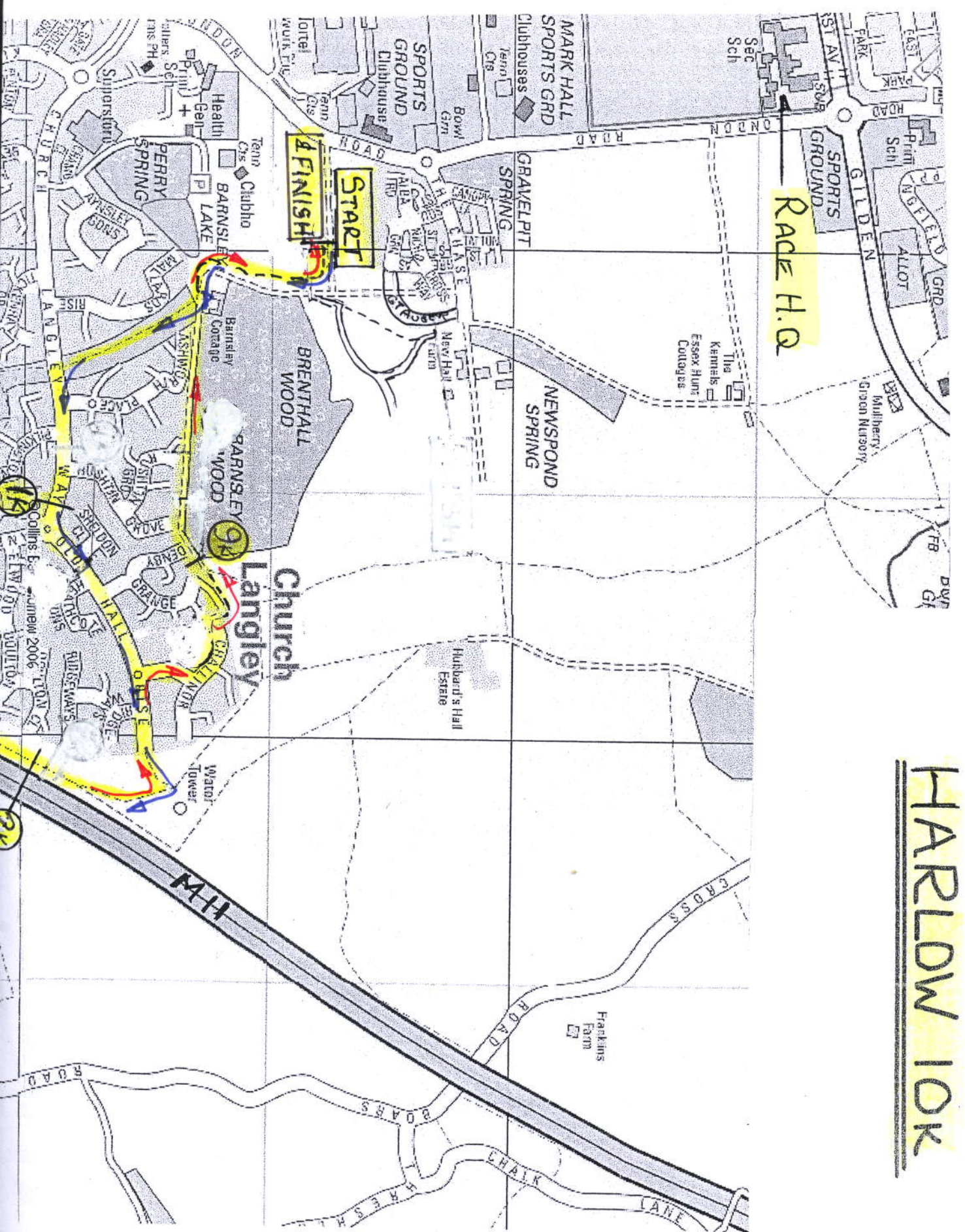


# HARLOW 10K



Race H.Q.

START

FINISH

Langley Church

M11

NEWSPOND SPRING

GRAVELPIT SPRING

MARK HALL SPORTS GRD

SPORTS GROUND

HARLOW 10K

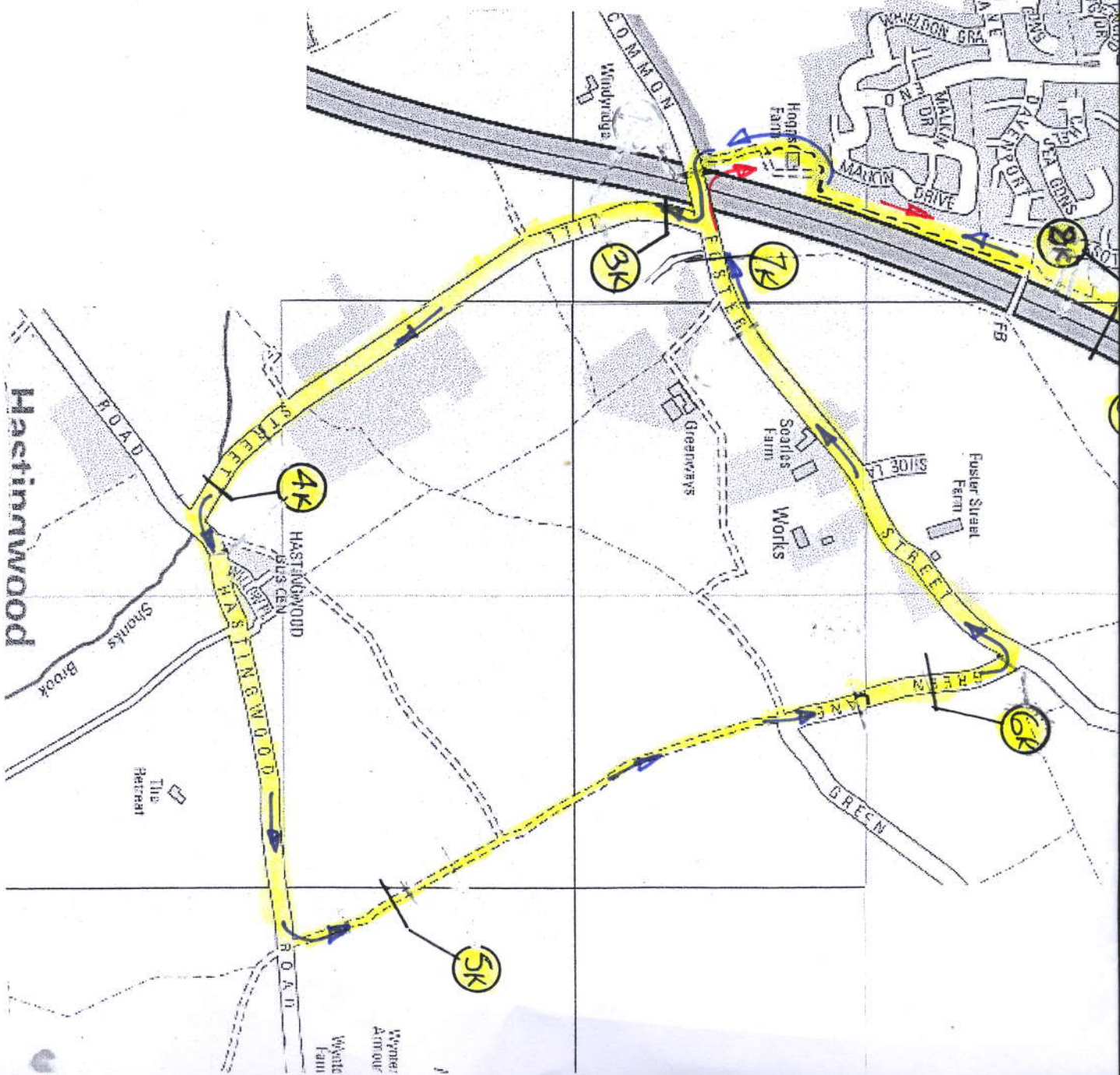
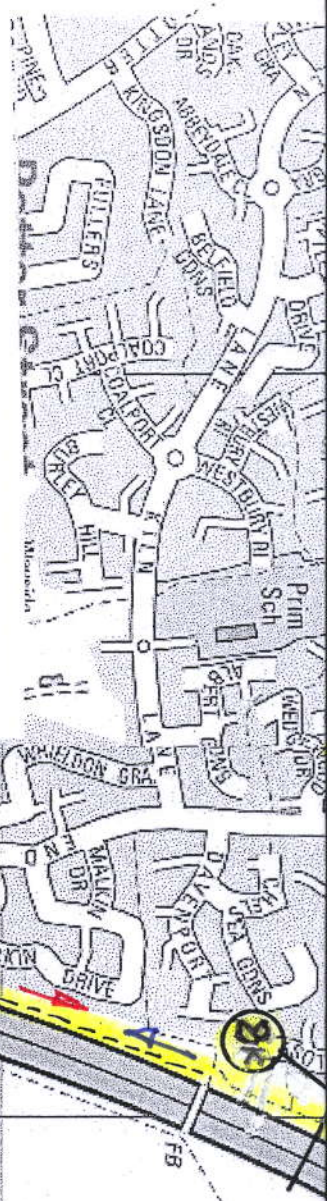
COURSE MAP

Route & Direction

K MARKS

OUT  
 BACK

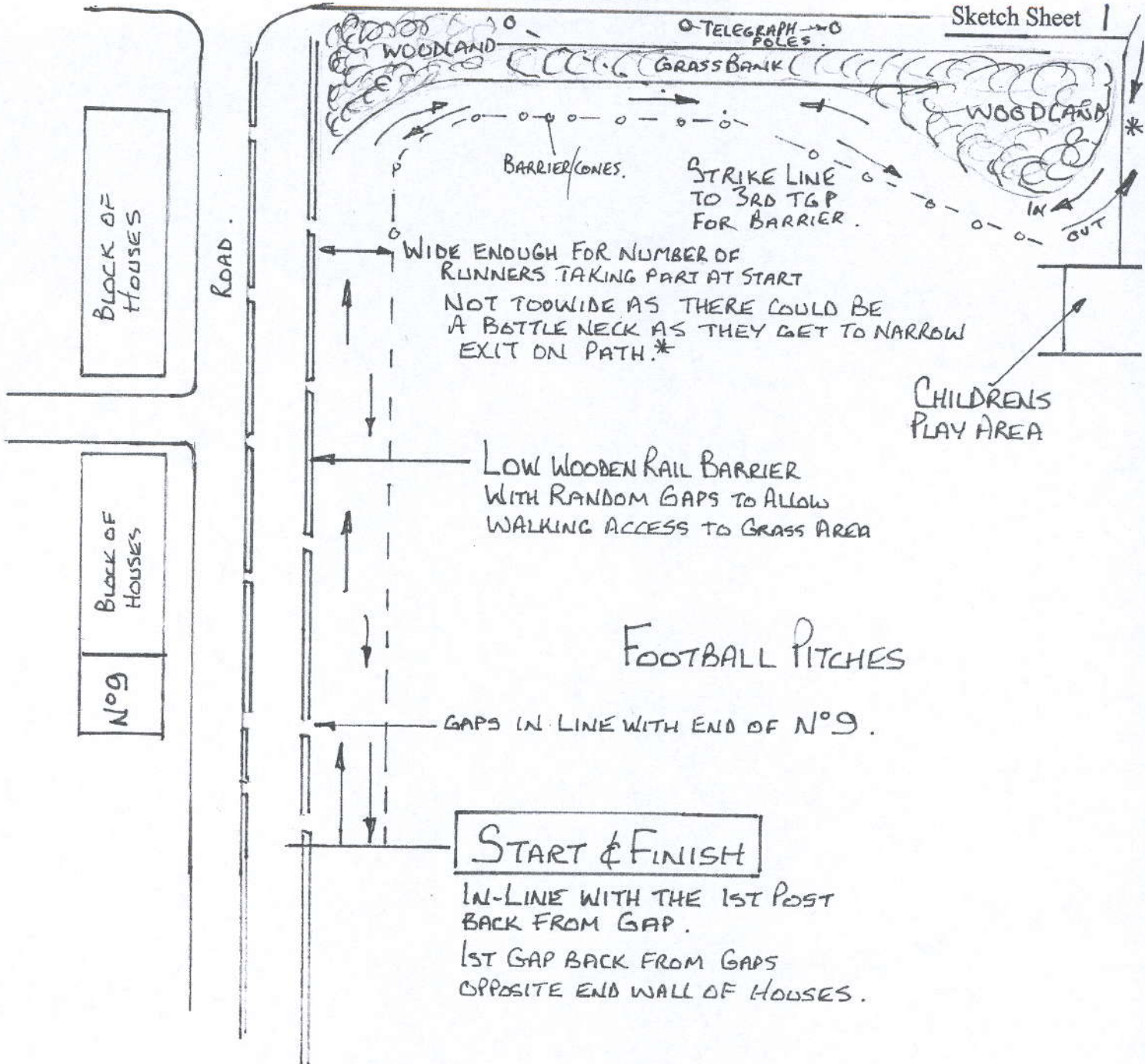
(XK)



Hastinwood

# The HARLOW 10

Sketch Sheet 1



Block of Houses

Block of Houses  
No 9

ROAD

TELEGRAPH POLES  
WOODLAND  
GRASS BANK  
WOODLAND  
BARRIER/CONES  
STRIKE LINE TO 3RD TGP FOR BARRIER  
IN  
OUT

WIDE ENOUGH FOR NUMBER OF RUNNERS TAKING PART AT START  
NOT TOO WIDE AS THERE COULD BE A BOTTLE NECK AS THEY GET TO NARROW EXIT ON PATH.\*

CHILDRENS PLAY AREA

LOW WOODEN RAIL BARRIER WITH RANDOM GAPS TO ALLOW WALKING ACCESS TO GRASS AREA

FOOTBALL PITCHES

GAPS IN LINE WITH END OF No 9.

START & FINISH

IN-LINE WITH THE 1ST POST BACK FROM GAP.  
1ST GAP BACK FROM GAPS OPPOSITE END WALL OF HOUSES.

## START & FINISH LOCATION

SAME ROUTE FOR OUT FROM START & INTO FINISH.

ALL SKETCHES ARE NOT TO SCALE