**Stanpit Marsh Course Description**

Start where the Monthly Race starts, facing away from the dual carriageway.

Run along Grange Road to Delta Close, then through Delta Close and the alley between the houses to the Yellow Brick Road (the track that runs along the back of the BAE sports field). Go left 45 degrees as you come out of the alley.

Turn left along the Yellow Brick Road, pass the community centre, and go along the right hand side of the large grass area. When you get into the woods, follow the path round to the right over the bridge which crosses the stream.

Go straight off the bridge (don’t turn left here) and follow the path up the western side of the industrial estate.

Just before you get to the road, curve left onto the footpath that takes you across Elderberry Lane (a quick right and left here), and then past the Mudeford Junior School playing field.

Turning left into Mudeford Lane, cross the road, and turn right into Caroline Avenue.

At the far end of Caroline Avenue, turn left and then right into Victoria Road.

At the end of Victoria Road, turn right into Stanpit, then cross the road. When you get to a car park (on the left), turn into it and run past the **left** side of the scout hut.

Follow the track through a gate and round Stanpit Marsh past the RSPB hut. The path is a long clockwise loop that goes alongside the river for a while. When you enter a small area of trees, the path forks. Take the right fork – at the fork you can see another gate. Go through that gate and turn left. You will soon get to a tarmac path (watch out for speeding cyclists on this path). Turn right and the tarmac path will take you back to the car park by the scout hut.

At the car park, turn right into Stanpit, then follow the reverse of the course you used to get to the scout hut on the way out.

Finish where you started.