



We congregate at the lakeside cafe from 8:30am and we give a race brief at 8:55am. The start is at **9:00am** and approximately 100 metres away from the cafe (**The green arrow on the map**)

The course consists of a short 1.5KM lap (shaded in red) and a 3.5KM lap which takes you up and around the Hall, then back down around the lake. You finish the opposite way to the way you started, shown as a red circle on the map.

- From the start run down to turn 1 **"T1"**, this is a sharp left turn "up the hill" towards Heaton Hall.
- Go a third of the way up the hill till you reach turn 2 **"T2"** and turn left (There is usually a marshal here to help you locate the turn).
- Continue down the path through the trees until you reach the end of the path and turn left **"T3"**. You have now completed **1KM!!!**
- The next turn is a sharp left back towards the cafe, a marshal will point you the way and this is **"T4"**.
- After you pass the cafe you have now completed the short lap! Continue down to the left turn "up the hill" at **"T1"**. When you go past the trees you will have completed **2KM**.
- This time go up the hill but **DO NOT** turn off this path, run, jog, crawl up the to the top of the hill and turn right at Heaton Hall **"T5"**, continue down the path, keeping the golf course to the right. Once you have passed half way through the main tress, you are now going downhill!!!! You have gone **3KM**.
- When you exit the trees, carry on down the road keeping Heaton Hall to your left and the farm to your right.
- Go all the way down the hill towards the lake until you reach **"T6"** and take the path around the lake **NOT** the sharp left to the cafe, a marshal should be there to guide you.
- Follow the path around the lake, keeping it always to your left! You will pass the colonnade on your right and turn left at **"T7"**. Take care of the gate post (Orange cones will make it more obvious).
- Follow the path all the way around the lake (don't go up the path to the car park... you ain't finished yet!)
- You will come to a T junction at **"T9"** and you turn left, this is the last turn! When you reach the finish it will be on the right hand side of the path, your time will be clocked as you pass the timer. At the end of the funnel you will be handed a finishing position token.
- Take your token back to the registration desk at the cafe and we will register your name against your position... don't forget your barcode!!! This speeds up registration massively