**The race:**

**A) The marathon start** is at point A on the map at **9:00**. Run around the field with the children’s play ground then back along the road to the start to begin the first lap proper.

**B)** The **half marathon** start is at point B on the map at **10:00**. Please run along the track towards the Visitor’s Centre and marathon start/finish to begin your first lap proper. Do not turn off the path at point C and go into the woods at this point! **Marathon runners** please note that half marathon runners will be joining the race at point B at 10:00.

**C)** After starting the lap by running behind the Visitor’s Centre, follow the path around Ladyburn Lake. Continue along the path along the south side of the lake until you reach the Chinese Bridge. Cross the Bridge and follow the path along the north side of the lake. When you reach point C turn left up the path which goes into the woods. Do not continue forwards towards the Visitor’s Centre.

**D)** Continue along the path through the woods until you reach the (closed) road. Take a sharp left and continue along the road until you reach point D (about 0.6 miles). At point D you will be directed down the tidal ramp to the beach.

**E)** Run south (about a mile) along the beach until you reach the marshal at point E, where you will be directed onto the path that leads to the drinks station (F).

**F)** Turn left at the end of this path and you should see the drinks station in front of you.

**G)** After the drinks station run past the barrier and turn left along the path that leads past the southern lake. Do not take the path to the right!

**H)** Continue on the path until to meet the marshal at point H. They will direct you to the right along a path which leads to another closed road at point I.

**I)** Follow the road until you meet the next marshal at point J.

**J)** At point J you will be directed to turn right off the road and along path K.

**K)** At the end of the path go through the gate on your left and turn right to the drinks station. At the drinks station you need to turn left through the woods (L).

**L)** This path leads back to the road to the Visitor’s Centre car park. There will be cones blocking off part of the road safely for runners. Continue along the road past the Visitor’s Centre to the marathon start/finish area. Turn left around the roundabout and repeat!

Marathon distance is 4 laps, half marathon distance is 2 laps. When you have finished the required number of laps, please cross the finish line.



H

G

C

A

E

L

K

J

I

F

D

B

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