



### Metros 5K - Wet course Alternative

- Start at “mile start” bench
- Lap and a bit clockwise on tarmac path then leave by ramp and turn left alongside car park
- Continue along concrete path carrying on to new path straight on to end of park (keep **LEFT**)
- U turn at height barrier by Field End Road entrance and retrace steps to car park (keep **LEFT**)
- Up new cinder path to kissing gate (keep **LEFT**)
- Clockwise round nature reserve back to kissing gate (take right fork near end of lap)
- Back along path to car park (no short cut through trees)
- Through car park, right into park and usual clockwise lap to normal finish