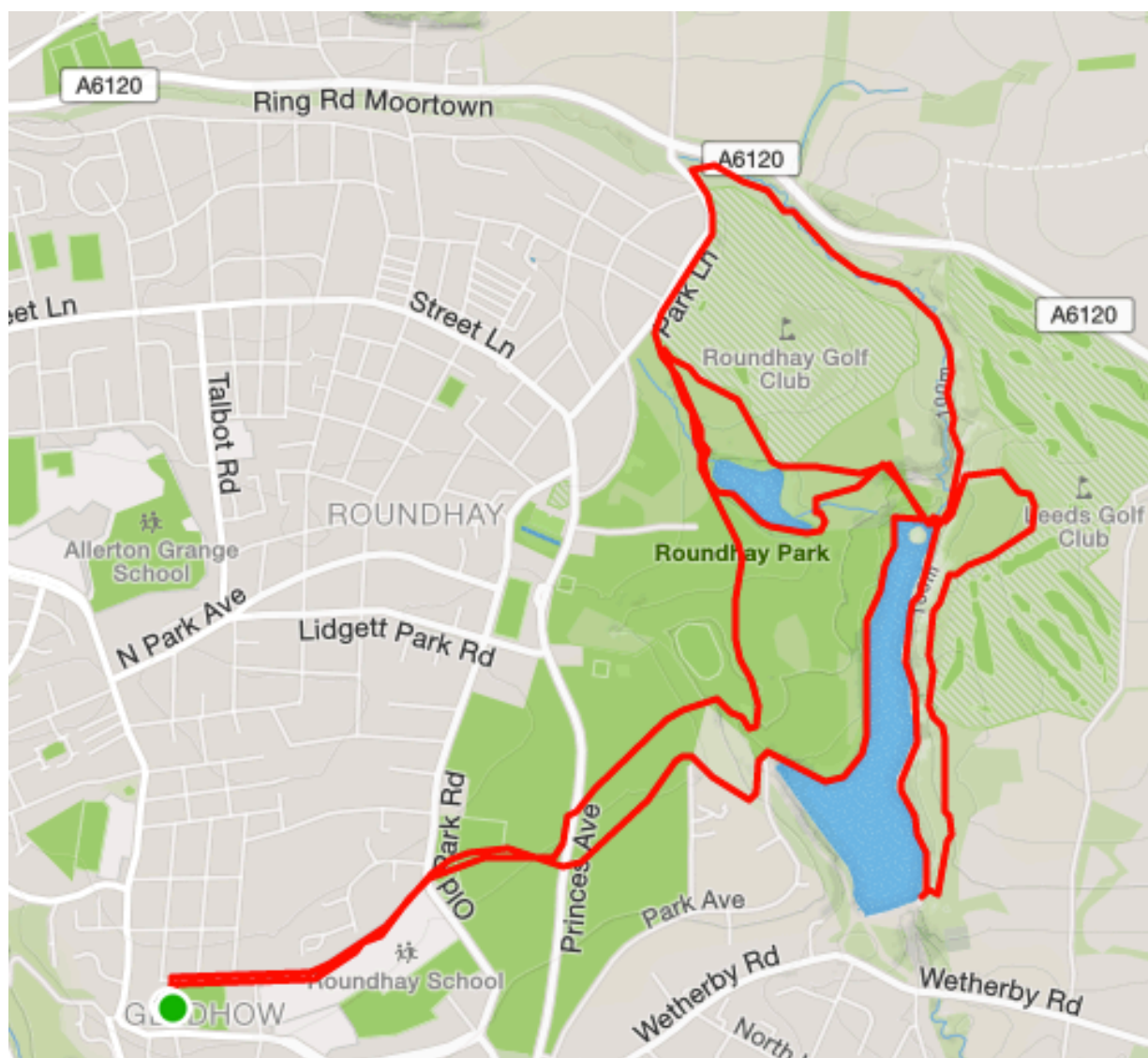




Head out of the top gate and follow the path to Soldier's Fields. Head directly over the fields and complete a loop around the field, heading past the block of flats and down past the kid playground, cutting through the car park and bearing right to follow the path clockwise around the lake. Once you reach the dam turn left up the steep path into the woods. Follow this path all the way to the quarry then turn left. Follow the path back to the lake, turning right and heading towards the castle. Once up the first set of steps turn left and follow the path through the woods. At the T junction turn left up the hill then right at the top around the top lake. Turn left and follow the path up to Park Lane. Turn right down Park Lane then right again down the steps to pick up the path through the woods. Follow the path to the gorge then take the upper path back towards the top lake. Turn right again to follow the path through the woods then turn left just as you reach Park Lane. Head towards the mansion and then to the Parkrun bandstand. Follow the road down to the car park then cut up hill 60. Go over Soldier's Fields then down the ginnel back to the club.

