MULTISPORT management 2024

HALLOWEEN 5 MILE TRAIL RUN

Key:

UH = uphill HELL; **DH** = downhill HELL; **X** = Crossing paths with……. the devil

TL = turn left (to avoid DEATH) **TR** = turn right (to avoid a sprite 😉)

LHF = left hand fork; **RHF** = right hand fork; **G** = Gate & ghosts

BW Bridleway (of DRACULA) sign; **SA** = straight ahead *(souls aghast)*

FP = footpath (**Foul Phantoms**); **VGW** = Vanguard Way

FTK = fire tracks (to hell); **SDW** = South Downs Way

WW = Wealden Walks / WEREWOLVES; **S** = Stile/spooks

(Distance shown in KILLER Meters):

START. By pub / carpark. **TR** onto The Street. *Caution cars!*

0.1 **TL UH** on Clapham Lane. **RHF** on farm tracks.

0.75 Bear left after farmyard to stay on **BW**.

1.75 **SA BW** right hand field edge.

2k **SA** into the woods.

2.3 **X TR** at post on grass **BW**.

2.6 **G**. **X LHF UH** towards the tree of the DEAD.

3k **TR** through gate onto **BW**. Then **SA** at **X DH** on **WW**.

3.7 **X** Sharp **TL** to join **FTK UH**. **SA UH** on **FTK** until…

4.2 **TR DH** through Forest on **FP**

(Newbarn Drove on Strava.) **LHF** to stay on **FP DH**.

4.55 Follow path around the haunted house. **TR** on **FTK**.

5.8 **TR** onto **VGW** / The Lane. **UH** on track to **SDW** / **VGW**. **G**. **UH**

6.1 **TL** to stay on **SDW**. 6.3 **RHF**.

6.66 **SA** on **SDW** / **VGW** 6.9 **DH** on steps.

7.1 **TR** and over **S**. **UH** on Left hand field edge. **VGW** / **SDW**.

Few more VAMPIRE kissing **G**'s etc. 7.6 Right hand field edge.

8.1 **TL** on Clapham Lane then **TR** onto The Street. *Caution cars!*

Enter the pub at rear door. See Andy the time lord and stop your watch.

Put on your pumpkin medal, hand your race number and soul in at the bar to claim your finishers drink and calm your frazzled nerves!

Emergency use numbers only! Graham 07774 003 961 / Andy 07850 958 371