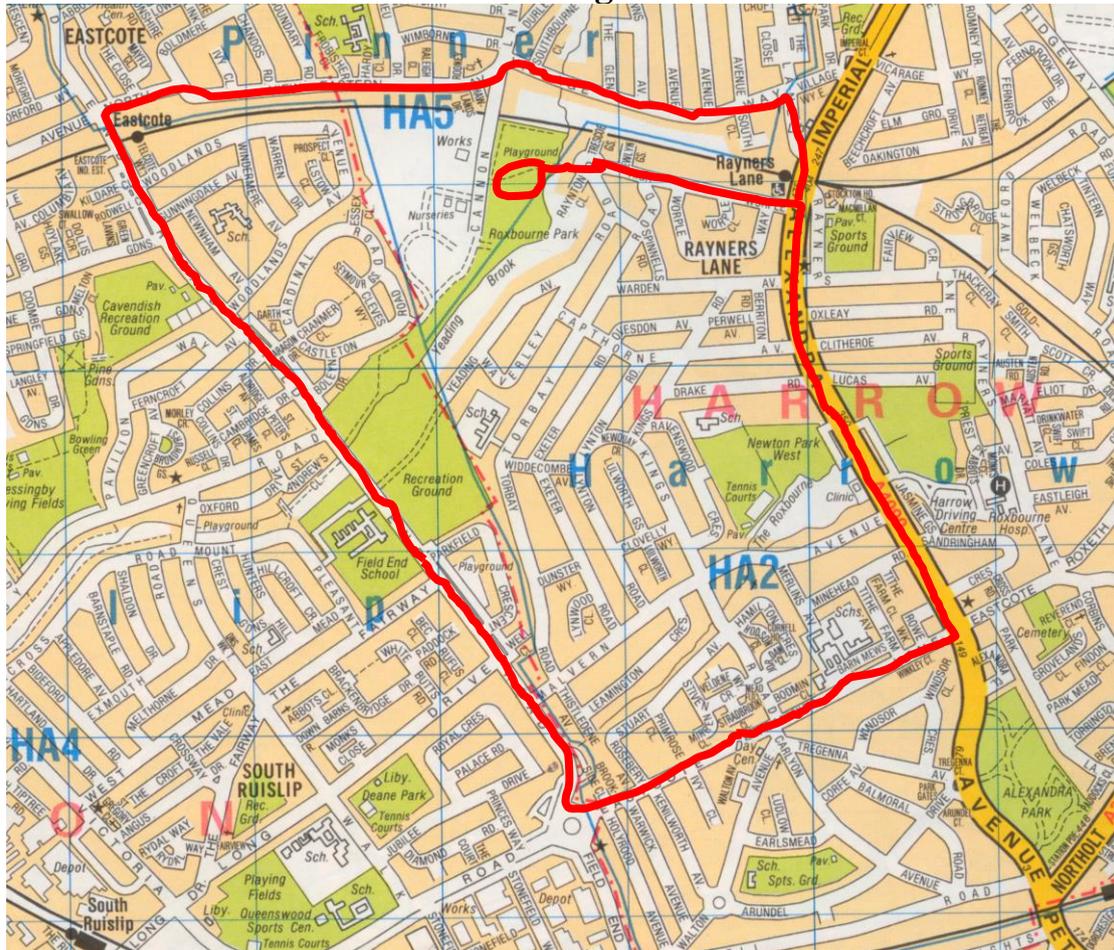


10K Challenge Route



The idea behind the 10K Challenge event is that times are graded according to age, so older runners may be slower than younger runners, but their % effort, when measured against the fastest recorded time for someone of their age, may be better. An online calculator for a whole range of athletic events is available at (<http://www.howardgrubb.co.uk/athletics/wavalookup.php>). We use the 2006 calculator.

- Start is on the main path that crosses the upper park between the scout hut entrance and the Cannon Lane entrance. Facing the scout hut, it is on the fork by the large fir tree as the path bears left to the playground or right to the pavilion.
- Start facing the scout hut and run two small circuits of the park past the pavilion, then carry on down the slope, past the scout hut and into High Worple.
- Run up High Worple and at the top turn right onto Alexandra Avenue.
- Run down Alexandra Avenue for approx 1 mile until you reach the traffic lights at the crossroads with Eastcote Lane. (Garage & Tesco Express). Turn right into Eastcote Lane.
- Run down Eastcote Lane for approx $\frac{3}{4}$ mile until you reach a large roundabout. Bear right into Field End Road.
- Run up Field End Road for approx $1\frac{1}{2}$ miles past the end of Roxbourne Park, and through the shops in Eastcote. Just after Eastcote Tube Station turn right at the traffic lights into North View.
- Run along North View/Eastern Avenue through the traffic lights at Cannon Lane (approx $\frac{3}{4}$ mile). Continue along Village Way till you reach the next set of lights. (approx $\frac{3}{4}$ mile).
- Turn right into Rayners Lane and run up the hill past the shops and Rayners Lane Tube Station. Take the first right after the tube station (High Worple) and run back down the hill and into the park again.
- After crossing the footbridge take the path to the left. Follow the path past the pavilion and almost round to the exit onto Cannon Lane. Finish is just beyond the last bench between two fir trees opposite the School sign on Cannon Lane.