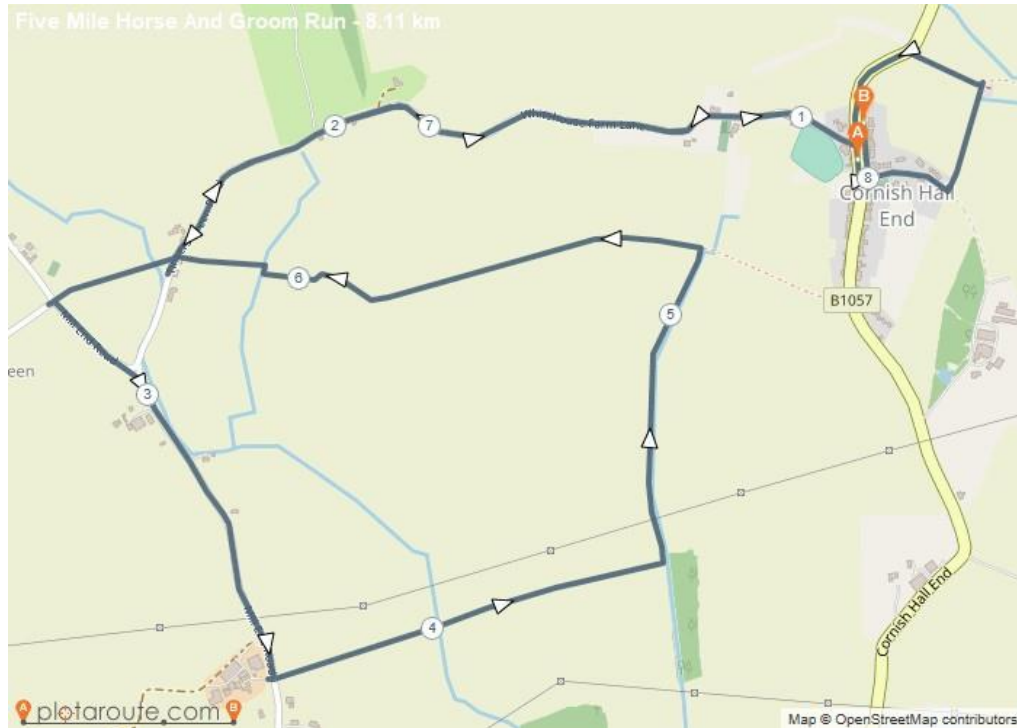


Horse and Groom (Cornish Hall End) Pub Run (approx. 5 miles)



1. Cross over from the pub carpark and head down Heard's Lane. Follow until it becomes a grass footpath.
2. Turn left as the path opens up with the back fences of the houses on your left.
3. Follow down the gentle hill until you're in front of the sewage works.
4. Cross the (dodgy!) footbridge on the left-hand side watching out for the missing treads. Follow the narrow path alongside the sewage works. Turn left opposite the mesh gate.
5. Follow concrete track back to the road.
6. Turn left carefully onto the road
7. Run on the right.
8. Take the first right signposted to Great Sampford
9. Follow the road until you see the boat (yes, a boat) on the right-hand side.
10. Then down the side of the boat and cross the footbridge
11. Climb over the stile into the field and head straight across the field to a matching stile on the other side.
12. Turn left back onto the road
13. When the road forks continue straight on
14. Follow the road until you reach the farm on your right. Turn left onto the footpath.
15. Follow the footpath alongside grass track until you reach a T junction at the bottom of the hill.
16. Turn left and follow the track
17. Turn left at the T junction (field edge on left hand side)
18. Keep following the track all the way back to the road
19. Turn right onto the road
20. Follow the road back to the T junction
21. Turn right and back to the pub for lunch!!!!

Doing the first loop again gets you to about 5.5 miles