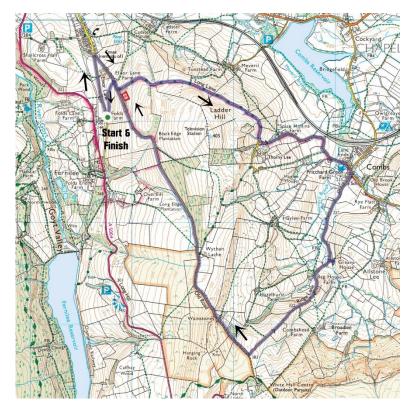
## **SHADY OAK TOUGH 10K**



This race was based around and from the Shady Oak Pub in Fernilee. Mixed terrain race but much of it on road with sections of mainly hard trail. The start and finish is at the top of the small road from the side of the pub on Elnor lane.

The route is clockwise. Running along Elnor lane to the Saxon cross then sharp right and up past the farm then left on Long Lane (Track to Combs). Down the hill to the village centre then keep right in front of the pub and up in the direction near to the Whitehall Centre (We did say up!). At the road at the top turn right then head towards Wainstones then its pretty much down. But do turn left on to the small track to bring you back to where you started.