

GOLF COURSE RUN

Start the run by heading out the back of the Leisure Centre, turn left across the playing fields leading onto Rowley Drive. Turn right all the way to the end of Rowley Drive then turn left onto Hamilton Rd to the end by the main road that leads into the high street. Cross over the main road and turn right onto Stour Valley Path. After 300 yards take a left through a gap in the hedge that starts the path around the perimeter of the Golf Course, this will be the 1st meet point.

B - Carry on the pathway to the first corner of the Golf Course, then take the same route back to the Leisure Centre.

I & A - Follow the path all the way round the golf course to the 2nd meet point stopping at the main rd (Barbara Stadbroke Avenue). From here cross over the road and take the exercise track path on the right back to Rowley drive and home.

- MEETING POINTS
- BEGINNER / SLOWER ROUTE
- INTERMEDIATE ROUTE
- ADVANCED ROUTE

