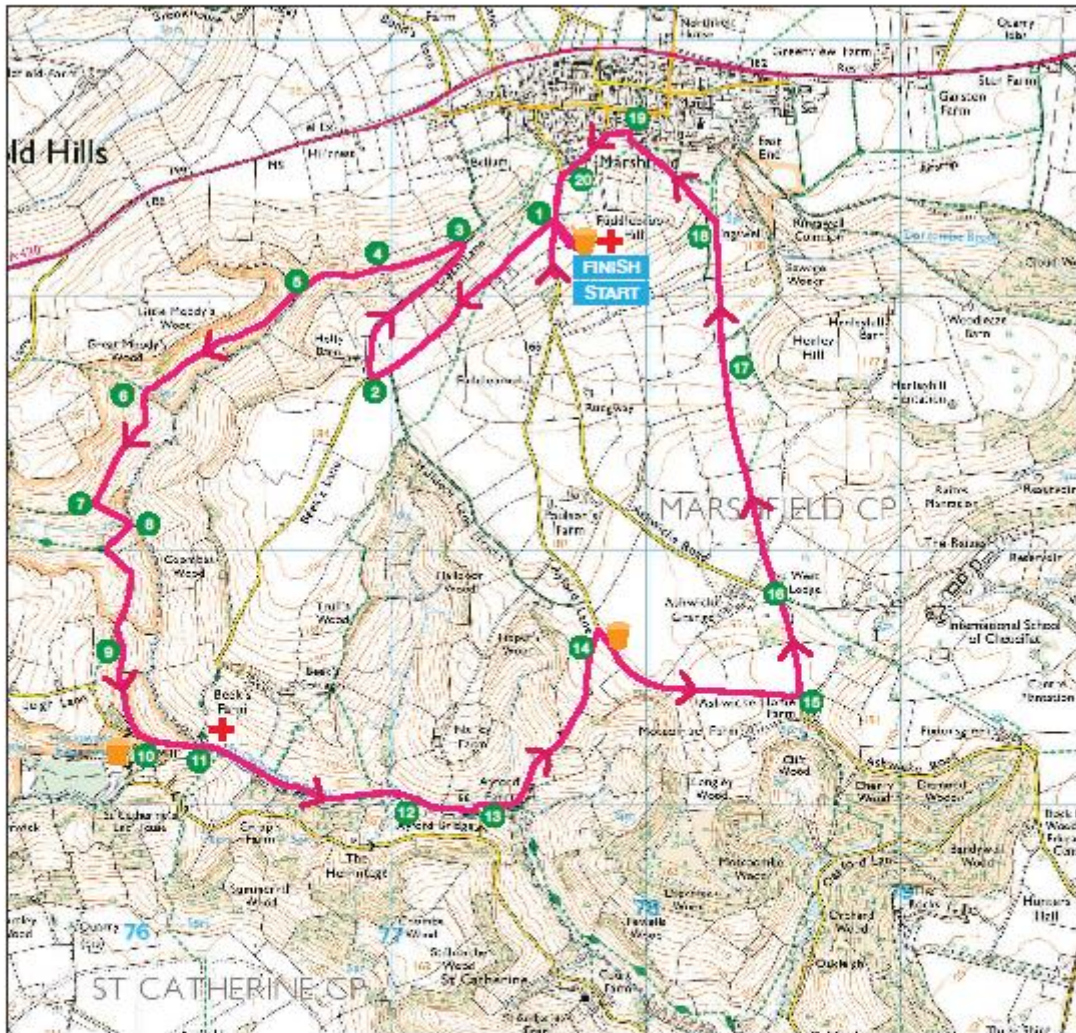


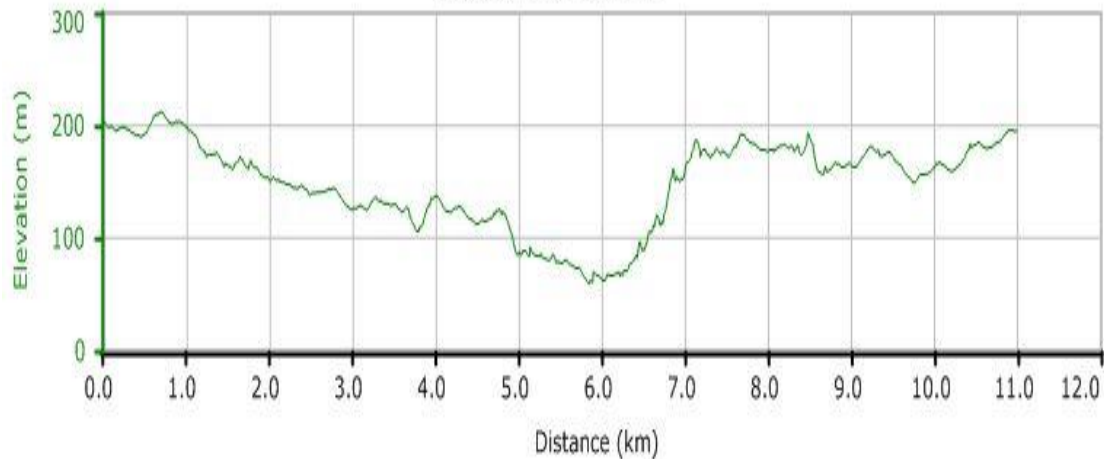
Marshfield Mudlark Route Map



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Marshfield Mudlark Elevation Profile

02/Apr/2010 10:45:32



Marshfield Mudlark Route Description

The Marshfield Mudlark race starts 100 hundred metres from Marshfield Cricket Club on Ashwicke Road. It heads towards the centre of Marshfield village and just past the cricket club turns left into Beeks Lane. The route follows this road for 1km where it turns right onto a signed bridleway. After a further 600m the route turns left through a gate into a field and then follows public footpaths for approximately 3kms down towards St. Catherine's valley.

At approximately 4.7kms the route briefly goes onto a road, where the first water station is located, before going back off road onto public footpaths that take runners across the bottom of St. Catherine's valley. After crossing several fields runners are directed onto a road and up Ayford Lane. Towards the top is the location of the second water station and it's at this point that the route turns right onto a signed bridleway which runners follow until they rejoin Ashwicke Road. The route turns left and runners are taken 300 metres down the road to a kissing gate into a field. It's a relatively straight route back to Marshfield from here over public footpaths. After crossing several fields the course joins Weir Lane on the outskirts of the village and from here it is just a few hundred metres along the road back to the finish at the cricket club.

There are several gates and stiles to negotiate throughout the 11Km route and it should be noted that just over halfway through the route there is a climb of approximately 100m over a distance of approximately 1km although this is done on a tarmac surfaced road.