

Route description for the Stort30 Ultra

Key: CP = Checkpoint. RHS = Right hand side. LHS = Left hand side

Complete **1** Clockwise Laps of the Field around the markers then turn left through the gate.

Run out to the road then turn left and run down the hill using the pavement.

At the end of the road turn right and cross to the left pavement.

At the mini roundabout turn left over the railway bridge.

Over the bridge and past the lights turn left onto tow path at gap in black railings.

Continue on RHS of waterway to Southmill Lock cottage and cross to LHS.

At road crossing take care and continue on LHS of waterway.

At road crossing take care and continue on LHS of waterway.

At road crossing take care and cross to RHS.

Continue to CP1 at Sheering Mill Lock. (CP on opposite side)

Leave CP and cross road and continue on RHS.

At old iron bridge (bridge no 28) cross to LHS.

At Major road crossing take care (use pedestrian crossing) and cross to RHS.

At large bridge with lots of white tubular horizontal rails cross to LHS.

Follow path to lock and up steps to road and **CP2** (Burnt Mill Lock)

(CP on opposite side of lock.)

Leave CP2 and cross road and continue on RHS.

At Parndon Mill lock just after beautiful iron and glass bridge cross to LHS.

At Hunsdon Lock cross to RHS.

At small bridge with white iron railings and little gate by shop and lock cross to continue on RHS.

At stone bridge by level crossing, cross bridge and turn right to continue on LHS on tarmac road.

Continue along tarmac until you reach a bridge and take wooden walkway on left back onto LHS of main waterway.

At Feildes Weir Follow diversion and race signs (Weir is Closed), Follow signs to next bridge then turn right over bridge and left at end of diversion to get back on track.

Cross next bridge with wooden base and black low railings and turn **right** staying on **LHS** of waterway.

Continue on LHS until you see the RYE HOUSE Pub on the right hand side.

At tarmac footpath before white bridge turn off tow path and up to road, turn right and cross bridge.

Once across bridge look to your left and CP3 and the turnaround point will be in the corner of the green area.

***Ensure the crew at the CP record your number before you leave the CP
This is your responsibility***

The return journey is by the same route until you get to the field at the clubhouse, then it is only **ONE** Lap of the field in an anticlockwise direction to the **FINISH!**

In any serious medical emergency please dial 999 then the race director.

For all other issues including retiring from the race please call the race director.

Race Director: Lindley Chambers 07809330900