

| Control | Description |
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| Start | Beat Box 24: Signpost next to the playground at Inkerman cottages / The |
| | Inkerman |
| 1 | Beat Box 25: Lamp post 17056 . Loundsley Green near the shops and |
| | the bus stop. |
| 2 | Beat Box 56: Signpost at Loundsley Green Park next to the bridge |
| 3 | Beat Box 55: Signpost at the entrance of Holme Brook Valley Exercise |
| | Park |
| 4 | Beat Box 54: Lamp post 14392 on the path leading to Green Farm Cl. |
| | Holmebrook Valley Park |
| 5 | Beat Box 38: Lamp post 134620. 133 Newbold Back Ln |
| 6 | Beat Box 57: No Stopping sign at Purbeck Avenue. Entrance of |
| | Brockwell Nursery and Infant School and Brockwell Junior School |
| Finish | Beat Box 24: Signpost next to the playground at Inkerman cottages / The |
| | Inkerman |