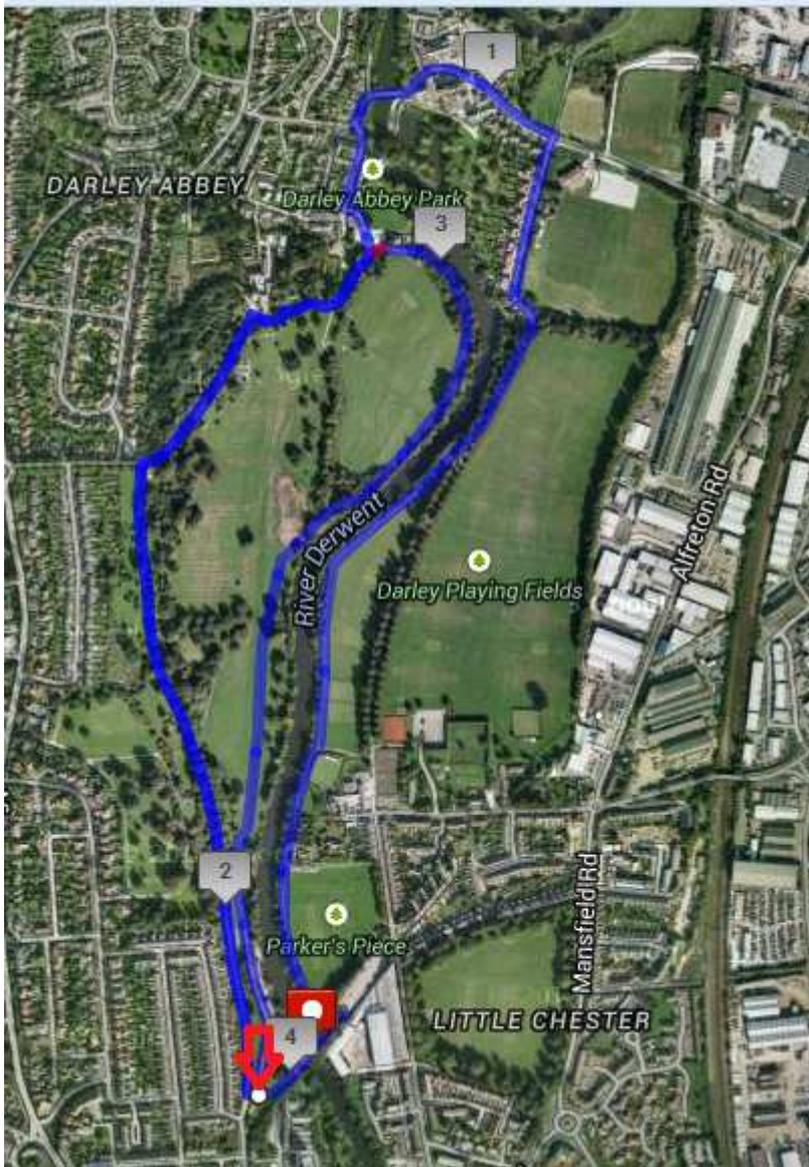


Darley Park – Handicap routes

The route around Darley Park is straightforward enough to not require marshals – In fact I almost



didn't get lost on my first run of it – and I get lost in my own bathroom!

We meet at the car park on city road (free). The start is generally in the middle of the bridge and it faces the car park so we are running anti clockwise (This should improve your times!). Upon leaving the bridge we turn left and run alongside of the river. At times the path branches away from the river but take the branch that remains with the river. Cross the bridge and continue up Folly Road to Haslam's Lane and turn left. Although the road wanders left and right through the buildings stay on the road. Go past the toll booth and onto the bridge and then turn left keeping left - and off the carriageway as much as possible - run down Darley Street and into the park car park – keeping to the right. As

you enter the park keep to the right following the fence up the hill to the tarmac path. Then turn left onto the tarmac path and follow the path up to the gates where you take a further left onto another tarmac track. Follow this track all the way down to the arrow where a marshal is normally posted. Run around the tree.

2 Milers You are nearly done so stay on the upper tarmac path to take you to the bridge and the finish.

4 Milers Follow the tarmac path down the hill past the rowing club and, staying as close to the river as possible, follow the path up, cross the little wooden bridge and continue up behind the cricket pavilion, pass in front of the car park and back to the fence and then follow the same route again up the hill and this time you turn for home at the red arrow.

The 2 milers will have done about two and a quarter miles while the 4 milers will have done almost exactly 4 miles.