

Which Running Club ?

11..... 12..... 13.....



14.....



15.....



Which parkrun ?

16.....

The course is one small and two large anti-clockwise laps of the lake. Starting by the pigeon-house near the car park, run one lap of the tarmac path, keeping the lake to the left at all times, back to the start. Then, following the same path, continue along the south side of the lake. Just before the first bridge, turn right, and run approximately 300m to a turn-around point. Return to cross the bridge and run along the northern side of the lake to the start/finish, then repeat for one more lap. Finish on the concrete circle by the start.

17.....

Course Description

The route takes you on mainly surfaced paths with two very short lengths of trail path. Some sections of the course may accumulate mud, leaves and puddles after rain, or ice in winter. Dependent on availability, marshals will be at key sections of the course.

18.....

Location of start

The run starts from a crossroads in the paths behind the leisure centre.

19.....

187	23/12/2017	Charlotte WARD	00:18:49	78.65 %
-----	------------	----------------	----------	---------

20.....

