

## NYE Pub Run - 4.2ish miles

Turn left out of The Flying Shuttle

Head along the road until just before the entrance for The EpiCentre and cross over the road

Head down the small slope, turning right onto the footpath just before the five-bar gate

Cross the (slippery!!) footbridge and follow the footpath across the middle of the field

At the field edge turn right and begin to go gently downhill, turning left into the hole in the hedge after about 50 meters or so

Head straight up the grassy field edge (hedge on your right) towards the single tree. Turn right at the tree and follow the footpath cut across the field. Turn left once you reach the field edge and continue uphill

At the top of the hill go straight ahead following the footpath cut through the field that takes you downhill. Join the gravel track at the end and head towards the road

Turn right onto the road and follow it downhill (Hollow Hill) passing Withersfield church on your left

At the T junction turn left and head up the first hill (on the road to Thurlow)

Turn right onto the footpath after the 30 mph sign



Follow the grass track. Turn right where a gravel track crosses the footpath then left and over the narrow footbridge. Continue straight ahead along the track until you reach the bottom of Hales Barn Road

Turn right and then left on the roundabout. At the next roundabout take the second exit to take you towards Sainsburys

At the traffic lights enter the floodpark on your right and head anti-clockwise around the flood park

For 4.2 miles exit the floodpark at the far end near the Sainsburys roundabout and turn right back towards the Flying Shuttle