

Haverhill Running Club

The Hundon Plough Plod

The race route is not marshalled, so please be responsible for your own safety, by taking extra care on all road sections and at all road crossings. Please obey the Green Cross Code and the Countryside Code. Beware of stinging nettles, low branches and tree roots.

KEY

BL	Bear left	FPT	Fingerpost	RHFE	Right hand field edge
BR	Bear right	G	Gate	SA	Straight ahead
BWS	Bridle/byway sign	L	Left	ST	Stile
EP	Enclosed path	LHFE	Left hand field edge	SP	Signpost
FB	Footbridge	J	Junction	TL	Turn left
FC	Field corner	MP	Marker post	TR	Turn right
FD	Field	R	Right	TK	Track
FP	Footpath	RD	Road	TRL	Tree line
				X	Cross

ROUTE

1. Leave the car park of The Plough and **TL** onto **RD** (be careful). After 10m **TL** at **RD J SP** Steeple Chase/Hundon and continue **SA** on **RD**. Just after Brockley Hall follow **RD** around to the **L**. Continue on **RD** passing beneath telegraph wires. As **RD** bears tight **R** with a **TRL** on the **L**, turn **L** at gap immediately after **TRL**. Keep **TRL** to **L** and **FD** to **R**. Continue along **TK** and after approximately 100m, **MP** on **L** and set of hidden steps. **TL** and descend steps onto **EP**. Turn **R** on **EP**.
2. Continue **SA** on **EP**. **X FB** and continue **SA**. Follow **EP** around **L** hand bend. Exit the **EP** and **TL** onto wide grassy **TK** and continue along it until the grassy **TK** turns into tarmac **RD**. Continue **SA** past barns towards Kedington. Ignore **FP** on **R** and continue **SA** towards the **J**. At **J TL** and continue along **RD** towards further **J** (Dash End Lane). At further **J TL** onto main **RD**. After 200m, opposite Stone Bridge Farm, **TR** onto **TK**.
3. Continue **SA** along grassy **TK** and between gap in **TRL** continue **SA** keeping the single **TRL** to your **R** and continue **SA** on grassy **FP**. Follow **FP** through small gap and continue along **LHFE** following **FP** to **RD**. At **RD TR** then immediately **L** at **FPT** and follow path along **RHFE**. At **MP**

continue **SA** across **FD**, clear path, running towards the telegraph poles, towards the **RD**.

4. At **RD TL** and continue around series of bends as far as the **RD J** on the **L** (Baythorne Lodge). **TR** through **G** and continue along **EP**. **X** concrete **FB** to wooden gate (may be closed). Pass through **G** and **X** further **FB**. **TL** on **FP**. Now on Stour Valley Path (SVP).
5. Follow **FP** keeping the **TRL** to your **L** and **FD** to your **R** to a further **FB** (Ignore any paths to **R**). **X** **FB** and follow **EP** to a further **FB**, ignoring any **FP** to your **R**. **X** **FB** and **BL** onto **FP** and continue **SA** across **FD**, clear path, towards **TRL**. At **TRL** **BL** towards **FB**. Ignore **FP** to **R**. Do not **X** **FB** but just before, **TL** and follow path along **RHFE**. At **FC** continue **SA** keeping **TRL** to your **R** (Long grass). **X** **FB** and continue **SA** along grassy **TK** past **MP**. **BL** at second **MP** and continue along grassy **TK**.
6. At farm **TK** with green barn, **X** **TK** towards **MP** and ascend hill along **TK** beside **RHFE** and **TRL**. Pass **MP** ascending hill and a small tin structure. Approximately 10m after tin structure **TR** through gap in **TRL**, at **MP**. Then **TL** at **FD** and follow clear path **SA** **FD**, towards a single large tree. **X** **FB** at **FPT** and continue **SA** clear path to **RD**. (This is the end of this section of SVP).
7. At **RD TL** and continue along **RD** towards a series of **J**. Ignore the first two **J** on the **R**, continuing **SA** at further **J** identified by a **SP** and a No Through Road sign (Way Bank Lane & Field Lane). Continue **SA** along **RD**.
8. As **RD** changes to gravel/mud **TK**, continue **SA**. At small copse, continue **SA** along wide grassy **TK**. The wide grassy track meets a **TK** on the **L** but also a **TK** that leads **SA**. Do not go **SA** but **TL** onto grassy **TK** towards the **RD**. Follow grassy **TK** towards **RD**. At **RD** **TR** continuing towards junction. At junction **BR** and then **TL** into car park of The Hundon Plough.

You have now reached your destination.

DISTANCES APPROXIMATE: 7.30miles/11.75km