

HALDON JINGLE BELL RUN

Start - 9.00am

RACE HQ: Haldon Forest Park,
Postcode: EX6 7XR

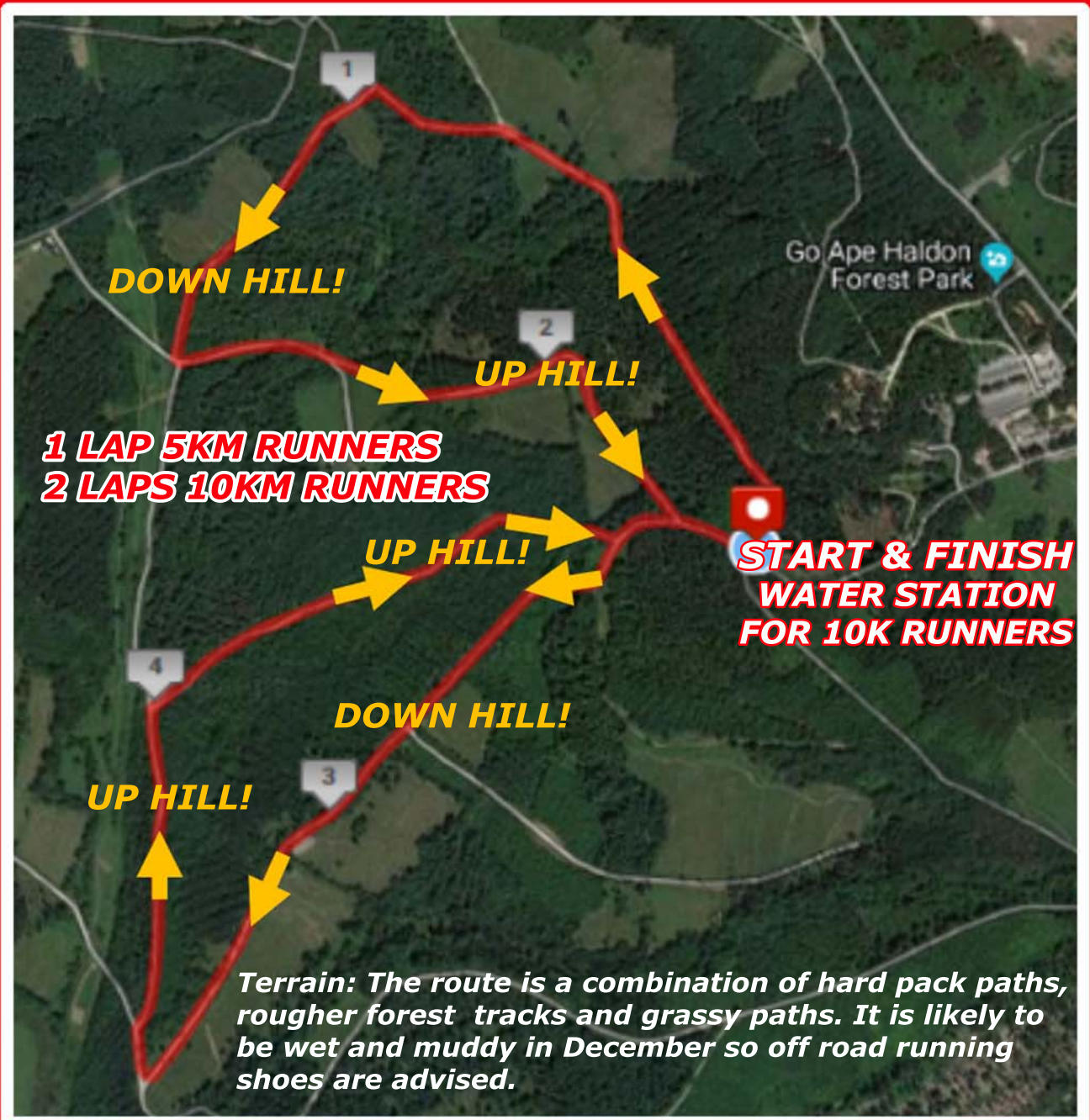
RACE NUMBERS: Race packs will be posted out prior to the race, this will contain every-thing you need for the day. Runners do not need to register or sign on at the Race Hq

START & FINISH: The start & finish are a short walk from the main car park so please allow time to get to the start!

COURSE OVERVIEW:

START - Gradual downhill - 1KM - Downhill with a steep section - flattish section leading into first serious climb - 2KM - Continue climb - into long down hill section - 3KM - Continue long downhill section - begin to climb - 4KM - Gradual climb into steeper hill back to finish of lap (save something in the tank for this!) - 5KM - Complete another lap for 10KM runners

CAR PARKING: Please use the main pay&display Forest Car Park. Please car share where possible.



**1 LAP 5KM RUNNERS
2 LAPS 10KM RUNNERS**

Terrain: The route is a combination of hard pack paths, rougher forest tracks and grassy paths. It is likely to be wet and muddy in December so off road running shoes are advised.

RACE WEBSITE: www.city-runs.co.uk