

The Trifarm Spring 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

<http://www.mapmyrun.com/routes/view/1758934199>

Start on FP by the bridge heading West towards Chelmsford. Keep the river on your left until.....(in KM)

- 3.8 TL over footbridge.
- 3.9 SA through field on FP. (Grace's Walk).
- 4.0 SA over strange shaped stile, the SA on FP passing a pylon.
- 4.4 X road and join BW. SA (Grace's Walk/Admiral McHardy Way/Saffron Trail/NCN1).
- 6.1 X road on FP and over a couple of stiles through fenced orchard.
- 6.4 LHF on FP.
- 6.6 SA on steep downhill, X bridge and go up steps.
- 6.8 SA over stile, bridge, stile. Wildside Walk FP.
- 6.9 SA through field on FP (caution – horses).
- 7.0 Stile (broken!), TL onto Chapel Lane.
- 7.1 TR onto FP.
- 7.4 SA wooden bridge and through field.
- 7.6 Exit field at FP. Wooden bridge then TL.
- 7.7 TR onto FP.
- 7.8 TL onto track and then Millenium Walk. Pass Little Baddow Hall. (Exit via stile if gate is closed.)
- 8.2 TR onto road by the church. Head uphill and then TL onto PF.
- 8.3 Follow FP behind the church yard.
- 8.4 TR onto FP and X field (downhill towards the river.)
- 8.7 TL onto FP and over a bridge.
- 8.8 TR over bridge (Church Rd). Stay on grass verge, keeping rd on L.
- 9.2 TR into the Trifarm and then R onto the running track. Anti-clockwise $\frac{3}{4}$ lap of the lake.
- 10. SA to Finish!

Emergency numbers: 07774003961 / 07946622599