

## Senior Frostbite



## Route 27

5.0 miles

- Start line on bus lane.
  - Follow bus lane across Brimbles Way .
  - Cross Oundle Road via bus lane and immediately bear right to pick up footpath through housing estate.
  - Follow footpath and cross Wistow Way to rejoin path
- 1 mile** At end of the path before turning into woods
- Turn left onto woodland path.
  - After path takes a 90 degree left turn, bear left after about 250 yds.
  - Follow tarmaced path to junction with Wistow Way.
  - Turn right and run along edge of the road.
- 2 miles** Opposite Napier Close
- Turn right opposite The Chequers onto path into the business park.
  - Cross Lynch Wood road and bear left onto "Grump's Straight"
  - Continue to follow path and bear right at roundabout into Lynch Wood.
  - Cross road before roundabout and take footpath by the side of The Marriott Hotel.
- 3 miles** About 50m after path takes a sharp right turn.
- Continue down woodland path, eventually picking up outward course.
  - Turn right back onto path into the housing estate
- 4 miles** Immediately after leaving woods and turning onto path.
- Re-trace course crossing Wistow Way. Coming out of the housing estate bear left to cross Oundle Road via the "blue bridge".
  - Follow footpath to finish line

9<sup>th</sup> November, 2009