



1. From Start run along track to end.

2. Turn right down a rough track to the Warren.

3. Through the Warren gate and turn sharp left.

4. Run around perimeter of field back to Warren gate.

5. Turn left down track to the river.

6. Turn right and follow field boundary above river and up to track.

7. Turn left along track, through gate to steps.

8. Up steps and turn right. Run loop to Warren and back to steps.

9. Up steps and turn left.

10. Along track to Finish