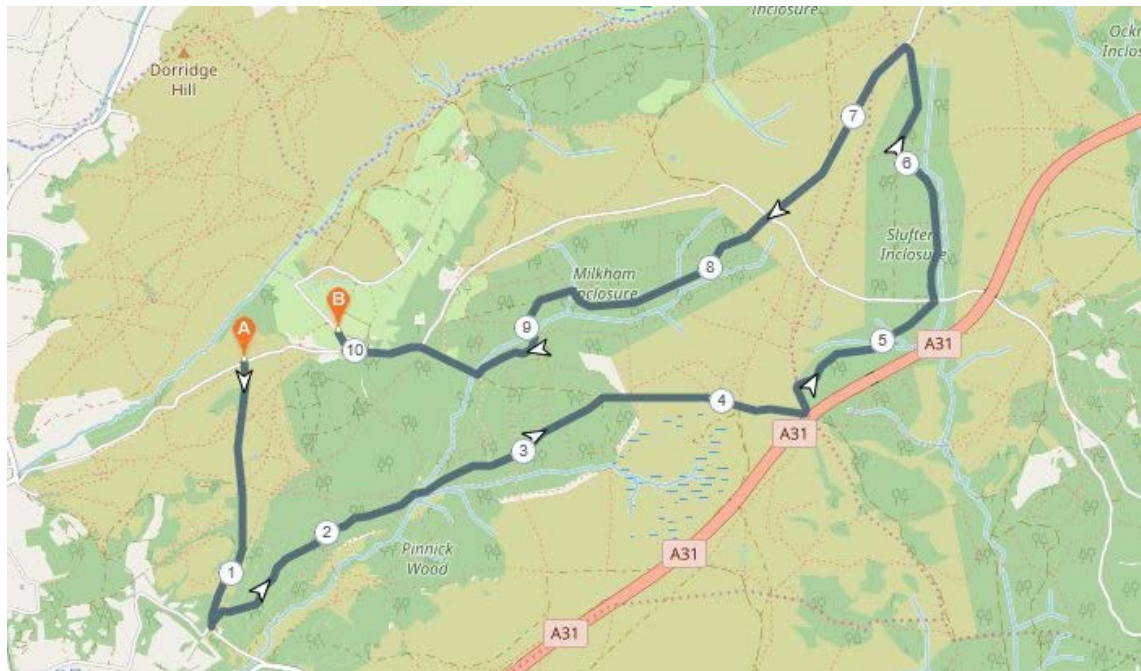


10/ 20.5 MILE LAP



All routes are fully marshalled. This is 90% vehicular track and 10% road

Start: 800m west of Red Shoot Pub **Finish: Inside the Camping park**

The start is straight into a short 200m gradient. Continue along the top of the plain along the vehicle track until you reach a wooden single bar gate, carry straight on until the track turns into tarmac road. Continue 'dead ahead' along the road until you reach feed station 1. At feed station 1 turn sharp left down into the wood and through a wooden gate/ pedestrian gate. Continue through the woods for 3 Kms.

At the T junction in the track follow the signs that read, "All other runners TURN RIGHT at junction" and turn right. You will exit the wood through a gate. After 1 Km the track veers left alongside the A31 and into Bratley Inclosure. Drop down the gradient to a road crossing (road not closed) and arrive at water point 2. Continue straight on into Slufter's Inclosure and stay on the light stone track for 1.5 km until you reach the road. Turn left onto the road towards Milkham Inclosure and Feed Station 3.

At Feed station 3 go through the Milkham car park and back into the woods. Follow the light stone track for just over 2 Km before reaching a T junction. Turn hard right to go up the only real hill on the route which last for approx. 200 metres. Go through the gate past Rose Cottage and turn left onto the road for 1 Km. Turn right past the pub, run down the road and turn right into the finish paddock.

THERE ARE NO KM MARKERS ON ANY ROUTES DUE TO THE CONFUSION IT WOULD CAUSE WITH MULTIPLE RACES TAKING PLACE AT ONCE