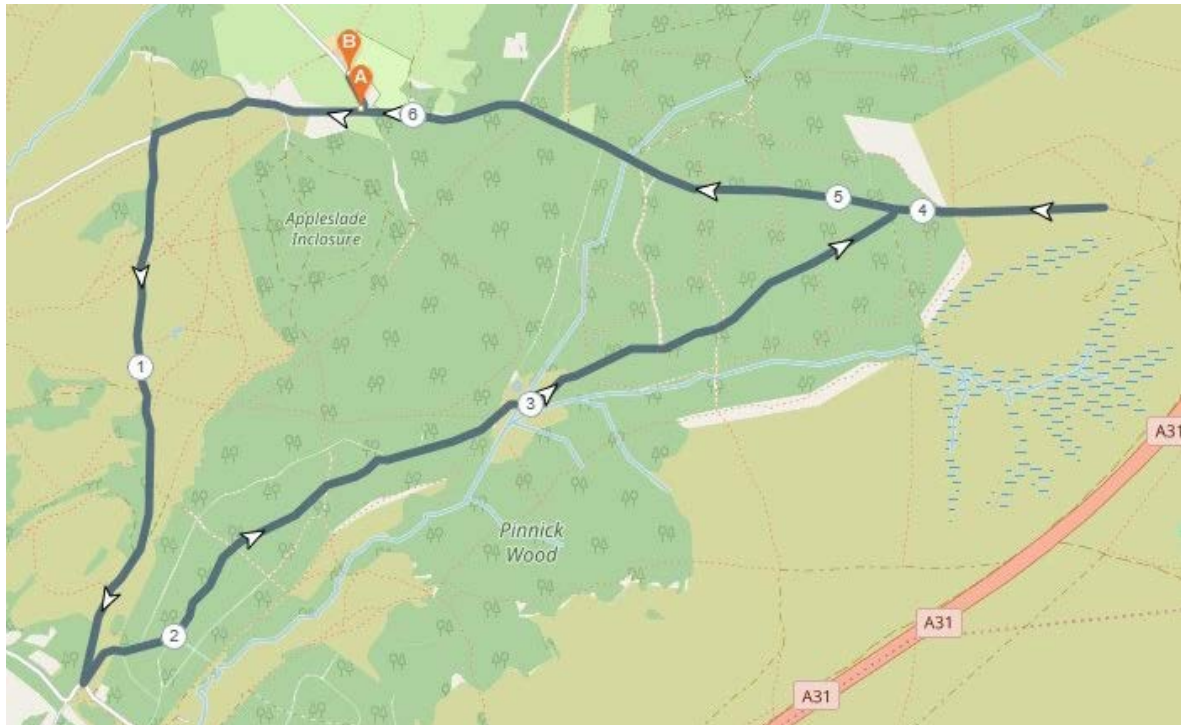


## 10KM



All routes are fully marshalled. This is 85% vehicular track and 15% road

**Start:** Outside the Red Shoot Pub      **Finish:** Inside the Camping park

From the start head west along right hand side of the road for 0.8 km. Turn left up a stoney track and up a short 200m hill. 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 wood (and through 2 x 5 bar gates) for 3 Km. At the T junction in the track turn right. Follow the track through gate for 400m and complete a dead U turn. When you have completed the U turn you will run back through the gate and along a track for just over 3 KMS. After 2.4 Km you will be running up the courses only moderate hill and past Rose Cottage. You will exit the wood through a gate, continue up the drive away from the cottage and turn left onto the road. After 0.8 Km turn right past the pub and down Tom's Lane to the finish.

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