

## Saturday Morning 5km Time Trial

Start in Car Park, out of Filham on road turn right then next right into Lucerne Fields estate. Follow Bonville Road into New Green Street and up steps. Continue to follow footpath past Playpark and out into lane. Turn right and then right again under A38. Turn right into Filham Park and follow tarmac path through the park. Turn left towards lake on the first gravel path. On first lap turn sharp left and run around the lake. Go out through gate to continue 2<sup>nd</sup> lap. On completion of second lap turn right at end of gravel part leading to the lake and finish by rock and bench.

Juniors can run only the first lap and finish before the gate. (2.7km)

