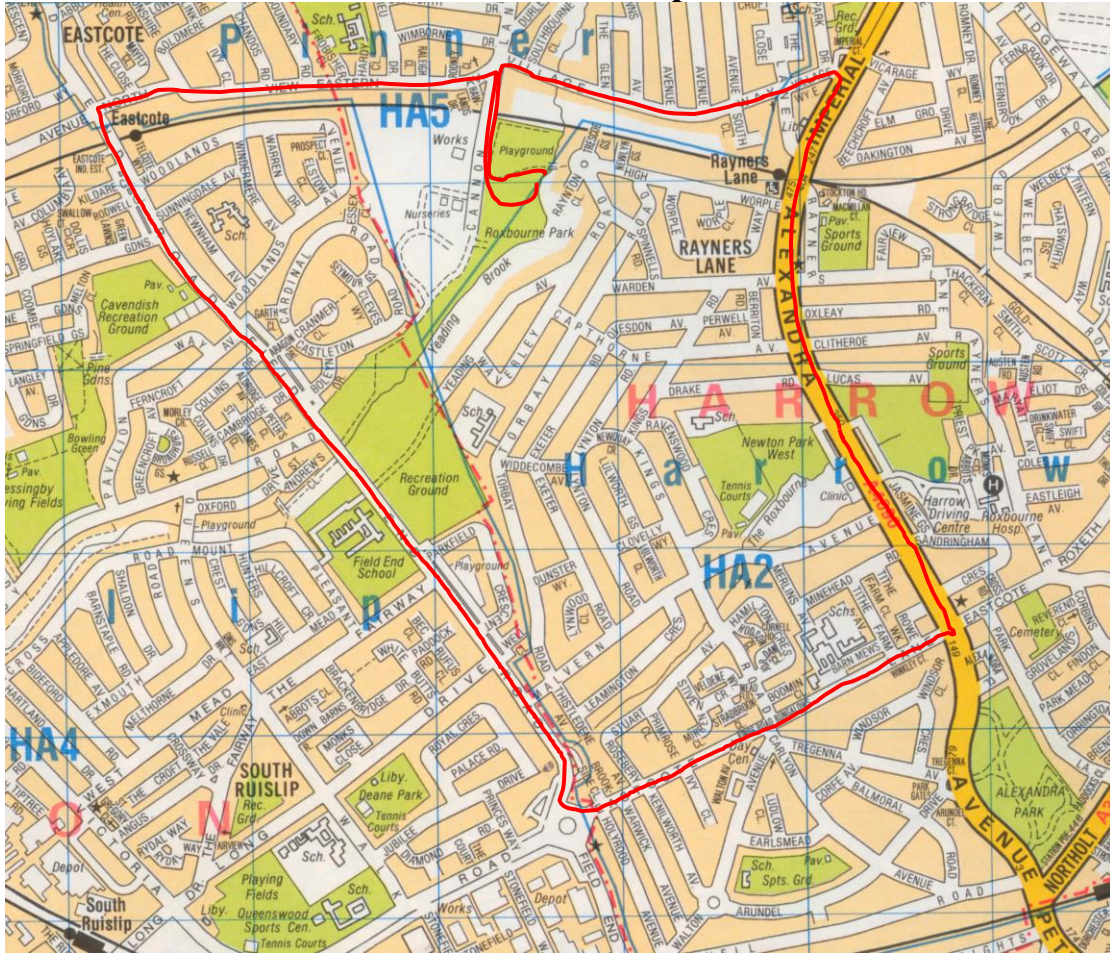


5 Mile Handicap



- To reach the start, leave the scout hut and walk up to the main park. Bear left at the fork and continue around the edge of the park towards the pavilion. The start is by a tree with a very gnarled base.
- Continue along the path in front of the pavilion and bear right, following the path out of the park onto Cannon Lane. Turn right and proceed to the traffic lights.
- Bear left and continue to the traffic lights at Eastcote (approx $\frac{3}{4}$ mile). Turn left and run past Eastcote Tube station. Continue along Field End Road for approx $1\frac{1}{2}$ miles past the far end of Roxbourne park until you reach the large roundabout.
- Bear left into Eastcote Lane and stay on this road for approx $\frac{1}{2}$ mile, running past Rooks Heath School. At the main lights bear left onto Alexandra Avenue.
- Run up Alexander Avenue towards Rayners Lane tube station. Bear left at the station and run down the hill past the shops (Sainsbury's Local, Iceland) and bear left again at the traffic lights into Village Way.
- After about $\frac{3}{4}$ mile at the next lights bear left back onto Cannon Lane and re-enter the park by the same exit as you left.
- Run either side of the small island and proceed across the park to the scout hut. At the fork bear right and the finish is by the first bench.

SIMPLE GUIDE –

- Once you have left Roxbourne Park, bear left at every major junction until you get back to the park.
- Make sure you leave and re-enter the park off Cannon Lane