

Miles Leg Total Time				Miles Leg Total Time				Miles Leg Total Time				Miles Leg Total Time			
Group 10 - target pace 10:15 min miles 5.4 miles approx				Group 9 - target pace 9:15 min miles 5.6 miles approx				Group 8 - target pace 8:15 min miles 6.9 miles approx				Group 7 - target pace 7:15 min miles 8.0 miles approx			
Start 4th Up Wothorpe Rd Left along Church St, right at the end Right path to Zebra, cross to left path Continue past Burghley Bottle Lodges				Start 3rd Up Wothorpe Rd Left along Church St, right at the end Right path to Zebra, cross to left path Continue past Burghley Bottle Lodges Left into Golf Club - tarmac road is a public FP After 45 secs about turn and run back to road				Start 2nd Up Wothorpe Rd Left along Church St, right at the end Right path to Zebra, cross to left path Continue past Burghley Bottle Lodges Continue past Golf Club for 1 minute About turn and run back to Glof Club Shout to run single file as pass each other aftr turning				Start 1st Up Wothorpe Rd Right along A43 Left up 1st Drift Follow round to left at the top Right at London Rd			
0.92	0.92	9:25	Stop at Golf Club, cross road during break	1.02	1.02	9:25	Stop at Golf Club, cross road during break	1.14	1.14	9:25	Stop at Golf Club, cross road during break	1.39	1.39	10:04	Stop at Golf Club, cross road during break
Start 4th Proceed along Warren Rd, over the A1 Continue when track turns into path Cross A43 to right path - TAKE CARE Right, down High St to bottom of dip				Start 3rd Proceed along Warren Rd, over the A1 Continue when track turns into path Cross A43 to right path - TAKE CARE Right, down High St to bottom of dip Have a rest - and wait for other groups				Start 2nd Proceed along Warren Rd, over the A1 Just after Wothorpe Hall take right footpath At the end of the grass path bear left Left at small junction Cross A43 WITH CARE, turn left At Easton turn right down High St				Start 1st Proceed along Warren Rd, over the A1 Continue when track turns into path Cross A43 to right path - TAKE CARE Continue to Easton, stay on A43 footpath Turn right into New Road At end turn right down High St			
1.34	2.26	13:44	Stop by old barn - where the path is quite wide	1.34	2.36	12:23	Stop by old barn - where the path is quite wide	1.90	3.04	15:40	Stop by old barn - where the path is quite wide	1.95	3.34	14:08	Stop by old barn - where the path is quite wide
Start 4th Turn back - up to A43, turn right SINGLE FILE ALONG RIGHT PATH TAKE CARE BESIDE BUSY A43 Take 2nd right Porters Lane (By The Oak Inn) Right at cross roads into High St Left after Bluebell, down Church St Continue down to botton of the dip Up the hill to the Church				Start 3rd Turn back - up to A43, turn right SINGLE FILE ALONG RIGHT PATH TAKE CARE BESIDE BUSY A43 Take 2nd right Porters Lane (By The Oak Inn) Straight over cross rds into West St Continue, bends left then right, becomes a track Turn right on track to Church				Start 2nd Continue along High St, past Blue Bell Right at West St Continue, bends left then right, becomes a track Continue past Gamekeepers				Start 1st About turn Turn right by Blue Bbell - Church St Down dip, up the other side Turn left immediately after Church Right at the far end of track Down past Gamekeepers			
1.00	3.26	10:15	Stop WITH 9s at the end of the Church Yard	1.11	3.47	10:15	Stop WITH 10s at the end of the Church Yard	1.26	4.30	10:23	Stop WITH 7s at Railway, cross in break TAKE MASSIVE CARE AT RAILWAY RUNNING LEADERS act as Lookouts / Marshalls	1.38	4.72	10:00	Stop WITH 8s at Railway, cross in break TAKE MASSIVE CARE AT RAILWAY RUNNING LEADERS act as Lookouts / Marshalls
Start 1st Take footpath opposite Church Yard Follow path over stiles & fields Drop down the hill, across field TAKE MASSIVE CARE AT THE RAILWAY RUNNING LEADERS act as Lookouts / Marshalls Continue under A1				Start 2nd 90 secs after 10s Take footpath opposite Church Yard Follow path over stiles & fields Drop down the hill, across field TAKE MASSIVE CARE AT THE RAILWAY RUNNING LEADERS act as Lookouts / Marshalls Continue under A1				Start 2nd Continue to river Turn right just before river and follow bank Pass under the A1 Continue past the weir bridge After approx 100 yards				Start 1st Continue to river & cross it After river turn immediate right into footpath Up to Tinwell village, right at man road Over A1 then turn right opposite Exeter Gdns, Down the hill to the river. Cross the river and turn left After approx 100 yards			
0.95	4.21	9:44	Stop at junction of paths at the river	0.95	4.42	8:47	Stop at junction of paths at the river	1.14	5.44	9:24	Stop at junction of paths by the river	1.54	6.26	11:09	Stop at junction of paths by the river
Start 4th Follow the river, river on your left, cross at bridge Follow meadows path, bear left to Waterfurlong At Waterfurlong take narrow paved path by stream At end follow Austen Friars Lane Turn rght, then right down cobbles Along Bath Row Right at the Meadows				Start 3rd Turn left for 100 yards river on your right Cross river at weir bridge and up the hill Take footpath on right half way up the hill Across fields, past allotments Turn right down Waterfurlong At the end right then immediate left Across 1 field then left at main meadows path				Start 2nd About turn, run 100yards river on your right Cross river at wier bridge and up the nice hill Right at Tinwell Rd Along Rutland Terrace and St Peters St Bear right at Bust Station Right down Castle Dyke Across the Meadows				Start 1st About turn, run 100yards river on your right Cross river at wier bridge and up the nice hill Cross to Exeter Gdns Follow round to right Right at Roman Bank down to Tinwell Rd Cross over into Waterfurlong At the end right then immediate left Across 1 field then left at main meadows path			
1.19	5.40	12:11	Stop at the Cattle Market	1.19	5.61	11:00	Stop at the Cattle Market	1.50	6.94	12:22	Stop at the Cattle Market	1.75	8.01	12:41	Stop at the Cattle Market

PLEASE NOTE SPLIT 3rd STOP - 10s & 9s at one place, 8s & 7s at another !!

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

Route 43 – Elevenes v2 – 4.76 Miles

Straight out of Cattle Market to Wothorpe Road

At the top, cross A43 with care

Right along the A43 to First Drift

Turn right into First Drift side road

Through the alley way and across the fields

Stop at the gate (2nd Field)

0.9 miles

Continue along the track and under the A1

Head right along Wothorpe Hill

Follow the track along the edge of the Towers

Right at Warren Road

Stop at the end (A43)

1.20miles

Cross A43 with extreme care!

Bear right into High Street

Right into Church Street

Follow all the way to the Church

Stop at the car park entrance

0.9 miles

Cross the car park and over the style

Down the hill!

Cross train track with extreme care!

Leaders to act as lookouts/marshalls

Track across the field and under A1

Follow the river along

Stop where the paths meet

1.0 miles

Continue along the river path

Over the bridge

Across the Meadows

Stop at Cattle Market

0.76miles