



RED / GREEN SQUARE - START POINT

GREEN ARROWS - DIRECTION OF TRAVEL

BLUE DOT - WATER STATION

ORANGE DOT - MARSHAL POINT

1 - TOP OF HILL ENTERING WOODS

2 - PRIVATE ROAD CROSSING

3 - EMERGING FROM WOODS ONTO ROAD

4 - PERLETHORPE VILLAGE

5 - RIGHT TURN MERGING WITH 10K AND 10 MILE ROUTE

6 - 5k/10k MERGE AREA - NEAR STONEBRIDGE

Numbers of laps: 2

Direction of travel - anticlockwise