Start line

At the end of the driveway turn right
Be aware of pedestrians

Head along pavement towards town

Carry on along Colyford Road you will go left at the roundabout,
This means crossing the road safely – give way to cars.
Do not attempt to cross the road before this point. Crossing earlier pushes cars into the middle of the road which makes crossing the road dangerous for others
Offenders to this rule will be disqualified

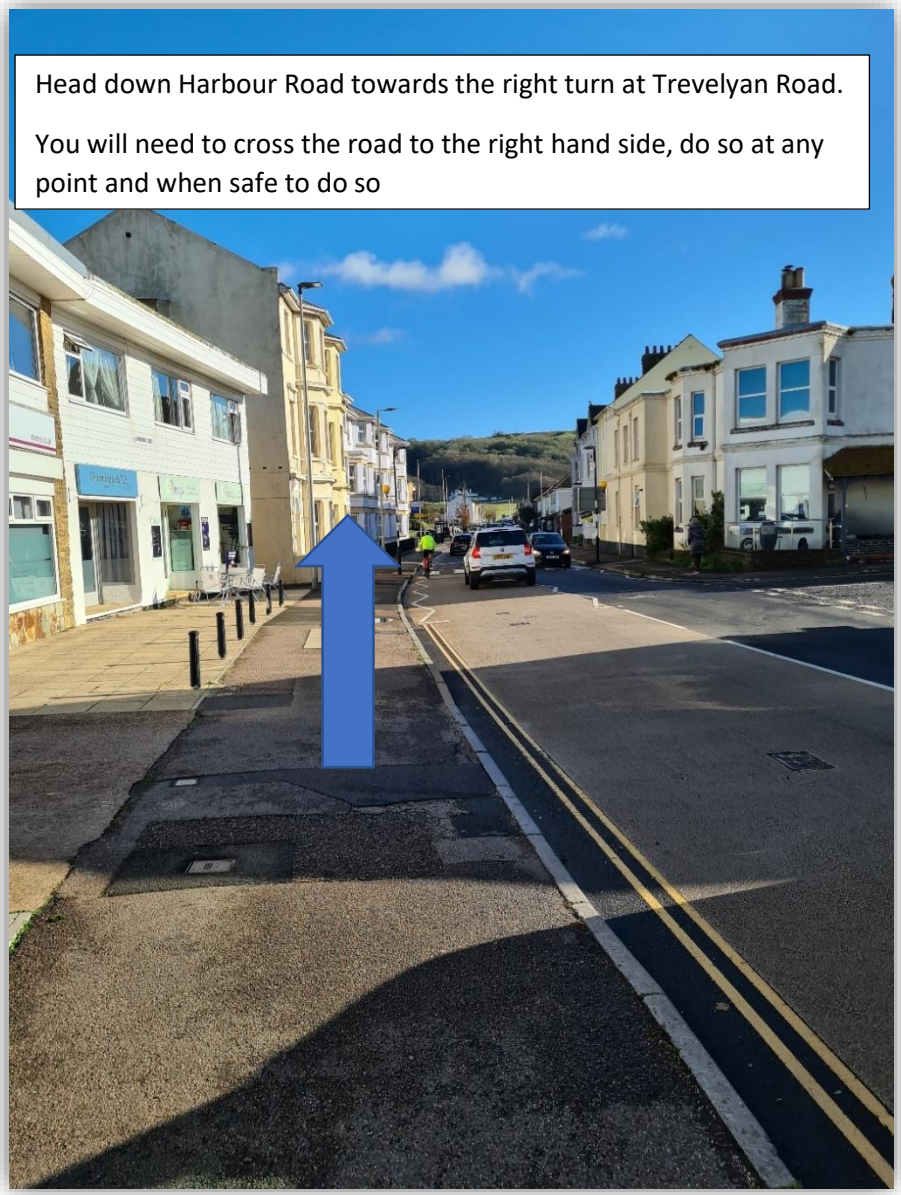
When you have crossed the road turn left at the roundabout down The Underfleet.

Stay on the left-hand side of The Underfleet all the way down.

Straight across the roundabout, watching out for cars.

Stay on the pavement, don't take the pedestrianised area next to the Tram Station

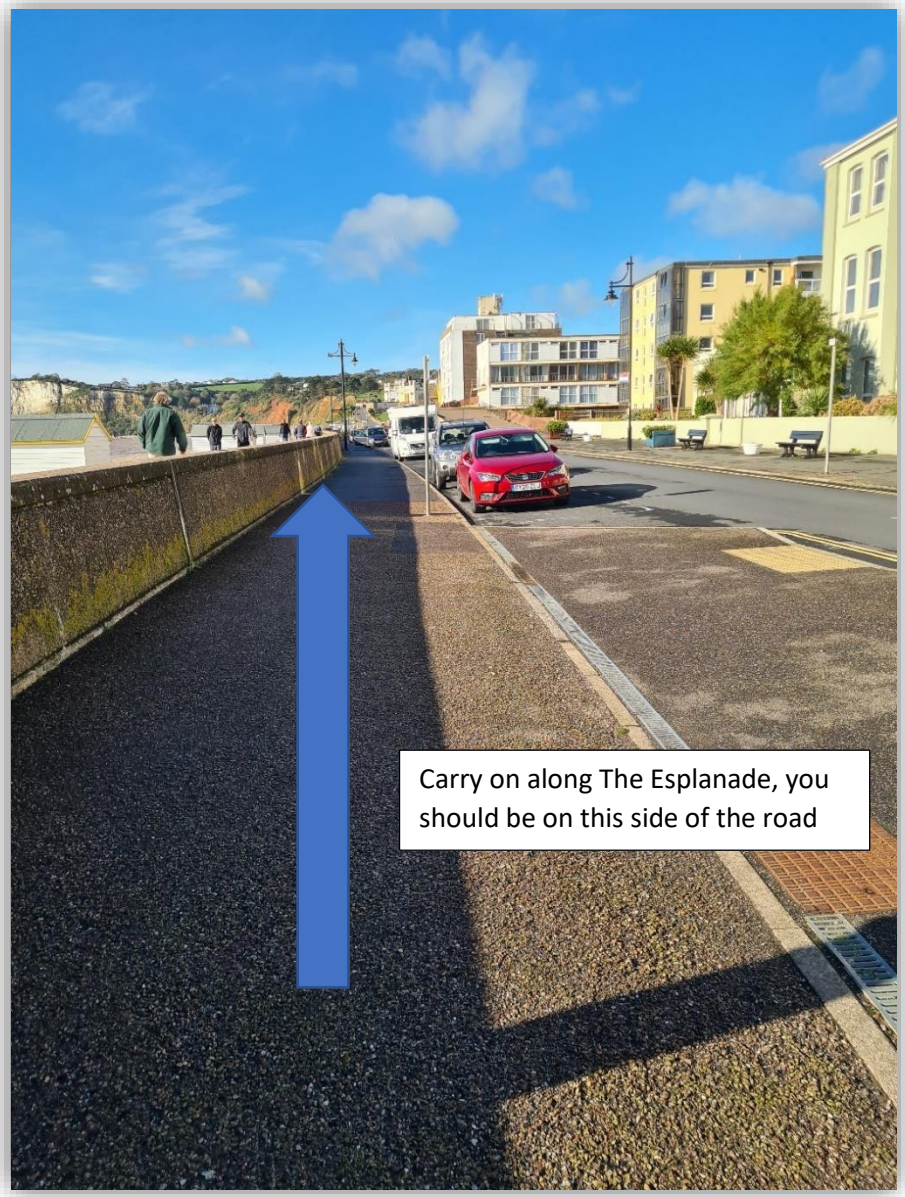
Take the direct line through this part, going left along Harbour Road


Head down Harbour Road towards the right turn at Trevelyan Road.
You will need to cross the road to the right hand side, do so at any point and when safe to do so

You should be on this side of the road at this point.
Turn right onto Trevelyan Road, just past the Chinese restaurant.

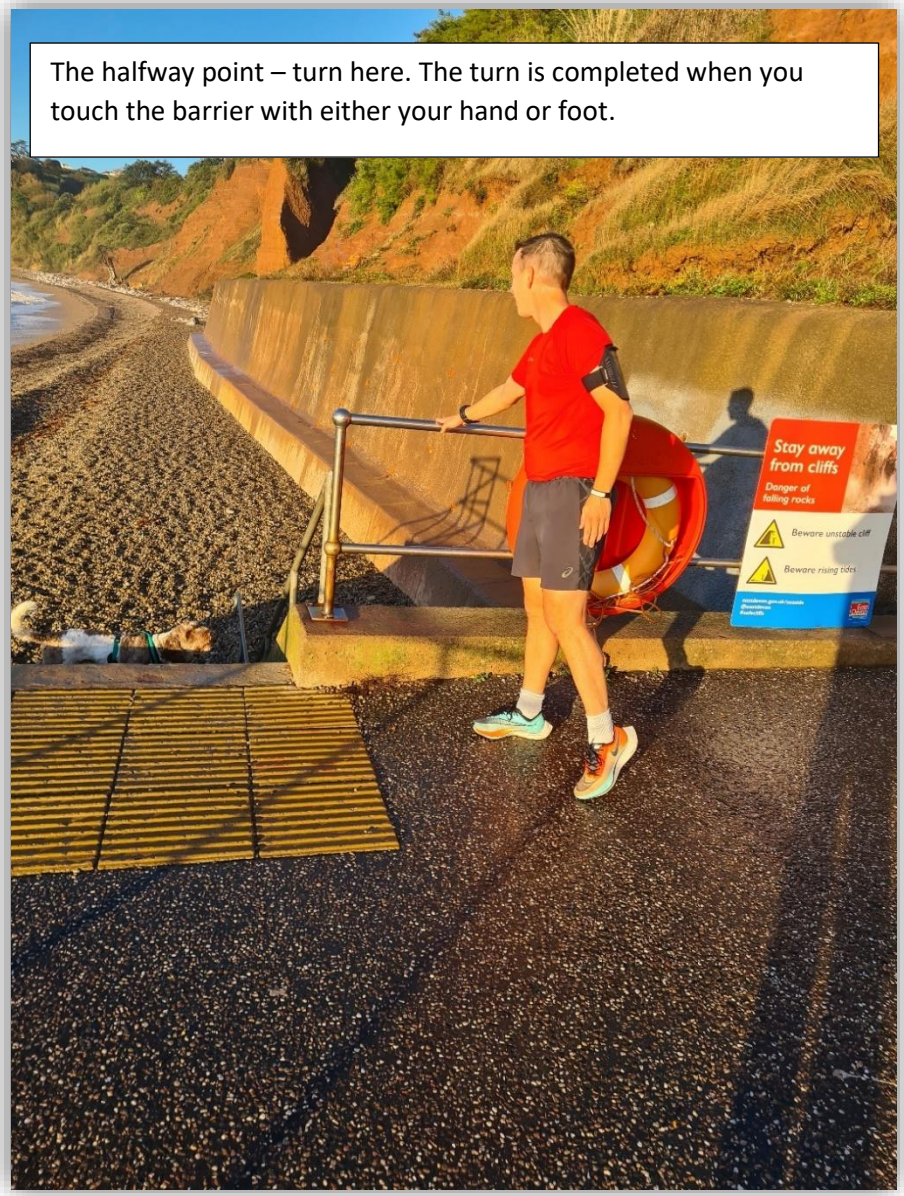
Head up Trevelyan Road, follow the pavement and go right at the end.

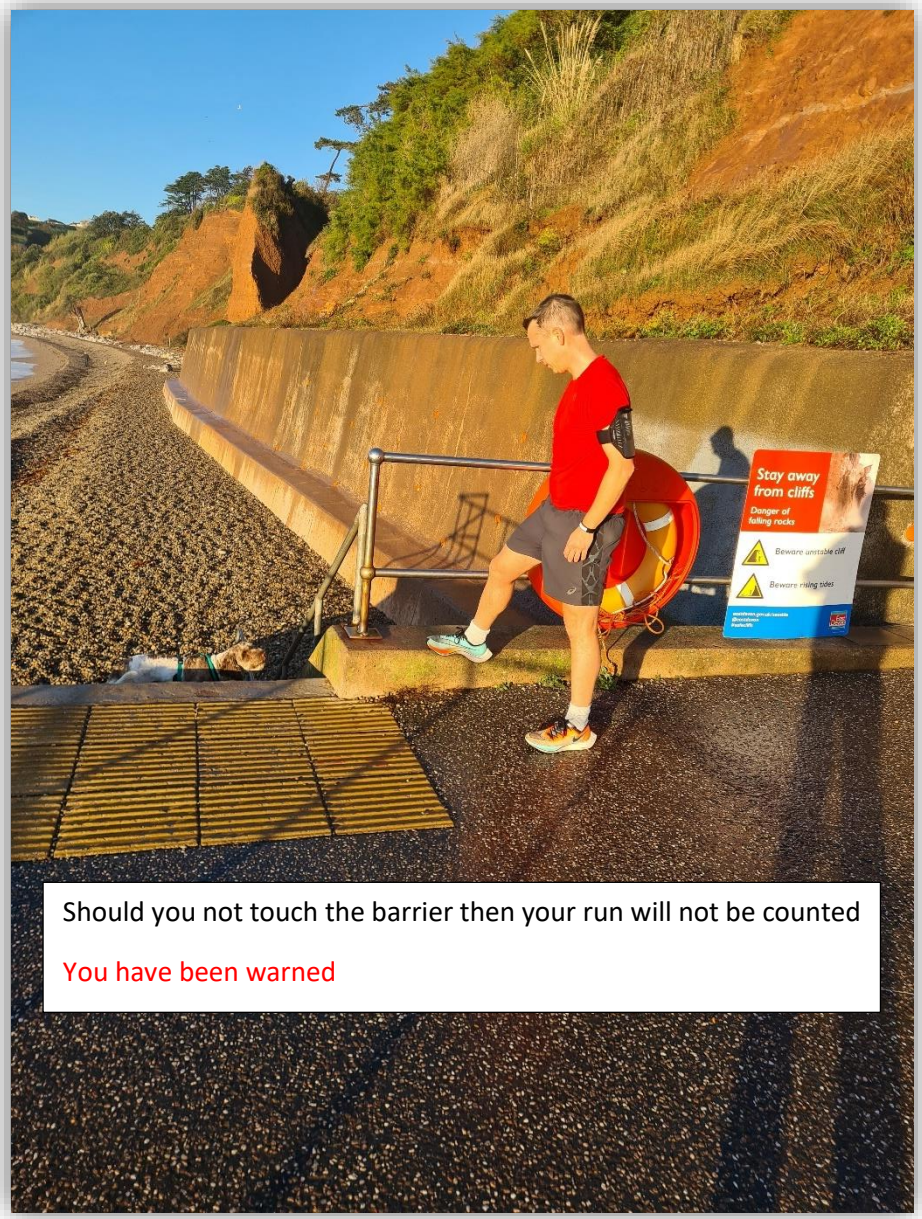
Head straight along the Esplanade all the way to The Hideaway which is also the turn point. You will need to cross the road at some point when safe to do so.


Carry on along The Esplanade, you should be on this side of the road

On the way back run on the road for this section
Subject to pedestrians then take the pavement on the way to The Hideaway

Carry on along The Esplanade


The halfway point – turn here. The turn is completed when you touch the barrier with either your hand or foot.
Stay away from cliffs
Danger of falling rocks
Beware unstable cliff
Beware rising tides



Should you not touch the barrier then your run will not be counted

You have been warned

You then reverse your route back to the start line!

The route: https://www.plotaroute.com/route/1733853

The Rules

- Your mark is the best of your last four times up to two years old
- Your PB is your best ever and is therefore never slower than, but can be faster than, your mark
- Your start is the slowest mark minus your mark - the faster you are, the smaller your mark and the later you start
- The first twenty scoring runners to finish get twenty down to one scores points
- You need two runs before you can score other than for running and beating mark
- Anyone completing the course gets a run point
- Anyone who beats their mark gets a mark point
- The highest 9 scores count towards the total
- The time of anyone finishing more than a minute behind anyone else, and anyone finishing after them will not be used to compute their mark. They will still get points, but it means that a string of unreasonably slow runs won't give someone an easy mark
- Numbers in last month's results reflect scores, marks and PBs as of last month whereas the overall and next month start lists reflect current value