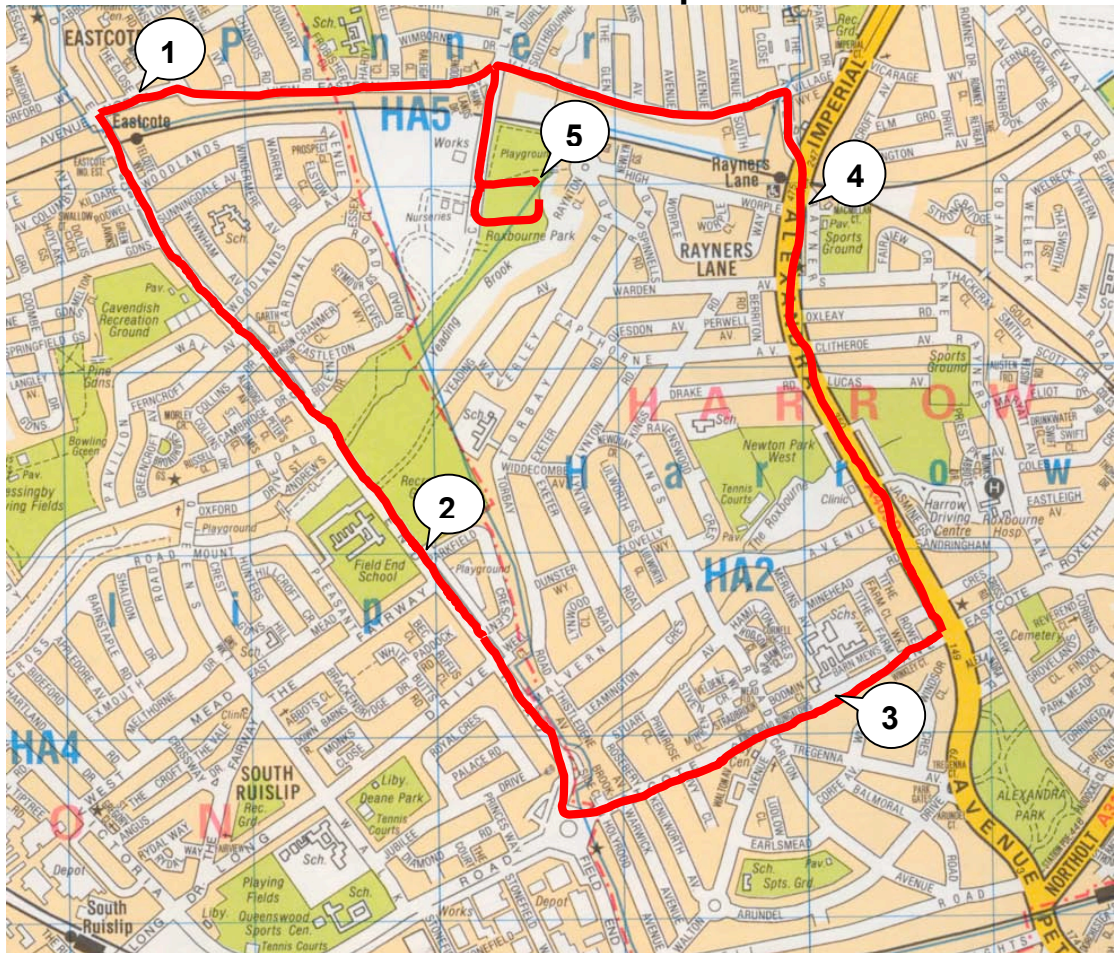


5 Mile Handicap



Quick guide	Full Instructions
<p>Left at major junctions Enter/exit at same gate</p> <p>Start: Lumpy tree, 2/3 way between scout hut & pavilion</p>	<p>The start is on the path that runs from the scout hut round to the pavilion, just beyond second bench by a tree on the right with a lumpy base.</p>
<p>Run past Pavilion, out park, over railway, left at lights</p>	<p>The route goes in front of the pavilion and then follows the path round to the gates that exit the park onto Cannon Lane. Turn right and run up over the railway line to the traffic lights. Turn left into Eastern Avenue.</p>
<p>Left at next lights 1.1 miles</p>	<p>Run to the next traffic lights at Eastcote. Turn left into Field End Road passing Eastcote station.</p>
<p>Left at major roundabout 2.5 miles</p>	<p>Run to the large roundabout by the trading estate in South Harrow passing rear entrance to the park (only drop out point). At the major roundabout, turn left into Eastcote Lane</p>
<p>Left at lights at top of hill</p>	<p>Run uphill past Rooks Heath School to the traffic lights at the junction with Alexandra Avenue. Turn left into Alexandra Avenue</p>
<p>Pass Rayners lane station, left at next lights Station, 4 miles</p>	<p>Run downhill then uphill to Rayners Lane Tube Station. (Resist the temptation to turn down High Worple) Pass the station on your left and continue downhill through the shops (Sainsburys on your left). At the traffic lights at the bottom, turn left into Village Way</p>
<p>Left at next lights, over railway</p>	<p>Run to the traffic lights at junction with Cannon Lane again. Turn left onto Cannon Lane and run back over the railway bridge to the same park gates you left from.</p>
<p>Into park, through middle, finish on right</p>	<p>Enter the park, go left around the island and run straight across the park towards the scout hut. Bear right to finish at the first park bench on the path that runs from the scout hut to the pavilion.</p>