* The run route is straightforward. It follows the path alongside the reservoir. It is two laps of the same course.
* It is, in total, just over 10 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 turn round point |
| TURN-AROUND POINT | Simply go to Rowletts Wood Gate - retracing 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 |
| At LITTLE SAUCELANDS gate, turn around and do another lap. | This is a swing gate.  Slight downhill gradient  Water/feed station in transition. |
| After another lap – the finish will be in the transition area |  |