



Distance: 10k over 1 lap distances in km

Starting on the road adjacent to Thoresby, athletes run a short distance downhill towards Cherry Tree Avenue, turning left to join the main route.

The first 2k are on tarmac through open countryside.

2k-3.3k is through open woodland.

3.3k-5.5k is through ancient woodland

5.5k-8.5k is a mixture of open woodland and farmland

8.5k-9.5k takes a route past the lake

9.5k-10k is across paths close to Thoresby Hall

The finish line will be along the same road facing the trees. Here it is marked on the grassed field to show it on the map.