



Roman River 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!!

Lap 1

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**

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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 halfway aid station and a jelly baby or 2 😊. **13.4 miles.**

Lap 2, same lap, opposite direction.

Exit 'Bannatyne's Kingsford Park', **ROAD - CARE X** onto pavement **TR**, downhill. **TL, EP** at road sign, before bridge. **14 miles.**

THRU KG (you'll use this **KG** near the finish), immediately **BR THRU** trees, **(WM)**, before field **BL** to gap in hedge, **(WM) TR** into field. **SA** across field, **SA** follow track across fields, **THRU** metal **KG. ROAD CARE – X** road, **THRU** gap in hedge, **BR** onto track, downhill, path narrows, junction **BR**, junction, **BR**, junction **BL. 15 miles.**

SA downhill to broken **FB**. At clearing **TL**, approx. 150m **TR** narrow **EP, FB, RHFE** uphill. Top of hill, **TR THRU** multiple telegraph **poles**, path narrows, **BL** between 2 x trees, **SA, THRU** woodland. **THRU** wooden burnt **KG. ROAD CARE – TR**, move to LH side of road for improved visibility. At 'Layer-De-Haye' sign, **TL, tarmac** downhill, pass 'Abberton Cottage'. **16 miles.**

Approx 30m from green gate, as track **BR, TR, THRU** wooden **KG. SA** field parallel to **LHFE** to corner of wood, **RHFE** to corner, **SA** field parallel to **LHFE, EP. ROAD CARE – TL** down, uphill, **BR**, turns to track. Pass 'Layer Fields', 'Willow Barn' on L. When you see big yellow house **SA, TR THRU** gateway into field **FPS** at hinge end of gate. **17 miles.**

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LHFE. FC, TL around conifers, keep tennis court on L. **TR** follow hedge on R. **RHFE, EP, FC THRU** metal **KG, RHFE, FC THRU** open gateway, **RHFE, FC THRU** metal **KG, FB, THRU** metal **KG, LHFE, THRU** metal **KG, over track, THRU** metal **KG, SA** field, **THRU** metal **KG, SA THRU** churchyard onto verge **TL, onto tarmac path, THRU** car park, under 10' 6" barrier, **SA** around gate, **TR** at bollard onto gravel path. **18 miles.**

Follow gravel path approx. 800m. Long sweeping L curve, path straightens, bushes on R, **TR. Bollard, ROAD CARE - X road, tarmac SA** uphill 'Row Farm'. **LHFE, THRU** buildings. **19 miles.**

TR, BL onto **EP, SA.** Ignore 1st **FPS** on L. **2nd FPS TL** over **FB. SA RHFE, FC TR THRU** hedge, **SA** field, **RHFE,** to gap in hedge, **THRU** gap, **TR** onto narrow path, opens to wider track, **SA FSD. ROAD CARE – TL** 180 degrees to aid station. **20 miles.**

Exit aid station away from road, **TR** red dog bin, **SA EP, RHFE, THRU** gap in hedge. **ROAD CARE – X road, TR, IMM L,** track **FPS, SA,** pass Pilgrim House, at Breton Barn, **BL** into **EP, SA, RHFE,** have another breather on the bench, **SA RHFE.** At hedge **TR LHFE,** at gap on L by road, **TR** across field onto track. **21 miles.**

SA, LHFE, FC THRU wood copse, **LHFE, EP. ROAD CARE – 'Green Field Houses' TL.** Tarmac road. Road junction, **TR** down gravel track, track junction **TR FP** across fields. **22 miles.**

EP. ROAD CARE – TL onto pavement. Before school on **L, ROAD CARE – X road** towards church. Tarmac driveway, **THRU** gate, **TR,** keep metal fence on L, **TR,** exit churchyard, around prominent oak tree, **EP FSD, RHFE,** track **TR THRU** hedge, **IMM L EP. 23 miles.**

SA FSD. ROAD CARE – X road around gate, **SA** on track. At barn **BR,** track junction **BR,**

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pass cottage on L, track junction **BL**, downhill. **24 miles.**

SA, FB, SA uphill. **TR** at wooden fence **FPS, EP, SA, TR** down **EP**, across open ground, at river over **FB IMM L**, uphill. Junction **BL**, junction **SA**, holly lined path, **BR** over stream. Keep stream on **R**, uphill, around gateway. **BR** pass pink house, **ROAD CARE – SA** road junction **BL ‘New Cut’** road. **25 miles.**

ROAD CARE – X road **THRU** metal railings into **EP FPS, SA. ROAD CARE – X** road **TL**, approx. 50m **TR, FPS** onto path to **R**, not gravel drive. **SA EP**, wire fence on **R**. Pond on **R, BR, SA THRU** metal **KG, SA THRU** metal gate **SA, THRU** metal **KG, SA** grassy track. Track junction **TL** downhill, pass Layer Mill ‘Mill House’. **SA** uphill, **THRU** metal **KG. BL** through copse, **SA** along animal track across grass field. Into woodland on path, **(WM)**. **26 miles.**

THRU metal **KG (You’ve been here before), EP, FB. ROAD CARE – TR** on pavement, uphill, ‘Kingsford Park Bannatyne’s’ **ROAD CARE - X** into entrance, follow driveway to that finishing medal and amazing goody bag 😊 . **Nice work!! 26.8 miles.**

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