

Rollestone Roller 1st – 7th June 2020

This 5K course has a relatively flat start and finishing section of just over half a mile beginning and ending at the pictured gate near the bottom of Cat Lane. To start you will run through Hangbank Wood into Rollestone Wood. There are two loops in Rollestone, a large clockwise loop takes you up to Leighton Road where you will circle around the top of the wood and back onto the central path. A sharp left fork back uphill takes you onto a shorter anticlockwise “ring of fire”, a climb up to the power substation checkpoint followed by a sharp decent popping out behind the big stones onto the central path – go downhill! Race from here back to the start gate.

Please remember folks this is #NOT a Parkrun 😊



Start and finish gate. This is straight ahead if you enter Cat Lane via Carfield Lane just after Rose Cottage S8 9JQ



From the start gate run north 100m and follow the path around to the right through the Hangbank Woods gate. Run through Hangbank wood towards the recycling centre staying right at the fork and following the path around to the left at the tip. There are stone footbridges either side of the Blackstock Rd underpass. Go under Blackstock road - checkpoint 1 is the gate pictured which is on the other side.

Stay on this path with the railings on your left and housing on the right. Turn left through the gate into Rollestone Wood. Take the **immediate** right hand trail with the Meersbrook on your left.

At the large clearing with three trails (pic) take the left hand path (downhill) over small wooden bridge. This path circles up to the right – do not take any of the paths turning off. At the fork in the path take the left fork (past distinctive tree pictured) up and through the friendship gate (checkpoint 1) and along the gravel path up Leighton road.



Soon after you exit the gate take the right at the gravel path crossroads (pic below) – this is checkpoint 2. Follow the gravel path to the peak of the hill where it curves back on itself. Go onto the grass trail which goes around the bushes pictured and head downhill towards the woods. Take the entrance to the wood which is opposite the diagonal grass trail over the meadow - the metal gate inside the woods is checkpoint 3. Immediately **turn left** onto a narrow trail. At the end **turn left** and follow this path to the end – you will have a steep view of the woods on your right.



At the end of this path turn left towards the steps then follow the path round to the right until you exit the woods onto an asphalt path and run downhill through the gate pictured

and turn right through the Rolleston Wood sign pictured (checkpoint 4). Follow the path down through the woods.



You will reach the central path heading downhill. When you see the gate in front of you (pic below) take the sharp left trail back (checkpoint 5) and follow this trail up the steep hill. The trails are not well defined on the hill but you just need to get to the top! You will see the power substation when you reach the brow of the hill. Run past the substation to the gate pictured (checkpoint 6) Turn back at the gate and with the substation behind you take the trail to the right – not back the way you came. After a short steep decent you will pop out behind the big marker stones (checkpoint 7) on the central path and **turn left downhill**.



Follow the path past the gate where you forked back for the second loop. Continue down through Rolleston until you are able to exit and race back to the start gate.

