




-  Water Station
-  First aid
-  1 Mile markers

4

M8 * 2 - Under A9 Bridge - On either side

8

M7 * 2 - Railway Bridge - One on either side of the bridge.

M6b - Steep Dip

3

M17 - Direct runners back along the cycle path.

M9 - 2 way control

5

M17 - turn runners back towards cycle path

M16b - In front of Recycling centre

7

M16 - Return to road path

M6a - Turn runners right at the fork to follow the river path

M11 * 3

M10

M12

M13

M13

M14

M15

M11 - M15 Further Description on separate document



Start

M2 * 2 Turn onto N. Inch

M3 * 2 - Right Turn at Fork, keep runners right as two way passing point.

M3 * 2, outside Bells Sports Centre

1

M4 * 2 - Monument, one on either side of floodgate.

