

Marshfield School PTA and
Registered Charity No: 1039813

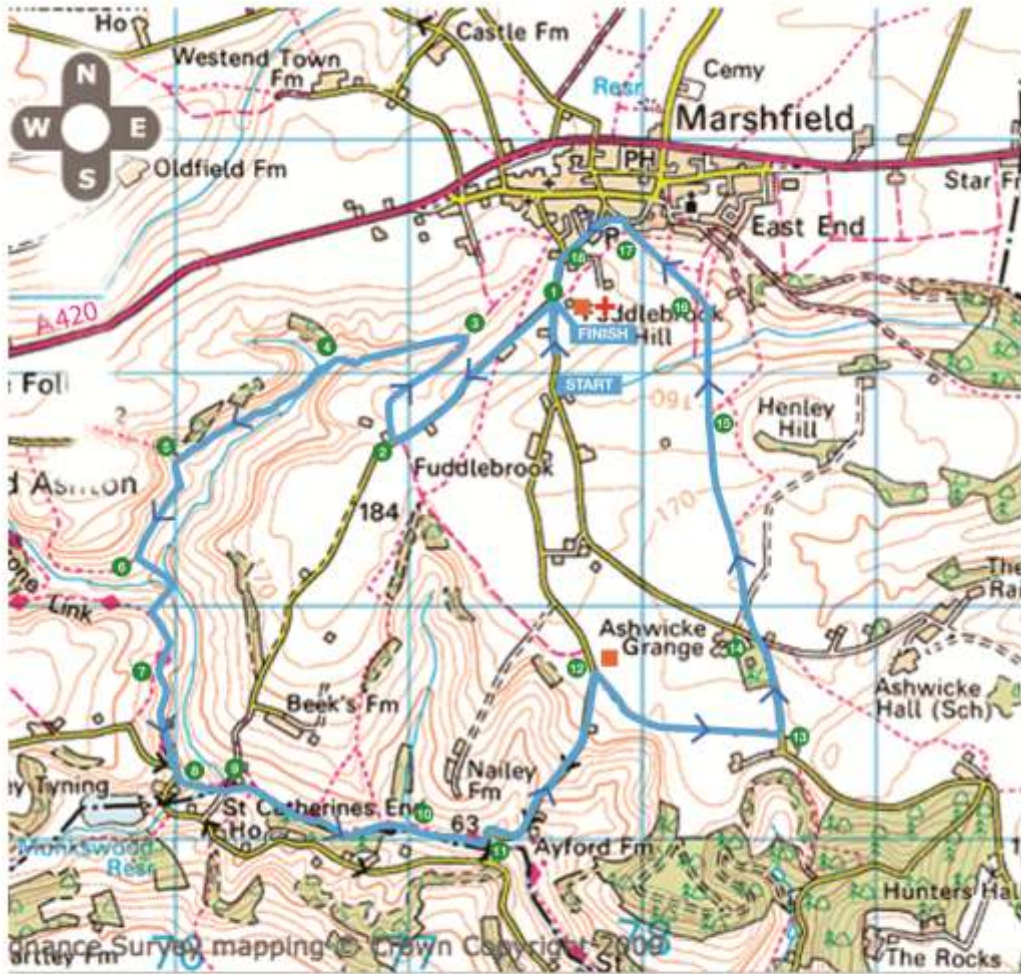


present

MARSHFIELD MUDLARK

AND FUN RUN

Marshfield Mudlark Route



- MUDLARK ROUTE
- DRINKS STATIONS
- MARSHALS
- FIRST AID

Elevation Profile



Route Description

The route was updated in 2010 so that participants didn't reach the first stile until after 2.5kms of running. This had the desired effect of improving congestion so this route will remain for 2011. The 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 km the route turns left through a gate into a field and then follows public footpaths for approximately 3kms down towards St. Catherine's valley. Here the route turns left and runners are directed up Ayford Lane. Towards the top, 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.