



PE14 9PG



Exit Christchurch at the Dun Cow pub. (Good view point) Follow the green drive, turn right at the end of the drive and join public road (B1100). Continue on B1100 for 2.5 miles to the village of Welney.



At the T-junction turn right. The take-over point is just past the Lamb and Flag pub in front of the village hall.

Parking is very limited. Please follow marshals instructions and park and walk.



PE14 9RB



Take-over

Refreshments, Hot Dogs, Toilets but no showers in the village hall.



March Athletic Club

The Hereward Relay

Sunday 22nd November 2009

Stage Three (10.3m)

March to Welney

Important Information.

A warm welcome to all teams who have entered this years Hereward Relay.

You must wear your number on the front of your vest or Tshirt.

The race is run over different terrains, so it is impossible to marshal every corner. Every effort has been made to ensure that indication arrows are in place where necessary, with marshals at all crucial junctions.

All runners and supporters are asked to take care. There are many vantage points along the route to see the runners.

Cross all roads with care and give way to traffic where necessary. Take notice of instructions from marshals and police.

When finishing your stage make sure your number is visible and stay in order until you receive your horsebrass.



Stage organiser Katie – mobile 07780 707 080

From West End Park depart via footpath to town bridge, crossing road carefully and following to the left of the riverside by the Ship Inn.



PE15 9LT

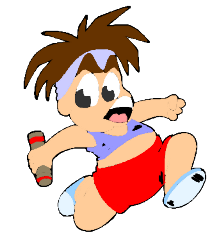


Follow drove to farmyard and turn left. This road leads to the next farm

When approaching this farm bear left past farm buildings and take footpath on right (This will be hard work).



Cross the pedestrian bridge over the river on the right and turn sharp left, continue to the end of the riverside park. Leave the park via a footpath under the railway bridge – TAKE CARE HERE . Follow the riverbank (3 stiles) for approximately 2 miles. When reaching the pumping station turn right, crossing field to farm drove (this may be tough going).



When arriving at next farm continue to river. Cross over bridge to drove to village of Christchurch. Busy road – follow Marshals instructions.

