

Miles Leg Total	Group A - target pace 10:15 min miles 5.6 miles approx	Miles Leg Total	Group B - target pace 9:15 min miles 6.3 miles approx	Miles Leg Total	Group C - target pace 8:15 min miles 7.2 miles approx	Miles Leg Total	Group D - target pace 7:15 min miles 8.2 miles approx
1.31	1.31 13:25 <b>Start 4th - 40 secs after Bs</b> Left out of Bordeville Cross with care at top of hill Straight past 3 mini roundabouts Right into Coppice Rd  <b>Stop on grass island</b>	1.51	1.51 13:58 <b>Start 3rd - straight after Cs</b> Left out of Bordeville Cross with care at top of hill Straight past 3 mini roundabouts Right at Balk Rd (Unadopted) Immediate right into Spinney Lane Left at the end - Coppice Rd  <b>Stop on grass island</b>	1.66	1.66 13:41 <b>Start 2nd - straight after Ds</b> Left out of Bordeville Cross with care at top of hill Right at 3rd mini Rdbt into Rutland Way 3rd Right into Parkfield Rd Follow round to left, right at end Continue to village hall, about turn 1st right into Coppice Rd  <b>Stop on grass island</b>	1.88	1.88 13:37 <b>Start 1st</b> Left out of Bordeville Cross with care at top of hill Right at 3rd mini Rdbt into Rutland Way 3rd Right into Parkfield Rd Onto gravel track behind school Right at the end, go to gate at end of rec About turn, straight up to Church St Follow round left into Rutland Way Right into Coppice Rd  <b>Stop on grass island</b>
<b>Next stop is As &amp; Bs only - warn runners to be in correct group</b>		<b>Next stop is Cs &amp; Ds only - warn runners to be in correct group</b>					
1.01	2.32 10:21 <b>Start 4th - 60 secs after Cs</b> Turn round - back to main road Left down to 1st min Rdbt, turn left 3rd Right into Parkfield Rd 3/4 way round Parkfield jink right / straight Onto gravel track behind school Right at the end, through rec and kissing gate Immediate right, follow round field Rejoin path at next kissing gate, turn right Across field to bridge over river  <b>Stop WITH Bs in layby by bidge over river</b>	1.27	2.78 11:44 <b>Start 2nd - IMMEDIATELY after Ds</b> Turn round - back to main road Turn right, over hill down to New Road Turn right, lleft at village over White Bridge Turn right, head out to Belmesthorpe  <b>Stop WITH As in layby by bidge over river</b>	1.31	2.97 10:48 <b>Start 3rd - IMMEDIATELY after Bs</b> Turn back along Coppice Rd Left at the end Follow road round to right then left Run left inside white line Turn right after Post Office Over White Bridge & turn left Right at main road - UP Ryhall Hill :-) Just past small road on right Opposite footpath on left ABOUT TURN  <b>Stop WITH Ds at small side road</b>	1.48	3.36 10:43 <b>Start 1st</b> Continue along Coppice Rd Right at main road Continue along main road footpath Up Ryhall Hill Contiue towards Essendine  <b>Stop WITH Cs at small side road</b>
2.05	21:00 <b>Start 2nd - straight after Bs</b> Road to Belmsthorpe Left at junction Out of village eventually turn right (Single file through village and long strt rd) Run tight right single file	2.44	22:34 <b>Start 1st</b> Road to Belmsthorpe Right at junction Opposite road to Newstead ABOUT TURN Out of village eventually turn right (Single file through village and long strt rd) Run tight right single file	2.68	22:06 <b>Start 2nd - straight after Ds</b> Take small side road Straight on at T junction	3.14	22:45 <b>Start 1st</b> Continue to Essendine Opposite 1st house on left, ABOUT TURN Left at small side road Straight on at T junction
1.04	3.36 10:39 <b>Stop at start of bridleway on right</b>	1.17	3.95 10:49 <b>Stop at start of bridleway on right</b>	1.37	4.34 11:18 <b>Stop at start of bridleway on right</b>	1.66	5.02 12:02 <b>Stop at start of bridleway on right</b>
1.07	4.43 10:58 <b>Start 3rd - straight after Cs</b> Proceed along bridleway to Cobbs Nook When joining road go straight on Right at footpath  <b>Cross stile and stop in field</b>	1.07	5.02 9:53 <b>Start 4th - 60 secs after As</b> Proceed along bridleway to Cobbs Nook When joining road go straight on Right at footpath  <b>Cross stile and stop in field</b>	1.33	5.67 10:58 <b>Start 2nd - straight after Ds</b> Proceed along bridleway to Cobbs Nook When joining road go straight on Go past footpath Run for approx 60 secs and ABOUT TURN Back to footpath  <b>Cross stile and stop in field</b>	1.49	6.51 10:48 <b>Start 1st</b> Proceed along bridleway to Cobbs Nook When joining road turn right At Belmsthorpe Grange (1st big house) ABOUT TURN Right at Cobbs Nook along to footpath  <b>Cross stile and stop in field</b>
1.19	5.62 12:11 <b>Start 3rd - 30 secs after Bs</b> Diagonal path down hill Cross river Direct to far corner of meadow Turn right at main road  <b>Stop at Borderville</b>	1.32	6.34 12:12 <b>Start 2nd - straight after Cs</b> Diagonal path down hill Cross river, right up hill along field edge Left at the top, right at end of field Turn right at main road Right path as far as poss  <b>Stop at Borderville</b>	1.53	7.20 12:37 <b>Start 1st</b> Diagonal path down hill Cross river Direct to far corner of meadow Turn left at main road Right into Doughty St, cross into Rutland Rd Right at the end, left at main road  <b>Stop at Borderville</b>	1.66	8.17 12:02 <b>Start 4th - 30 secs after As</b> Run along left side of field Right at the end, right at the bottom Cross river & direct to far corner of meadow Turn right at main road Left at Rutland Rd 1st Right, right at the end, left at main road  <b>Stop at Borderville</b>

All 4 stops at the same places for all groups

Feel free to swap groups - run one or two legs or more with the group above or below

**BWARE CONJESION ON LAST LEG GOING OUT OF TOWN - ABSOLUTELY NO RUNNING IN THE ROAD !!**

**NOTE THAT IF GROUPS START LAST LEGS AS STATE ABOVE AND RUN TO TARGET PACE THERE WILL BE LIMITED NEED FOR OVERTAKING ON LAST SECTION**