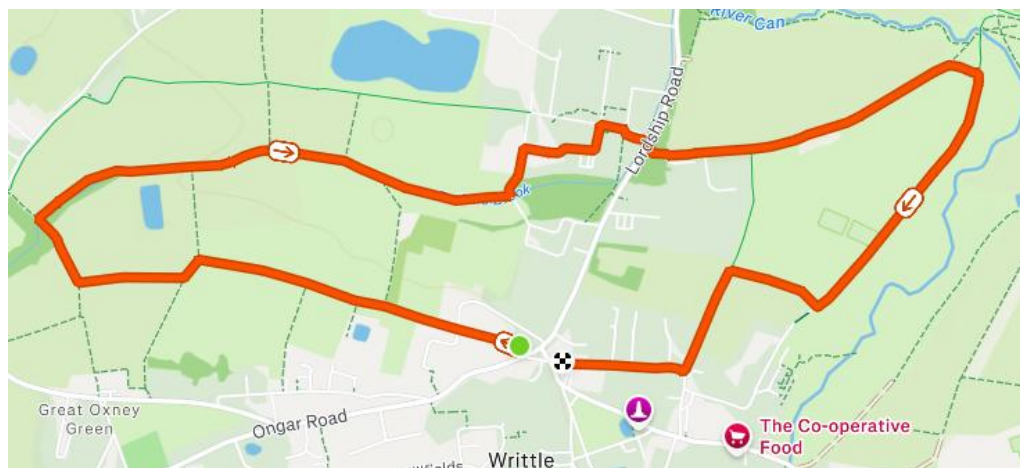


B Bridge; **BW** bridleway; **DH** downhill; **FP** footpath; **L** left; **LHF** left hand fork
LHFE Left hand field edge; **NCN** National Cycle Network; **RD** Road; **RHF** right hand of fork
RHFE Right hand field edge; **SA** straight ahead; **X** cross; **TL** turn left; **TR** turn right **UH** uphill

The Wheatsheaf charity 5k trail run Route on Strava



- Start: **X** Ongar Road together to get to the start by the **FP** sign
- 0.15 **SA X RD FP. SA** through gate
- 0.33 **LHFE SA** to enclosed **FP**
- 0.4 **SA** concrete to gravel
- 0.75 **TL** with trail
- 0.8 **TR** single track **FP**
- 1.04 **TR FP X** field
- 1.2 Into woods, **X B**
- 1.25 **TR** onto path, keep fence on your left
 Keep **SA** crossing paths and keeping fence on your left
- 2.35 Pass fallen tree trucks and **TL** into college car park
- 2.5 **TR** with traffic exit signs
- 2.65 **X** zebra to footpath. **TL** passing the bike sheds
- 2.72 **TR** to shared **FP – NCN**
- 2.85 **X RD** to FOXBOROUGH LANE. **SA** on shared **NCN** (tarmac)
- 3.65 **TR** onto **BW** (Lawford Lane – tarmac to grass)
- 4.3 Sharp **TR!** Through hedge gap – **RHFE**
- 4.54 **TL** onto **BW** (tarmac)
- 4.75 **SA** through gate to houses
- 4.8 **TR** onto St. Johns Road
- 5k **TL** to finish in the beer garden

