

## RANELAGH MOB MATCH COURSE DESCRIPTION & INSTRUCTIONS

This is a 2 lap course with an initial 0.7 miles in Norman Park followed by a 2.7 mile route out along Rookery Lane to a loop in Mazzards Wood, before coming back to the park. The '2<sup>nd</sup> lap' will comprise 1 mile in the park, then the 2.7 miles out and back to the Mazzards Wood loop, returning to the park for a 0.3 mile 'home straight'

- Keep left at all times; stay on grass at all times within the park
- After leaving the running track area via path to park turn left, follow perimeter on grass before forking right to head to cross the bridge over the brook
- Follow markers to exit park after approx. 0.7 miles, do  $\frac{3}{4}$  of Elmfield Wood Diamond before heading onto the Rookery Lane path towards George Lane
- Keep left on the tracks all the way to George Lane, where you turn left and complete a loop taking in Mazzards Wood
- Retrace route back to park, completing last  $\frac{1}{4}$  of Elmfield Wood Diamond
- Return along 'home straight' to complete 'first half' (3.8 miles)
- Repeat the same route again, finishing at end of home straight, F (7.5 miles)

