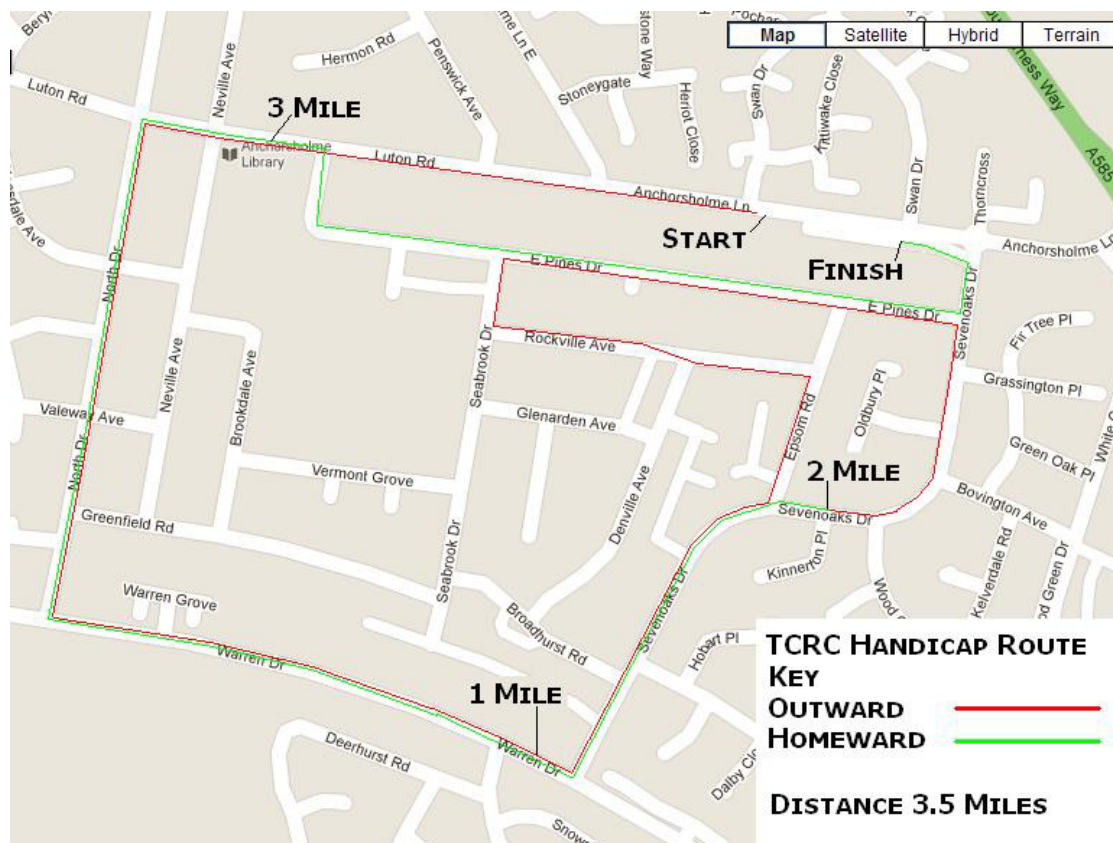


**THORNTON CLEVELYS RUNNING CLUB HANDICAP ROUTE**  
**MEET SPORTS CENTRE VICTORIA ROAD AT 7PM TO REGISTER**  
**HANDICAP STARTS AT 7:15 PROMPT**  
**ALLOW YOURSELF TIME TO GET FROM THE SPORTS CENTRE**  
**TO THE START AT THE BUS STOP ON ANCHORSHOLME LANE**



**THE COURSE IS AN ACCURATELY MEASURED 3.5 MILES**

**START - ANCHORSHOLME LANE BUS STOP HEAD WEST TOWARD NORTH DRIVE**  
**TURN LEFT AT JUNCTION OF LUTON ROAD AND NORTH DRIVE**  
**HEAD SOUTH TOWARD WARREN DRIVE (GOLDEN EAGLE PUB)**  
**TURN LEFT ONTO WARREN DRIVE TOWARD NORCROSS**  
**TURN LEFT ONTO SEVENOAKS DRIVE HEADING NORTH (1 MILE COMPLETED)**  
**AFTER THE BUS STOP AND ON THE BEND TURN LEFT ONTO EPSOM AVENUE**  
**TURN SHARP LEFT ONTO ROCKVILLE AVENUE, WHEN SAFE CROSS TO RIGHT HAND SIDE**  
**TURN SHARP RIGHT ONTO SEABROOK DRIVE**  
**TURN SHARP RIGHT ONTO EAST PINES DRIVE HEADING EAST TOWARD SEVENOAKS**  
**TURN RIGHT ONTO SEVENOAKS BACK TOWARD WARREN DRIVE**  
**YOU ARE NOW RETURNING THE WAY YOU CAME OUT (2 MILES COMPLETED)**  
**TURN RIGHT ONTO WARREN DRIVE (TOWARD THE GOLDEN EAGLE)**  
**TURN RIGHT AT THE GOLDEN EAGLE BACK ONTO NORTH DRIVE**  
**AT THE JUNCTION OF NORTH DRIVE AND LUTON ROAD TURN RIGHT**  
**TURN RIGHT ONTO EAST PINES DRIVE (AFTER THE LIBRARY - 3 MILES COMPLETED)**  
**CROSS TO LEFT HAND SIDE FOLLOW EAST PINES ROUND TOWARD SEVENOAKS**  
**TURN LEFT ONTO SEVENOAKS**  
**TURN LEFT ONTO SMALLER SIDE ROAD OF ANCHORSHOLME LANE AND THE FINISH**

**REMEMBER, TAKE CARE CROSSING ROADS AND JUNCTIONS**  
**BE SAFE BE SEEN, WEAR SOMETHING LIGHT/REFLECTIVE ON DARK EVENINGS**  
**THE HANDICAP ROUTE IS WELL LIT ON DARK EVENINGS**  
**TCRC ACCEPTS NO RESPONSIBILITY AND YOU PARTICIPATE AT YOUR OWN RISK**