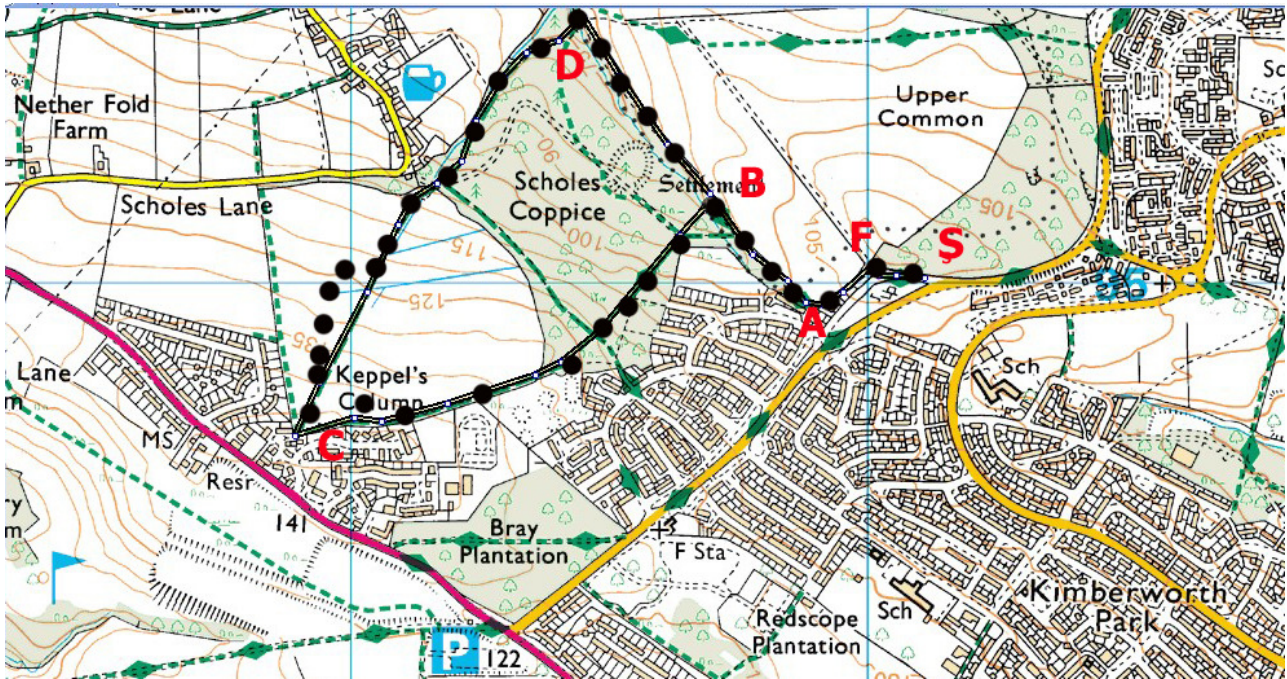


Scholes Coppice KMR2019 #1 16/4/19

Race Route



S: the start is on the service road at rear of Kimberworth Park pub S61 3NE

F: the finish is 30m inside the gate at S61 3NE

The start is on 100m of largely unused road (for the safety of runners accessing a relatively narrow footpath after the start). After that there is no road involvement. The course is roughly two laps

Route: S – F – A – B – C – D – B – C – D – B – A – F

Profile: A – F – A – B is gradual down

B – C is down for 50m then long uphill levelling a good deal towards C

C – D is continuous downhill

D – B is uphill