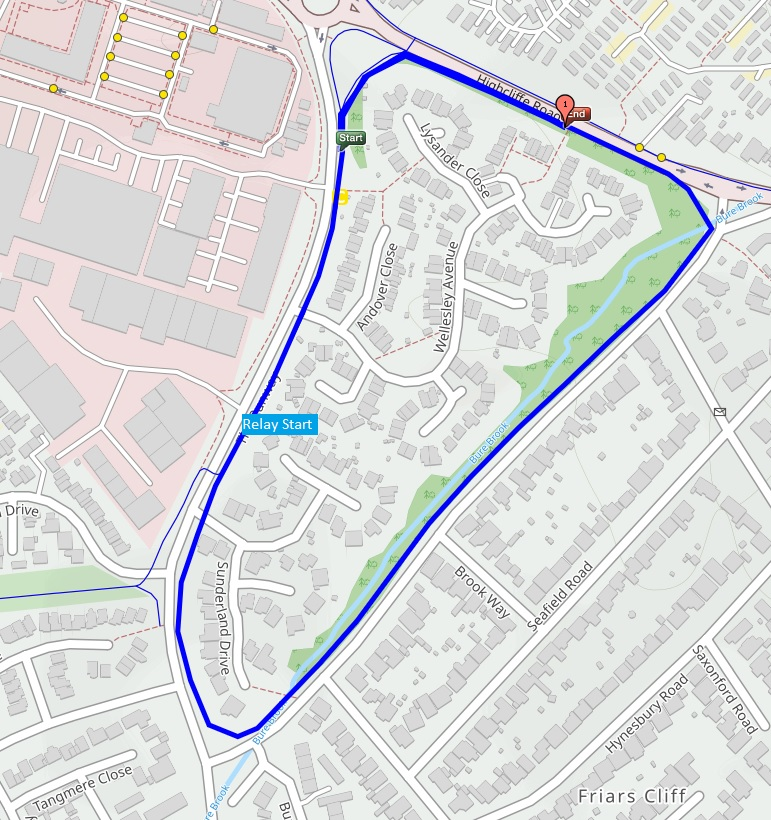
The Mile course is "one and a bit loops, clockwise, starting in The Runway near the BAE Systems back gate, and finishing in Highcliffe Road"

The Mile Relay course is "the first runner runs one and a bit loops, clockwise, starting in The Runway opposite Airspeed Road, with the handover to the second runner being at the start of the Mile course as the first runner reaches it for the second time. The second runner then runs the Mile course"

Start of Mile Relay (start of 1st leg)

Mile and Mile relay course





Mile Relay handover (and normal mile start)

Finish of Mile Relay (and normal mile finish)



