



FIRST LAP (12 MILES)

Mass start at Sheen Gate, down to Sheen Gate Cross. Turn right up Sawyers Hill, past Holly Lodge on the right. Turn right onto Tamsin Trail (TT) at top of Sawyers Hill just before Richmond Gate. Head back down towards sheen Gate/ HQ, turning right, and back down again onto Sheen crossroads and straight over junction heading uphill towards White Lodge House (WLH on your left). Follow road past Lawn Plantation (LP) Car Park and down towards Robin Hood Gate where you will turn right and re-join the TT. Follow the TT towards and up Broomfield Hill, then continue with TT onto Kingston Gate (turn right) and head to Ham Gate and onto Petersham Gate. You will pass Richmond Golf Course on your left, where you will turn back and head towards Ham Gate. At Ham Gate you need to turn left up hill and cross Queens Road and then left onto join the private Road running past Ham Cross Plantation and back towards LP Car Park. Turn left at car park and back past WLH (on the right) and straight back over towards Sheen Gate HQ.

Lap 1 completed - 12m

2ND / 3RD LAPS (14.2MILES)

Re-join TT at Sheen Gate HQ, turning immediate right and heading down towards Roehampton Gate. Cross junction and stay on TT towards Robin Hood Gate, up again through Broomfield Hill and on onwards to Kingston Gate. Turn right and keep on TT to Ham Gate, then right up hill heading towards Pembroke Lodge and Richmond Gate. You will pass the Café on left, and car park on your right. From Richmond Gate follow the TT all the way back down to Sheen Gate, distance 7.1miles. The same route needs to be completed twice (Lap 3) to combine total marathon distance of 26.2m. Note distances may vary.

Well Done!