Finish

Start

Gloucester20 Route:

1 leg out to a 5.5 mile lap. The lap is run anti-clockwise 3 times. There is then a return leg.

The outward leg starts 200m from the finish. It goes out for 0.4 miles, returns to the start and then retraces the first 0.4 miles then leaves the trading estate. Every mile is marked.

Drinks: water and jelly babies