

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 ~~abyss~~ 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🕒 & 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!** 🧛🧛🧛