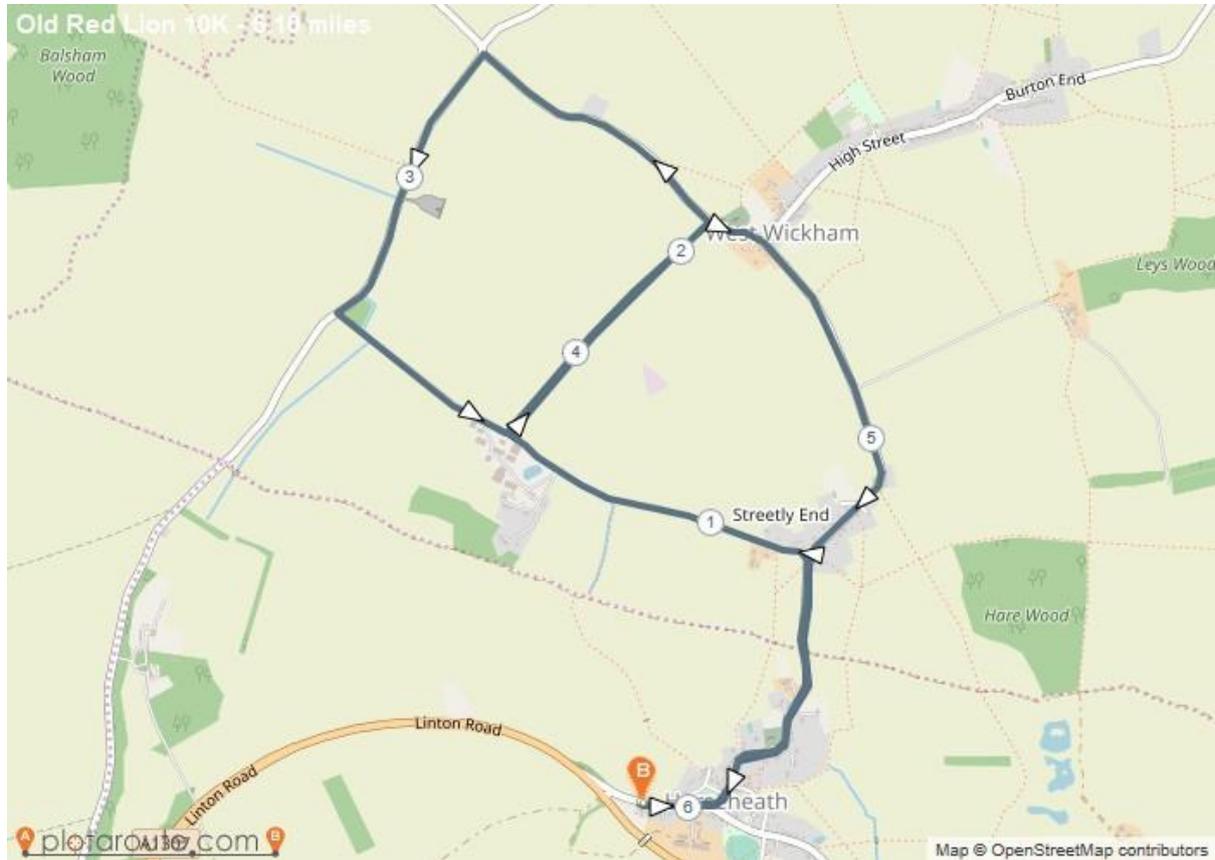


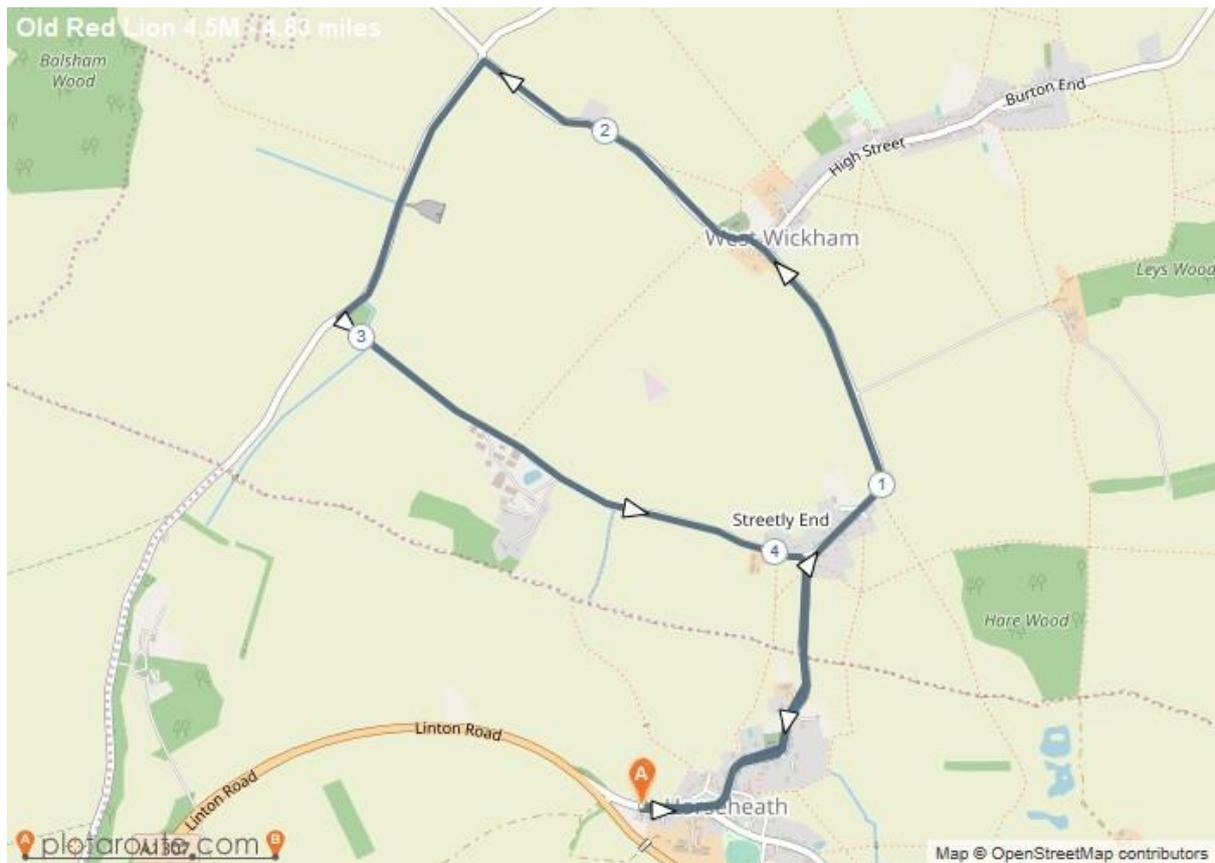
The Old Red Lion (Horseheath) Pub Run

10k Route



1. Turn right out of the pub
2. Turn left onto West Wickham Road
3. Follow the road until it forks at Streetly End
4. Take the left hand turning onto the single-track lane
5. Follow the lane for about 0.7 miles
6. Take the right-hand footpath (marked West Wickham) and follow the track up the hill
7. Turn left when you reach the road and follow until you reach the staggered crossroads
8. Turn left
9. Follow the road and at the top of the slight incline turn left. This is the other end of the lane you were on before the footpath.
10. Turn left back onto the same footpath
11. At the road turn right and keep right following the road all the way back to Streetly End.
12. At the fork keep left and follow road back to Horseheath
13. Turn left at the T junction and run through Horseheath to get to 10k then cool down back to the pub!

4.5 Mile Route



1. Turn right out of the pub.
2. Turn left onto West Wickham Road.
3. Follow the road until it forks at Streetly End.
4. Follow Road round to the right.
5. Follow all the way through West Wickham (ignoring the right turn), past the church and down the big hill to the staggered crossroads.
6. Turn left.
7. Follow the road and at the top of the little incline turn left onto single track lane.
8. Continue along the lane until you get back to Streetly End.
9. Turn right at the fork and follow the road back to Horseheath.