



Roman River Half Marathon 2024 v1.0 09/09/2024

Key:

BL - bear left

BR- bear right

EB - earth bridge

EP - enclosed path

FB - footbridge

FC - field corner

FPS - footpath or finger post sign

FSD - for some distance

IMM - Immediate

KG - kissing gate

L - left

LHFE - left hand field edge

R - right

RA - roundabout

ROAD – TAKE CARE!

SA - straight ahead

TL - turn left

TR - turn right

RHFE - right hand field edge

THRU - through

WM - way marker sign

Self-Navigation Instructions – Mileages markers are approximate!!

Exit 'Bannatyne's Kingsford Park', **ROAD - CARE** – X road, onto pavement **TR**, downhill. **TL**, **FPS**, **EP** at road sign, before bridge. Thru metal **KG** (you'll use this **KG** near the end of the lap), **IMM BR** through trees, (**WM**), to tree line **SA** across field, **1 mile**.

THRU tree line **TR** to **FC**. **THRU** metal **KG**, track to Layer Mill (**WM**). Pass 'Mill House', up drive, at end of garden fence **TR (WM)**, onto grassy track. **SA**, **THRU** metal **KG**, **SA**, **EP**.

THRU metal gate. **SA**, **THRU** metal **KG**. At fork **BL** past pond on your **L**, **EP**, (Do not use gravel driveway). At **ROAD -CARE X** road **TL**, 50 metres, **TR (FPS)**, **EP**. At **ROAD- CARE X** road into 'New Cut' road, as road **BL**. **BR** gravel track, past pink house to your left.

BL (FPS) 'Roman River Valley Nature Reserve' (Heather Fields). **SA**, **THRU** gap next to gate, down path. **2 miles**.

Emergency Numbers:

Pete – 07368 533808

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X stream at 2nd bridge, **SA, BL** 11 o'clock uphill (nature reserve sign on R).

IMM fork **BL** (11 o'clock) uphill avenue of holly trees. Path junction **SA (WM)** narrow path, path junction **BR** down to bridge, over 'Roman River'. **X FB, IMM TL**, follow **EP, THRU** wooden **KG**, up **EP, TL (WM) EP**, wooden fence on R. Track junction **TL** 'Public Bridleway' downhill, **FB, SA** uphill. **3 miles.**

Track junction **BR**, past cottage on R, junction **TL**, pass barn on R. **SA**, through woods **FSD. ROAD CARE – X** road **(WM)** 'Roman River Trail', **EP** uphill, **SA EP. 4 miles.**

SA, FSD, track, **TR THRU** hedge, **IMM TL**. (Do not go thru red and white poles). **LHFE SA, EP FSD**. Round large prominent oak tree into churchyard. **SA, TL** at wire fencing, go around church keeping church on R. Wooden gate, **TL** onto tarmac drive.

ROAD CARE – X onto pavement **TL. SA** road junction **BR**, 'Birch Street' at 'Birch Gallery' **TR** 'Restricted Byway' **EP**, opens out across fields. **5 miles.**

Path junction **TL** onto gravel path uphill, junction **TL** onto tarmac road. Approx 300m as road **BL** 'Greenfield Houses' sign, **TR** 4 o'clock, not 1 o'clock. **EP, RHFE, THRU** woodland copse, **RHFE**. As track **BL**, leave track, **SA** field towards hedge gap. **6 miles.**

At hedge gap **BL, RHFE**. (Don't go on road). At tree lined hedge on **L, TL LHFE SA**, perhaps have a short breather at the bench, **SA. FC, SA EP**, water on R. Track **SA. ROAD CARE – TR, IMM TL X** road towards white sign **THRU** hedge onto heath. **SA LHFE, EP, FC** red dog bin **TL, 'Aid Station'. 7 miles.**

Exit aid station 180 degrees around hedgerow next to road, black **FP** sign, hedged track, **SA** on track **FSD**. Track narrows, before old buildings **BL THRU** hedge, **LHFE, WM SA** field

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THRU hedge, **FB LHFE**. **FC THRU** hedge **FB, TR EP**. Soak in the view of ‘Abberton Reservoir’ on L. **SA**, at buildings ‘Row Farm’, track **TL** between derelict on L, houses on R. Track **RHFE**. **8 miles**.

SA, ROAD CARE – X road onto gravel path **TL**. **SA FSD**, path **BR**, bollard **TL**, tarmac, around gate. **9 miles**.

SA, under 10’6” barrier, **THRU** car park, tarmac path, church on R. Onto verge, **FPS TR**, **THRU** churchyard, **THRU** metal **KG**, **SA** field, **THRU** metal **KG**, **SA** track, **THRU** metal **KG** **RHFE**. **FC THRU** metal **KG FB**, **THRU** metal **KG**, **LHFE**, **FC**, **THRU** metal **KG**, **THRU** open gateway, **LHFE**, at buildings **TL**, keep tennis court on **R**, **TR** after conifers trees, **RHFE**. **FC THRU** gateway, track **TL**. **10 miles**.

Pass ‘Layer Fields’, ‘Willow Barn’ on R, **SA** on track **FSD**. Changes to tarmac, **BL** downhill, **IMM** after ‘Barn Stables’ **TR EP**. At field **SA** parallel to **RHFE**, to wooded area corner, **SA** **LHFE**, **SA** across field to wooden **KG**. **THRU KG**, track **TL** uphill, tarmac, pass ‘Abberton Cottage’ on L. **11 miles**.

SA, ROAD CARE – TR, use L side of road for better visibility. As road **BR**, **TL THRU** wooden ‘burnt’ **KG**. Tree lined **EP**, **SA**, pass multiple telegraph poles. Field **TL**, **LHFE**, **FC FB**, **TL**, approx. 150m, clearing, **TR**, broken **FB**, uphill, stay on main track **BL**, **BR**, at clearing head for dead tree in distance to L of track and rear of white sign. **THRU** gap in hedge (locked wooden **KG** on L). **ROAD CARE - X THRU** metal **KG**, (MoD training area, if ‘Active’ it is still safe to continue). **12 miles**.

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Initially **RHFE, SA** obvious track across 4 x fields divided by tree lines, into lightly wooded area, **IMM BL** 11 o'clock, **IMM BL, BR, (WM)** white sign metal **KG**, **THRU** metal **KG** (same **KG** as first in mile 1). **ROAD CARE – TR** on pavement, uphill, 'Kingsford Park Bannatyne's' **ROAD CARE - X** into entrance, follow driveway to the finish, that medal and amazing goody bag. Great work!! 😊 . **13.4 miles.**

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