



## Run Course Instructions

1. You will leave transition via the main entrance of the stadium and onto Willesborough Road travelling south.
2. Continue running along Willesborough road over roundabout into Kennington road then take 1st left into The Street.
3. Continue along The Street taking 1st left after Blacksmith arms into Hinxhill Road.
4. Continue along Hinxhill Road, turn left up the track (off the main road – road not open to motor vehicles!) towards Hinxhill Estate.
5. Continue along the track in Hinxhill Estate to exit left after the church into Goodcheap Lane.
6. At Blackwall Farm turn left into Blackwall Road.
7. Continue onto Blackwall Road South to the end turning right into Willesborough road.
8. Follow Willesborough road travelling north, to the finish back at the stadium. Once in the stadium you will run one lap of the track and cross the finish line.