR 2ND LAP YOU WILL COLLECT YOUR WELL EARNED MEDAL.