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| **Loop 1: *Lea* & *Ash* Route**  **(10.5K Route)**  **Loop 1 is for ALL RUNNERS .**  **10K, Half Marathon & Marathon.** | A close up of a sign  Description generated with very high confidence |

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**L = Left R = Right TL = Turn Left TR= Turn Right**

**BL = Bear Left BR= Bear Right LHS = Left hand side RHS = Right hand side**

**X = Cross Rd = Road FP = Footpath WM = Waymarker**

**KG= Kissing gate**

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| Distance (km) | **Directions** |
|  | TL onto tow path – X small footbridge and take L fork keeping River LEA close on L to Rd. |
| **1.0** | Care X Rd – bear slightly L to X Rd and pick up towpath with River LEA on L. |
|  | Carry on along towpath for 450m then take steps to X first bridge over River LEA then TR with river now on R. |
|  | Past 3 small brick buildings on R and continue on tarmac path. |
| **2.9** | Immediately before next bridge on R bear L on tarmac path. |
|  | At path fork BR and continue straight on gravel track and X wooden bridge over River ASH |
| **3.4** | Continue through KG and under bridge. Continue straight ahead  *CARE: tripping hazards e.g. tree roots and concrete stumps!* |
|  | X wooden bridge on R of path – *CARE: overhanging branch*. |
|  | Continue straight ahead, ignoring path on L and X stile on R into field. |
|  | Keep L with barbed wire fence on L to open grass field |
|  | Keep L with River ASH and barbed wire fence on L to far L corner of field. |
| **4.3** | X stile and BL on gravel path |
|  | Through metal gate and immediately past black fronted house on R & opposite telegraph pole – bear 45 degrees L across grass field to ford. |
| **4.7** | X ford, through metal gate and continue straight uphill between buildings to Rd, CARE X Rd. to CHECKPOINT |
| **5KM** | **CHECKPOINT (Drinks Station)** |
|  | Continue on FP (Byway 25) |
| **5.5** | Continue along FP, and at FP junction BR on gravel track & in 15m dirt track (*ignore farm entrances to L and R*) |
|  | In 200m and immediately after small disused wooden bridge on R TL onto Harcamlow Way, across field |
| **6.0** | In corner of field X wooden bridge on L and then TR on dirt track with field on L |
|  | At path junction (big oak tree in front) TR then immed. TR through hedge onto playing field. |
| **Loop 1: *Lea* & *Ash* Route (Page 2)**  A close up of a sign  Description generated with very high confidence | |
| **7.0** | Exit playing field at far L corner (past swings) into cul-de-sac and follow cul-de-sac to Rd. |
|  | TR past school on R. Ignore Ash Rd and Chestnut Av. to TR into Elder Rd |
|  | Continue straight on concrete Rd, then dirt track to Rd |
| **7.7** | CARE TL on Rd and in 25m TR onto Bridleway 52, follow downhill to bottom. |
|  | TL on dirt track with ditch on R (*ignore uphill track on R*) and continue straight ahead |
|  | After Roundhouse Lodge and immed. before Rd, TR onto enclosed path (ignoring private drive on R) past 2 large trees and X stream |
|  | TL to follow lower edge of field and stream on L to Rd |
| **8.9** | CARE X Rd – through metal barriers and take R fork of path junction |
| **9.3** | Continue past children’s play area on L and then onto gravel path, leading to enclosed path up to Rd |
|  | TL and in 20m TR to main Rd (Baldock Street) |
|  | TL and just before roundabout CARE X both carriageways of Rd at traffic island (*you may cross before the roundabout, if safe to do so*) |
|  | TL and where pavement bears R CARE X Rd at zebra crossing. |
|  | TR and in 50m TL through blue metal barriers onto LH path (*play area on R*), follow path to small car park, then run thru to Rd |
| **10.5** | TR and continue to Allenburys car park. Through car park to checkpoint/finish. |

*WELL DONE* TO ALL **10.5 KM FINISHERS!**

A close up of a sign

Description generated with very high confidenceA close up of a logo

Description generated with very high confidence

**Emergency Contact Numbers** **for Race Directors**

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