

(Emergency contact - Paul Buckle 07879 650257)

Haverhill Running Club

THE WEST WRATTING WOBBLE (The Chestnut Tree Public House)

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, tree roots and loose ground.

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
FDE	Field Edge	RD	Road	TRL	Tree line
FP	Footpath			X	Cross

ROUTE

(1) From the front of The Chestnut Tree Public House **TR** onto Mill Road, **SP** West Wickham/Bartlow. Run along **RD** for approximately 200m. **TR** onto Padlock Road and continue **SA**, ignoring **FP** to your **R**. At end of **RD** **TL** (Paddock Cottage) at **FPT** onto **FP**. At the 2nd **FPT**, **TR** and then continue **SA** across **FD** along clear marked **FP** towards **TRL**.

(2) At **FDE** and gap in **TRL**, continue **SA** along **FP** through wooded area. As you exit the wooded area, continue **SA** along **FP** keeping to **LHFE**. **X** **FB** and continue **SA** across **FD** along clear marked **FP**. **X** 2nd **FB** and continue **SA** across **FD** on clear marked **FP**, parallel with telegraph poles. **BR** along **FP** and follow **LHFE**. **TL** through gap in **TRL**, **X** over steps on **EP** (*Geocash location*).

(3) After exiting **EP**, continue **SA** on **FP** along **LHFE**. In **FC** **TR** and continue along **LHFE**, **BL** towards **G**. Pass through **G** in **FC** and continue **SA** along **FP**, ignoring 7 bar **G** to your **L**. **X** **FB** and continue **SA** through **G** along **FP**. At **FP** **X** **RD** beside **MP**, **TR** and follow **FP** towards **EP** in **FC**. At **FC** enter **EP** through **G** and **X** **FB**, continuing along **EP** to **RD**.

(4) At **RD** (Please be careful as vehicles approach fast), **TR** and **X** **RD** then immediately **TL** towards **G**. **BL** past **G** along **EP** towards the church. **X** **FB** into churchyard and follow **FP** around front of church. Pass through **G**, **TR** passing children's play area. At end of car park, **TL**, pass through **G** onto playing **FD**

and continue **SA** along **LHFE** towards gap in **TRL** between 2 floodlights, next to Parish Council **SP**. **X FB** through **G** and continue **SA** along **FP**.

(5) Continue **SA** through 2nd **G**, again continuing **SA** (House on L count the chimneys). Ignore **G** to **L** and continue **SA** along **FP**. Pass through 3rd **G**, continuing **SA** along **LHFE**. Exit **FD**, passing garages to your **R**, continuing **SA** to **RD**. At **RD**, **TL** then immediately **TR** at **FPT** (Renovated cottage), following **FP SA**. At end of **TRL** on **L** (telegraph pole) continue diagonally across **FD** along clear path, with wind turbines in foreground.

(6) At **FDE**, pass through **G**, continuing diagonally along clear path across **FD**. At **FDE** pass through gap in **TRL**, over **FB** and then continue diagonally across **FD** along clear path. At **FDE** and **MP**, pass through gap in **TRL**, continuing diagonally across **FD** on clear path, ascending hill, keeping wind turbines to your **R**. At **FC**, pass through large gap, onto clear path, continuing **SA** across **FD** towards **TRL**. At **FDE** continue **SA** through gap onto **EP** through wooded area. At end of **EP**, at **FDE**, continue **SA** on **FP** towards **TRL**, descending towards gap in **TRL**, approximately 50m (gap is hidden).

(7) At gap in **TRL** descend steps onto **EP**. After short distance, at **J** on **EP**, **TR** and ascend hill along **EP** (Fleam Dyke). Continue **SA**, **X** fallen tree. Descend steps on **EP** and continue **SA**. Exit **EP** onto **RHFE**, opposite wind turbine on **L**. At **FC** continue **SA** through gap along **RHFE** towards telegraph poles, ignoring any gaps on your **R**. At **FC** with **FPT**, exit onto wide **TK**, **TL** and continue along **TK** (Icknield Way & Geocash location). At farm entrance, ignore **TK** to your **L** and **R**, continuing **SA** along wide muddy **TK** towards incline in distance. As **TK** begins its incline and at **MP**, **TR** (Fleam Dyke & Roman Road), continuing **SA** along wide grassy **TK** following **RHFE**. At **FC**, **TL** through gap and continue along grassy ascending **TK** following **LHFE** to **RD**.

(8) At **RD TL** (Again be careful - Busy **RD** - **X** to face oncoming traffic) and continue **SA** along **RD**. Pass village **SP** and decorative logs upon verge on **R**. **TR** at **FPT** onto gravel **TK**. At 5 bar **G**, **TL** along wide grassy **TK**, following **LHFE**, through a series of bends. At **FC** and **J TR** following fence line and **LHFE**, ignoring **FP** to **L** at **J**. Pass beneath telegraph wires, continuing **SA** along **LHFE**. At **FC TL** through gap, ignoring **FP SA**, and **X** ploughed **FD** (path barely visible) diagonally towards large dead tree closest to **RHFE**. At small grassed area, continue **SA** through gap in **TRL**.

(9) At **RD TL** then **TL** again onto Mill Road, continuing straight ahead to your finishing destination, the front of The Chestnut Tree, for a well earned drink.
WELL DONE.

DISTANCE APPROXIMATE: 6.5miles