

WYVERN 10K - INFORMATION SHEET

THE COURSE

The course is an out and back – starting on the school J-Track and then out onto the lanes of Fair Oak and Horton Heath. A map of the course is on the next page – showing the water stations.

UNDERFOOT CONDITONS

For the most part the 10K is on tarmacked roads and pavements. Just be wary of the usual lumps and bumps. The first and last 700m are a combination of the track (nice and smooth) and grass. If the weather has been wet, the grass section could be damp, possibly muddy, so take care.

KEEP LEFT – MOSTLY!

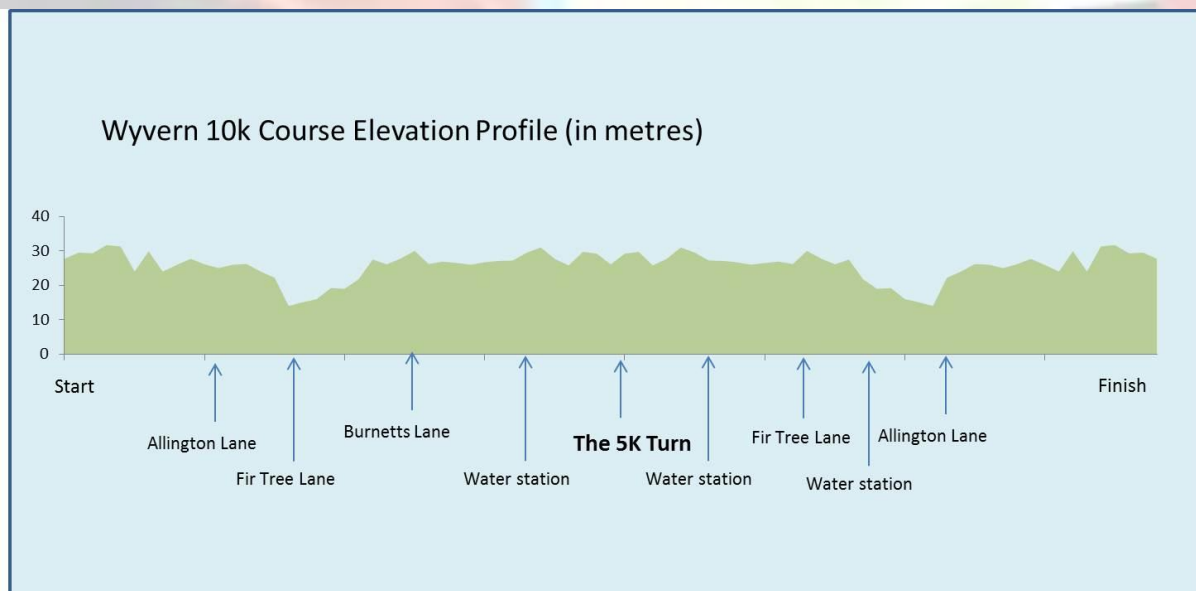
When out on the public roads we will need you to keep to the left for much of the course. The only part where we keep you on the right is through the last 2K – back up Allington Lane and through the houses at the back of the school. Our marshals will make sure that you are where you need to be and there will be signs to remind you.

SHARP TURN @ 5K

Be warned the 5K turn is a sharp one and if you are travelling at pace you will need to apply your breaks. Once you turn please observe the KEEP LEFT rule to ensure that you don't bump into the runners coming in the opposite direction.

ELEVATION

The course does have some undulations but cannot be described as hilly. An elevation profile can be seen below. The last KM is a gentle climb back up into the school so make sure you pace yourself for the last effort.



WATER STATIONS

There are three opportunities to get water out on the course – at 4K, 6K and 7.5K plus water at the finish.

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MAP OF THE COURSE

