

Sunday 10th June 2012

Start times :

5km at 10am 10km at 10:10am

### 10k Course Description

- The 10k run starts on road on a slight incline, it soon descends then levels out.
- The first hill starts at about 1½kms & climbs steadily for about ¼km.
- At the top of the climb you turn off the road onto a bridle way that takes you through a small copse then across the edge of a field before entering another copse.
- The course dips down to the 3k marker & then climbs gently back onto a country road which descends gently.
- Just before the 5k point there is sharp turn to the right & you enter an uphill section through a beech wood.
- Exiting the wood the course turns left onto a gravel track around the edge of a field before turning right up a short hill just before the 7k mark.
- The course now descends gently on a gravel track before changing to a narrow single track section.
- At the 8k point there is narrow gateway followed by a short field section which brings you back into Ewelme.
- The last 1½kms of the course is via lanes & ultimately the main street of Ewelme before leading back to the finish on the Common.

### 5k Course Description

Actual 5.4km

- The 5k race starts in the same place as the 10k race & follows the same route for the first ½km.
- It then turns left & remains on road for about another km.
- It then turns left onto an off road section before joining the 10k route just before the 7k marker (2k mark for the 5k race).
- The rest of the course is the same as the 10k finishing at the same place on Ewelme Common.