



Stage 1- Great Bowden to Sutton Bassett

Distance: 2.41mi - Start Time: 10:00

The start is at the back of the car park on the Station road side of Great Bowden Recreation Ground.

It will proceed slightly downhill for roughly 60 meters to the small footbridge over the Gunnsbrooke then straight on past the school grounds on the right into Gunnsbrook Close onto main street opposite Manor road.

Great care will be needed here to cross Main street into Manor road. Go straight over the cross roads over Langton road and care will be needed here also. Continue and turn left into Welham lane.

Run over the A6 by pass bridge for approx. 600 meters passing through two right angle bends.

After the 2nd bend take the right turn onto the footpath, which is a wide track which crosses the Welland over a bridge with gates at both ends. Carry on for nearly 3/4 of a mile through 2 gateways until you reach a gate onto the road.

Turn left onto the road (care needed) at a bend after 50 meters turn right into Dingley lane, after a short climb you will come to the changeover.

Your handover runner for stage 2 will run out in the opposite direction to the one you came in on.

PLEASE ENSURE YOU CLOSE AND FASTEN ALL GATES.