

Virtual RR10 Time Trial Event 4 – Deerleap Enclosure

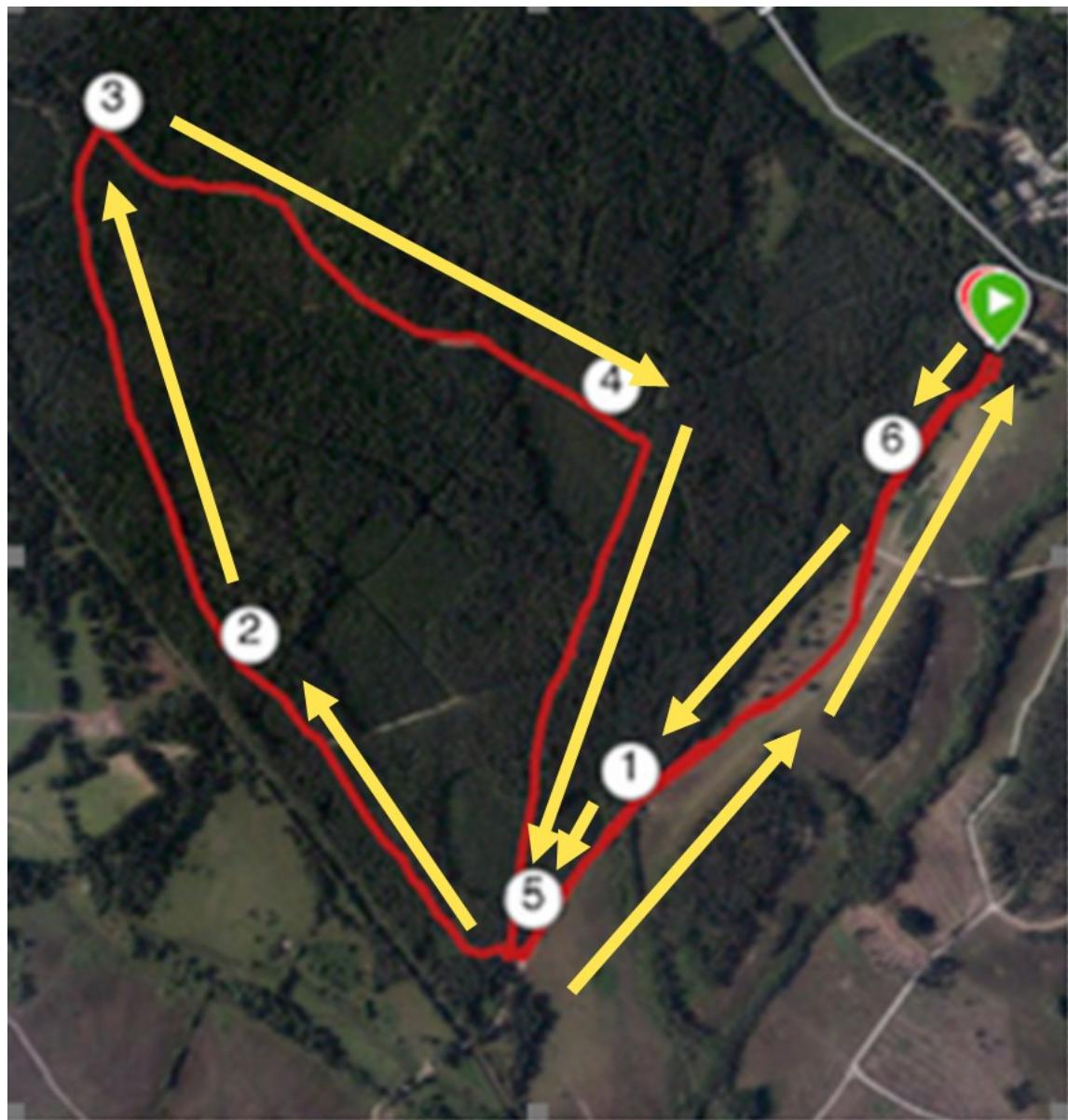
Deerleap Loop 6.3km/3.9M – Start 16/07/2020 Expires 15/08/2020

This route should be familiar to most runners as it forms parts of our summer training sessions at Deerleap enclosure.

The route (in my opinion at least) is easy to follow – it is hard packed gravel paths throughout and should be dry. There is a double gate at the entrance to the enclosure that you will have to negotiate twice

There are some hills but this is flatter than some of the other routes.

Parking in Deerleap enclosure car park – Start and finish point is cycle point 380 which is just past the gate where we normally congregate for training in normal circumstances



Route Guide

1		<p>The start/finish line is at cycle point 380 – This is where we normally start our warm up run and is on the right just past the gate – The first section is the run down to the enclosure gates staying on the path at all times</p> <p>Follow the normal warm up path down past bike marker 378, down rooty rise and up the incline the other side</p> <p>**Be careful of the roots as you go down rooty rise and part of the path at the start of the incline has fallen away on the RHS so stay left here**</p> <p>Please stay on the main path at all times – no short cuts across the grass allowed</p>
		

2		<p>At approximately 1.35km you will reach the enclosure – Turn right on the path at cycle point 376, staying on the path, and head through the double gates into the enclosure</p>
3		<p>Once through the double gates take the left hand route at cycle marker 375 go down the short hill with the path bearing round to the right</p>

4



Follow this path staying straight on at cycle point 374 (Do not take the right turn on to the small loop we use for training) and then straight on at cycle point 373.

At approximately 2.5km you should pass some logs stacked on both sides of the path.

At approximately 2.88km there is a slight bend to the right – stay on the main path (do not take the left turning)



5		<p>At approximately 2.98km take the right turn at cycle point 387 and proceed up the hill for just over 1km – It's not all hill honestly....</p>
6		<p>At approximately 4.06km you will reach to top of the hill and turn right here at cycle point 385. You are now heading back towards the double gates and will go up and down some gentle inclines.</p> <p>Stay straight on past cycle point 386</p>

7



At 4.95km exit the enclosure at cycle point 375 through the double gates and at cycle point 376 turn left to follow the reverse route back towards Deerleap car park staying on the path at all times.



8



Please stay right at the bottom of the incline due to the damaged path on the left and mind the roots on rooky rise

Stay on the path all the way back past cycle point 378 and stop your watch or recording device as you reach the finish at cycle point 380 just before the gate

