

HALLOWEEN 5 MILE TRAIL RUN

Key:

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

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!**

