



## Festive 4 (mile) & Turkey 10k Trail Run

R right TR turn right RHF right hand of fork SA straight ahead X cross

L left TL turn left LHF left hand fork FP footpath BW bridleway

<https://www.mapmyrun.com/routes/fullscreen/2218429621/>

<https://www.facebook.com/events/321035101804905/>

*Distance for both races shown in KM*

Start at in the car park in Mill Green. Head into the common

0.18 - LHF on BW

0.22 - TL onto Mapletree Lane. (gravel road)

0.51 - RHF; stay on Mapletree Lane (gravel road)

1.0 - TR BW into Writtle Forest

1.07 - TL on BW

1.48 - X field

1.67 - X road

1.68 - TL on BW; Follow path around edge of field ignoring FP sign at 1.99km

2.06 - TL in corner of field

2.27 - Ignore FP signs and exit onto Cock Lane (tarmac)

2.39 - TL staying on Cock Lane

2.57 - TL on Ingatestone Road

2.62 - TR onto Metsons Lane BW

3.0 - SA on Metsons Lane as it changes to muddy path and then concrete (uphill)

3.42 - RHF at road junction

3.45 - X road and SA on FP (enter woods by bus stop)

3.85 - - **SPLIT!** - Old Barns Lane:

- 4 milers TL on BW

\*\* - 10k's TR on BW (see below)...

4.28 - X road

5.25 - SA on BW signed to Mapletree Lane

5.45 - TR on BW (same Mapletree Lane in reverse.) Ignore all other FP & BW signs

6.1 - TR on BW back towards carpark

6.22 - TR onto Mill Green Road (caution!)

6.27 - TL in Cricketers Pub car park

Finish is at end of car-park by the marquee. Hand in your race number to collect your food and drink order

\*\* 10k's - from **SPLIT!** - SA on Old Barn Lane for out & back section (concrete & gravel)

5.8 - Turn point. Marked with paint. (If you see a tennis court you have gone too far!)

(rejoin route at narrative at 4.28)

**Emergency numbers: 07774 003 961 / 07946 622 599**