

## Route Information

## Under 9's

Runners head down Yans Lane, then left at the end of Yans Lane, continuing the road and eventually into the woods.
Runners should bear right as they enter the woods and go into the field through an open gate, around the top of the field with the ancient oak tree at its centre, exiting via a gate at the bottom far side of the field, retracing their route up Yans Lane and then into the Playing Field.

## Potential Hazards:

-Open road sections.
-Hanging branches, exposed roots, fallen trees and rotting wood matter in woods. -Rocky limestone path in woods - slippery when wet.
-Varied type of surfaces underfoot.

## Route Summary

| Total Distance | $\mathbf{0 . 9 6} \mathrm{km}(\mathbf{0 . 6} \mathrm{mi})$ |
| :--- | :--- |
| Elevation | $\mathbf{1 8} \mathrm{m}$ at lowest point |
|  | $\mathbf{3 2} \mathrm{m}$ at highest point |

Total Ascent 21 m

## Elevation Profile



