* The run route is straightforward. It follows the path alongside the reservoir. It is three laps of the same course.
* It is, in total, just over 12.4 miles (20 kilometres )
* The whole route is on public footpaths and bridle ways. They are likely to be used by other people.
* Be careful of horses being ridden. Slow down as you approach and pass them. Call from behind to make the rider aware of your presence.
* Some people may be walking their dogs and the dogs may be off the lead.

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| **Route** | **Comment** |
| From transition head north along path towards the gate at LITTLE SAUCELANDS. | Water/feed station in transition  Make sure you have sufficient hydration/gels/nutritional supplements with you.  Slight uphill gradient |
| LITTLE SAUCELANDS gate  Go through the gate and follow the path northwards.  Path meanders alongside the reservoir | This is a swing gate.  The path is gravel and mud.  Uneven surface – tree roots and stones  Short, slight incline just through gate  Otherwise fairly flat until short, uphill gradient as the path approaches SANDHOLE WOOD gate |
| Turn left at SANDHOLE WOOD gate onto causeway (BALCOMBE LANE/WEST HILL) | This is a swing gate  It leads out onto the path across the causeway.  The path is tarmac and in reasonably good state of repair  Narrow path because of overgrown shrubbery  Keep left. |
| Turn left at end of causeway through gate onto public bridle path at ROWLETTS WOOD gate | This is a gate that needs to be closed. We may have a marshal at the gate but, if not, please close it.  This is a bridle way – horses & MTB cyclists  Short downhill section on uneven gravel and mud surface.  Follow this path until it ends at the junction with MILL LANE (in GREAT BURROW WOOD).  Slight uphill incline at start of GREAT BURROW WOOD to turn-around point. |
| TURN-AROUND POINT - junction with MILL LANE (in GREAT BURROW WOOD) | Junction with MILL LANE (in GREAT BURROW WOOD)  Water station at turn-around point.  Note: the path ends here. Simply go to the gate and turn around, retrace the way you came. |
| Turn right through gate at ROWLETTS WOOD , onto the causeway (BALCOMBE LANE/WEST HILL) | This is a gate that needs to be closed. We may have a marshal at the gate but, if not, please close it.  It leads out onto the path across the causeway.  The path is tarmac and in reasonably good state of repair  Narrow path because of overgrown shrubbery  Keep right. |
| Turn right at SANDHOLE WOOD gate onto footpath heading back to LITTLE SAUCELANDS gate & transition. | This is a swing gate  Short downhill gradient before path levels out.  Uneven, mud and gravel surface, with some tree roots.  Short uphill section just before gate |
| Go through LITTLE SAUCELANDS gate & across path to transition. This is the completion of one lap. Turn around and do 2 more laps. | This is a swing gate.  Slight downhill gradient  Water/feed station in transition. |