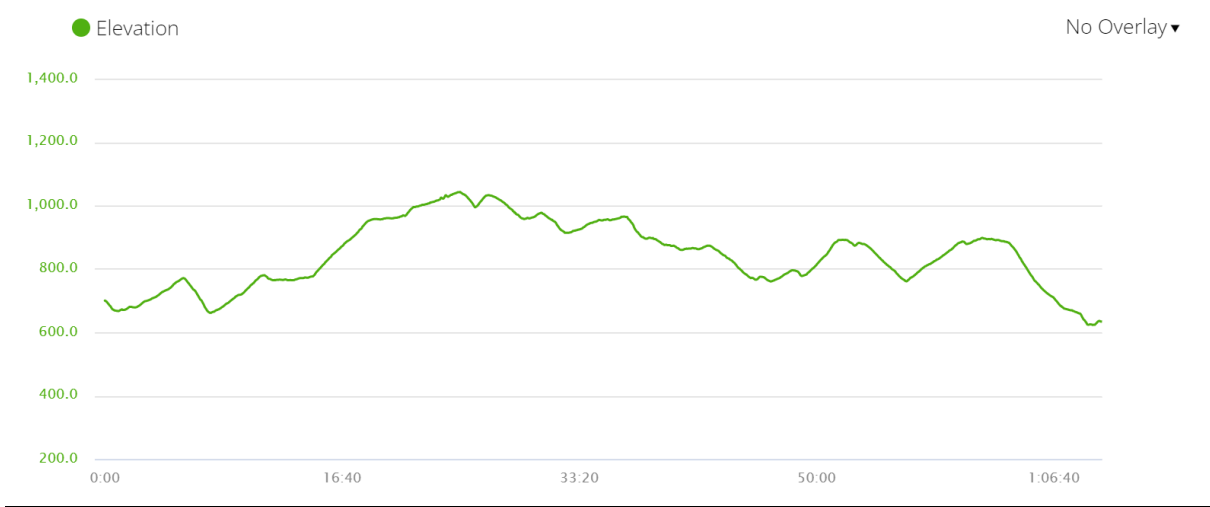


# Run Greno 7.3 Mile Map and Course Description



## Start line

To get to the start line from the registration area, proceed through the car park to Main Street and turn right. Continue to straight ahead to The Old Red Lion pub and take the next right down Greno Gate Road. The start line is just after the entrance to the woods. The start is approx. 800m from the registration point, so please leave yourself at least 10 mins to get there in time, preferably arriving 5-10 minutes before the start of the race. The start area will be quite full, so please make your way down towards the start line to give other users of the woods space to get past.

Although the course is marked and well marshalled, we still advise that the route below is read through in case a marshal does not take their place or needs to leave their position for any reason.

## Route

Proceed down the track from the start line and take the first left turn (Marshal point - Fig 1). The first track has recently been re-laid and there is a slight lip on the edge, so be careful when running near the edge of the path. After taking the first left turn, continue straight ahead for 700m, steadily climbing up a path that turns rocky, when the path opens out to a choice of two paths, turn right down the hill (Marshal point - Fig 2). Continue down the hill to the bottom of the woods, turn left past the Spring Hill entrance when the path makes a T-junction, then continue on the left hand path when the main track splits (marshal points - fig 3a+b). We may add a slight detour around the first 50m of the path at 3b as this section can become hazardous after heavy rain – this will be well marshalled. Continue for approx. 400m up the steady inclined, then continue straight ahead when you reach the path crossing. This path can be very muddy after recent rain. Continue on the flat for 500m until you come to a 120 Degree left hand turn that takes you up a steep track (marshal point - Fig 5)





fig 3a Bottom of woods turn left, then bear left



fig 3b Left hand path split.



Fig 4 after 400m, continue across the uphill track to follow the flat route.



Fig 5 120 degree left turn to Woodhead road

Climb to the top of the hill and turn right (Marshal point fig 6a) along Woodhead Road for approx. 300m to the kennels (Please keep single file whenever you're not overtaking), opposite which there is a metal gate in a large wall (Marshal Point - fig 6b and 7). Enter the gate, run to the top of the field and turn right. Follow the path along the ridge of the hill straight ahead (fig 8), up and over the brief drop down and climb part way along, until you reach the radio mast and lodge.



Fig 6a – Turn onto Woodhead Road at top of the hill



Fig 6b: Farm and gate in wall



Fig 7 gate in wall. Run to top of the field behind and turn right along the ridge.



Fig 7 gate in wall. Run to top of the field behind and turn right along the ridge.

Fig 8 Follow path at top of the field straight ahead until reaching the mast and lodge

Turn left back on yourself at the lodge, following the tarmac track (Marshal point - fig 9). Continue along the tarmac track for 1km until you come to two farm gates side by side. Take the right-hand gate (Marshal point - fig 10 – the gate has a Wharnccliffe Lodge sign), continue past the farm (If the black labrador is there, he's a barker, but harmless), through the next gate, then follow the grass track across the chase. Keep following the path as it gradually turns left. After just under 1km, when the path has gradually curved approximately 90 degrees left and you're heading down a slight slope, take the right turn down the path towards the woods. (Marshal point - fig 11). Go through the gate to enter the woods (Marshal point – fig 12)



Fig 9 Tarmac track after radio mast



Fig 10 Double gate, take right hand track



Fig 11 After passing through the farm and following the track for approx. 1km, take the right turn towards the woods (Photo taken after 3 days of heavy rain!)



Fig 12: Joining Wharnccliffe Woods



Fig 13: Wharnccliffe Car park

Water table at yellow markers

Join the main fire track in the woods and turn left. (See Above) Follow the track straight ahead, running up the hill, until you reach the car park at the top of the woods. There will be a water table at this point (Fig 13, table position marked in yellow). Continue along the path from the water table and follow as it starts to descend steadily through Wheata woods (Fig 14/15 – No marshals, just signs) for approx. 650m, until you are 50m from the exit of the woods, where you take the last right turn back up the hill (fig 16 – marshal point), following the main track.



Fig 14/15 – Path after the car park, proceeding to path downhill through Wheata woods

Follow the path uphill (The last climb) for a few hundred meters until you go over the brow of the hill, drop down for approx. 50 meters, before turning 90 degrees left (marshal point - fig 17) onto the path across the top of Prior Royd woods (the path is uneven with a lot of tree roots and can be very muddy). After 300m, exit the woods climbing over the wall and break out onto the field, follow the path ahead for another 100m, climb over the stile on the next wall, turn left taking the track straight down the hill (marshal point - fig 18).



Fig 16 Last right turn at bottom of Wheata woods



Fig 17 – Left turn into Prior Royd, across the top of the woods

Fig 18 – Style and track down to the village



At the bottom of the hill, turn right on Top Side (marshal point - fig 19 - caution for vehicles!). At the end of this lane, turn left onto Stephen Lane (marshal point - fig 20 - This is a main road, there is a pavement on the left and there will be a marshal but please take extra care). At the cross-roads, turn right down main street to the park (marshal point - fig 21), turn left into the park, keep to the left of the path and follow the course in a 270 degree loop to the finish line (see next page).



fig 19 – approaching Top Side



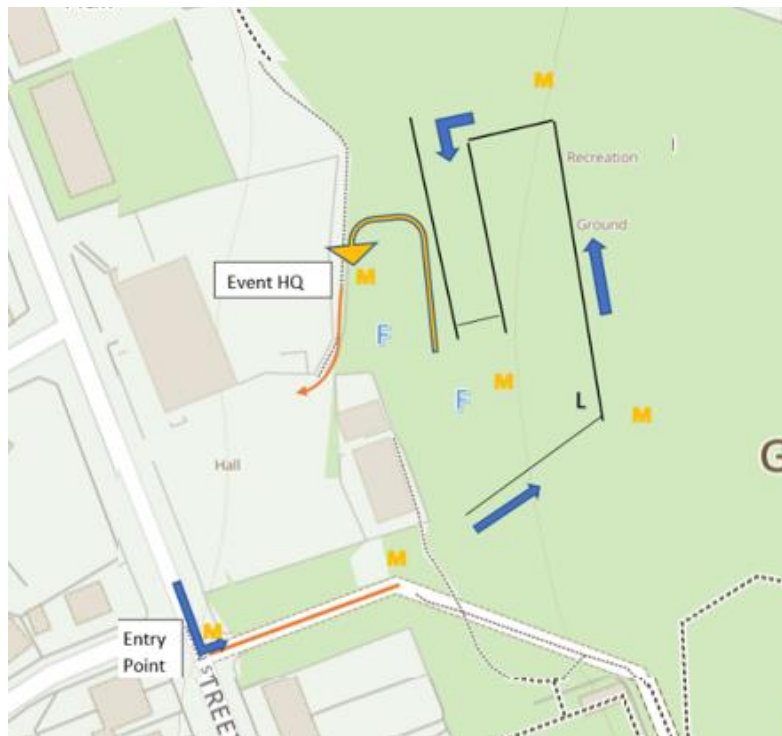
fig 20 – End of Top Side, joining Stephen Lane. Pavement available on left.



Fig 21 – Stephen Lane/ Main St junction.



Fig 22 - Grenoside Park entrance, keep to the left of the path and join finishing loop  
(See Below)



Finishing loop. The Community centre and car park are accessible via the path above the finishing straight.