

# The Edmund Carr Great Baddow Charity Fun Run – Course Map

The Race Starts from the same gantry as the 10 Mile Run. It commences after the 10 Mile runners have completed their initial lap of the field and are clear of the Recreation Ground. Fun Runners are encouraged to watch the 10 Mile Start at 11.00am and afterwards move over to their Start assembly area. **The Fun Run Start will not be before 11.10am, and normally commences between 11.10am and 11.15am.**

Please follow the assembly instructions from Race Marshals in the Start area. **Only runners aged 12 or over are permitted immediately next to the Start line tape.** Runners aged 8 to 11 years will assemble in the second section back behind the Start line tape. Runners aged 9 or less **MUST** be accompanied by an adult, and should assemble in the third section back behind the Start line tape.

The Race distance is a little short of 2 Miles. Runners complete an initial circuit of the Recreation Ground and then leave for Baddow Road via the road that normally allows vehicles to access the Ground (it is closed to all except Emergency vehicles on Race Day). Participants are asked to take particular care on that road as it has speed humps which may not be visible to runners when bunched together. Warning signs by the side of the road show the position of the speed humps.

After completing the road section, runners return to the Recreation Ground using that same access road, and use the same Finish as the 10 Mile runners.

DO PLEASE FOLLOW THE MARSHALS INSTRUCTIONS AT THE FINISH, AND MOVE DIRECTLY TO THE FUNNELS WHERE MEDALS WILL BE AWARDED.

**Orange Shading on Map shows Route and direction runners must follow – Marshals are deployed at road junctions.**

