



STARTING FROM MONKS DYKE PLAYING FIELDS (MDPF) ATHLETES RUN TO THE EDGE OF THE FIELD, WALK INTO THE ROAD TURNING RIGHT, MOUNT THEIR BIKES AND PROGRESS ALONG MONKS DYKE ROAD REACHING THE MINI-ROUNDBOUT TO TURN LEFT ONTO ST BERNARDS AVENUE.

AT THE END OF ST BERNARDS AVE ATHLETES GO THROUGH THE FIRST FOOT DOWN JUNCTION, STOPPING BEFORE CHECKING AND TURNING RIGHT ONTO EASTFIELD ROAD.

AFTER 1.6KM ATHLETES TURN LEFT ONTO TICKLEPENNY'S LOCK AND AT THE END OF THIS ROAD TURN RIGHT ONTO ALVINGHAM ROAD. FOLLOW ALVINGHAM ROAD AND AT 5.5KM TURN LEFT ONTO YARBURGH ROAD.

AT 7.3KM, BEFORE REACHING YARBURGH THE ROUTE TURNS LEFT ONTO WESTFIELD ROAD PAST GROVE FARM, AND AT THE 'Y' JUNCTION TURNS RIGHT ONTO BRACKENBOROUGH ROAD.

THIS CONTINUES NORTH TOWARDS CONVENTHAM ST MARY JOINING INGS LANE BEFORE ENTERING THE VILLAGE. AT 11.9KM THE ROUTE TURNS RIGHT TOWARDS YARBURGH AND YARBURGH ROAD FOLLOWING THE ROUTE BACK ALONG THE ROUTE, BACK TO MDPF AND TRANSITION.