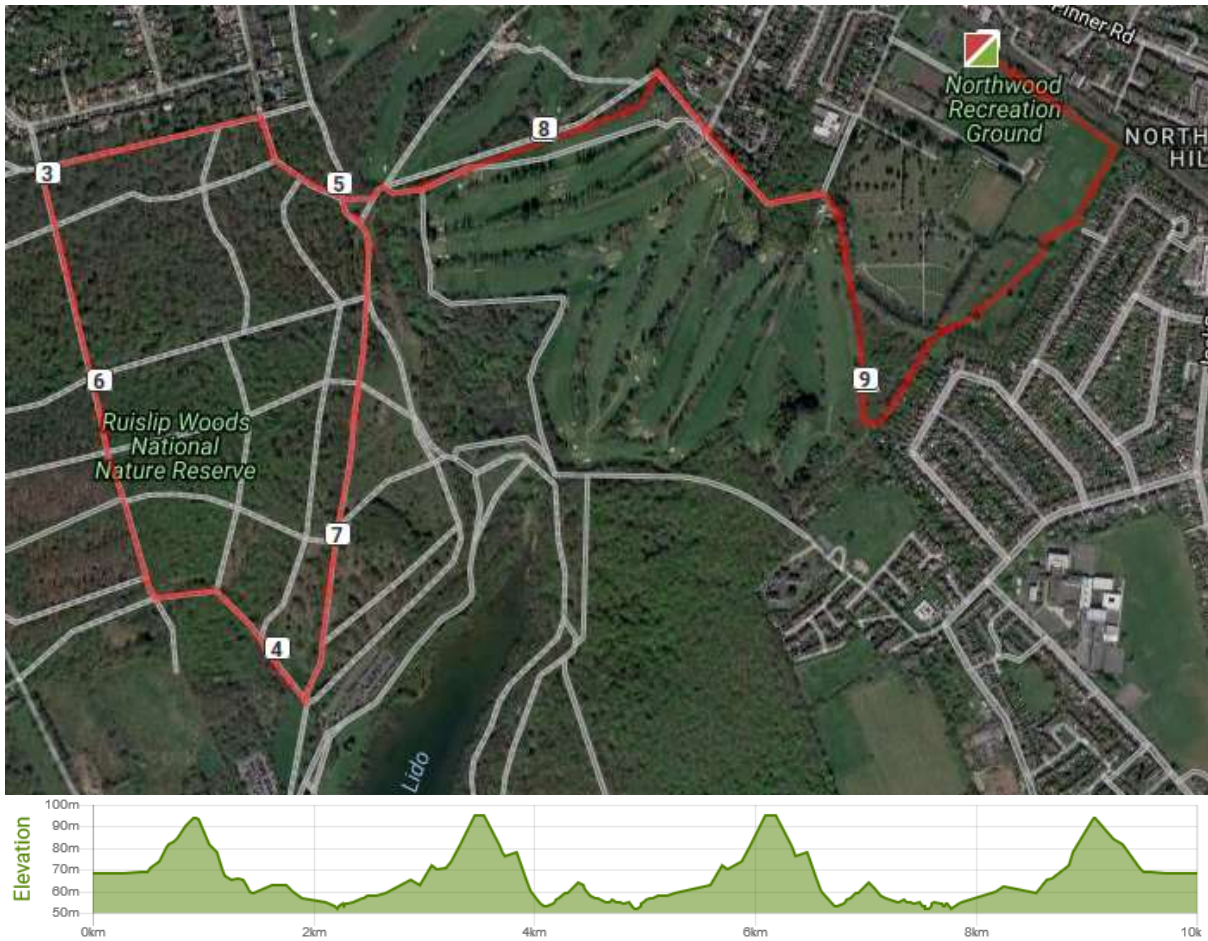


Metros Marathon Week

Woods 10K

- Mixed surface: short grass, long grass, sandy path, woodland path, gravelled lanes & paths
- Course now starts along the perimeter of Northwood Rec and finishes where it starts
- Course goes along the edge of Haste Hill golf course – if you find yourself wanting to cross a fairway/green, you're going wrong
- There are two laps of Copse wood, the loop goes to the top of Copse wood
- There are 4 hills; 200m of climb.
- There are no facilities en route though you are about 200yds from the pub at the Lido at one point on the woods loop (where you take a sharp left around just after 4k point below).
- Traffic crosses the course at one point – the golf course entrance – be careful there



Route

1. Start on grass, adjacent to children's playground/tennis courts in Northwood Rec, alongside Chestnut Avenue.
2. Follow perimeter of Northwood Rec to start of long grass.
3. Across long grass to gap in hedge

4. Go uphill on obvious track across grass
5. Track becomes path; continue up sandy path (R41) to a right turn. Turn right, go downhill [1 km]. Take next right turn onto a grassy path which curves right downhill (golf course on left) and continue straight on past cemetery and outbuildings on right followed by silver kilns on left.
6. After silver kilns, at fork in path, go left downhill on the lane
7. At next junction go right (R36): *do not enter golf course here*.
8. You are now in a footpath between the golf course and houses. Continue on the footpath past entrance to Haste Hill golf course (yellow bollards) - *watch out for traffic here*.
9. Go left at next footpath sign (R37), just before metal barriers. Path now runs alongside golf course towards woods [2km].
10. Follow path to a wooden boardwalk/bridge over stream and then turn right at visitor noticeboard, path leads to a kissing gate on your left by the pond. Do not go through the gate; this is the start of the loop.
11. There is a path on your right – ignore it. Ahead are two paths, take the right hand one. After a short distance the path turns left at the edge of the woods (ahead is a tree lined street which would take you out of the woods – stay in the woods).
12. The path becomes a sandy track continue on the sandy track some way.
13. Turn left into a major track/lane which has two wooden height restrictions about 20 yards in [3km].
14. Continue straight ahead uphill on this track ignoring several crossing tracks. At the top of the hill, continue straight ahead, over a staggered crossing (right then left) by a bench.
15. Continue straight ahead to a T junction marked by a wooden boardwalk across the path and a footpath sign. Go left here, downhill.
16. The path bends right still descending [4km], keep straight on to a gate.
17. Through the gate to the wooden post 100 yards ahead (*nearest point to a loo*), then take a sharp left onto a path.
18. You are now running along Poors field – at times this will be path, at other times open grassland. Keep straight on for almost a kilometre until eventually the path/open grass bends slightly left. You'll see the pond on your right and the kissing gate straight ahead [5km].
19. Go through the kissing gate, turn left and do another loop
20. After the second loop, go through the kissing gate, turn right and retrace your steps to the start.