

**Short Cuts/Cut-offs**

<b>Race distance</b>	<b>Time gap</b>	<b>MP</b>	<b>Distance saved</b>	<b>Write on Number</b>	<b>Location</b>
1 mile	10.48am	1PO	<b>Pull-out</b>	<b>P</b>	Start/Finish – anyone who has made no attempt to run the first mile or longer than specified time (18 mins)
CUB only: 4 miles	3 min OR 11.45am	31SC	2.3 miles	<b>31SC</b>	Gate/cattle grid – turn left before gate and rejoin course at top of Stairway to Heaven
5.4 miles	3 min OR12.10pm	44CS	10.9 miles	<b>44CS</b>	Branscombe Mouth Cub split - onto Cub, back to finish
6.9 miles	5 min OR 12.40pm	55SC	6.6 miles	<b>55SC</b>	Junction of Hole House lane with footpath up to Northern Lane. Left turn up footpath
9.4 miles	6 min OR 1.30pm	73SC	1.2 miles	<b>73SC</b>	Lane junction with gate at Elverway farmyard. Ahead through farmyard instead of left to Baldash Cottage
12.9 miles	7 min OR 2.45pm	113PO	<b>Pull-out</b>	<b>113PO</b>	Junction of Trafalgar Barton & Lockseys Lane
14.0 miles	8 min OR 3.10pm	127T	<b>Pull-out</b>	<b>127PO</b>	Fountainhead
16.2 miles	12 min OR 3.50pm	45PO	<b>Pull-out</b>	<b>45PO</b>	Branscombe Mouth