

STOUR VALLEY MARATHON

L = left; R = right; TL = turn left; TR = turn right; F = Field, LHFE – left hand field edge; RHFE – right hand field edge; X = cross; SA – straight ahead; ST = stile; FPS = footpath / bridleway sign; FB = footbridge; EP = enclosed path; TK = track; RD = road; KG = kissing gate; G = gate. SVP – FPS for Stour Valley Path. StEW – FPS for St Edmunds Way. EW – FPS for Essex Way. All distances approx. m = metres. CP – Checkpoint.

Leave village hall bearing R, TR at RD junction, at signposted RD junction TR (StEW) in to Birch Street and then TL (StEW) up Gravel Hill, SA on RD for ½ mile, As RD bears right, SA (SVP) on to EP, SA

1 mile

X ST, TL, LHFE SA thru G, SA LHFE to fence corner (StEW), ½ R X F, thru KG, ½ R X F over hill to FC, X ST, down steps, TR on EP. SA to RD. TL, X stream, TR (StEW) down concrete TK. Take L fork (StEW) on to concrete TK,

2 miles

becomes dirt TK. SA (SVP) on EP (*allotments to left*), thru KG, SA between houses to RD, TR, X RD, 15m TL, SA thru churchyard, SA to green, fork L to RD, X RD at village hall, L on pavement to X RD at Crown pub, TR, SA on grass verge, (SVP) becoming EP, TL thru KG. SA on LHFE to FC

3 miles

TR, SA on LHFE to FC, thru KG, SA thru copse, thru KG, ½ L X F and thru KG, TR on EP, X ST (*low branch ahead*), X ST (StEW) to TK, TL. At junction TL (StEW) X bridge, SA on TK uphill. TR before farm (StEW), after 10m TL, X ST, SA on EP. X broken ST. In FC, TL X ST (StEW), Keep R thru wood, SA on EP, SA on RHFE

4 miles

SA X TK, SA on RHFE, TR on RD, after 5m TL on RHFE, TL on TK, pass barn and house, SA to junction (StEW), (CPI) TR on enclosed RD, as RD bears R TL (SVP) on enclosed TK

5 miles

SA on long EP for nearly a mile, (*briefly opens and kinks R halfway*). TL at RD, X RD *with care*, after 25m TR on to TK (StEW)

6 miles

SA on TK for ¾ mile (*kinks R and L halfway*), keep R as enter grassy area, X FB, SA, take R fork, X large FB, SA 50m, TL (SVP), X F to hedge gap, SA X F to TK, SA, enter F before large oak

7 miles

TL, LHFE, stay L of sand ride (pass *StEW*), TL down bank to river at next *StEW*, keep river on L, at fork keep L. X ST. ½ R X F towards white houses X ST, X FB to RD, TR. SA on pavement, pass Black Horse

8 miles

ignore **FPS and SVP**, pass Le Talbooth, ½ R on cinder path around garden fences, SA to rejoin RD, TR (*EW*) at large black iron gates (*R side gate open*), SA up private RD, at RD junction TR (*EW*) on TK past church, (**CP2**), SA downhill

9 miles

TL (*EW*) at first post (*farmer cuts grass to allow cutting this corner, so OK*), SA LHFE, thru G, X F, X FB thru G, X FB, TL at TK, TR at fork, SA on RD to junction, X RD SA thru hedge gap (*EW*), X F, X FB, SA on LHFE, SA X F

10 miles

down steps to RD, TL, 15m TR (*EW*) to Plumb's Farm, TL (*EW*) up bank before gate, TR, SA RHFE, SA X F, X ST, TL on RD, SA on RD for ½ mile, at farm turning SA thru gap in hedge (*EW*), immediately TR to follow RHFE to farm buildings. TL at barn, TR (*EW*) to go across back of barns,

11 miles

TR past barn and then SA (*EW*) thru bushes to join TK, TL downhill. SA on TK, ignoring all turnings. Pass lake on L. SA on TK uphill to RD, TL, SA on RD (*'Boxted'*, then big and small *'30'*), SA past houses

12 miles

when RD curves L go SA down hidden path (*EW*) between churchyard and cottages (*probably behind parked cars*). At RD TL past church, before end of brick wall TR (*EW*), SA on RHFE. At TK TR, pass G to L, fork L on TK, SA past pond and houses, at RD TR (*note – now leave EW*),

13 miles

SA on RD for ¾ mile, opposite line of poplar trees TR at FPS thru copse, X FB, thru G, bear L X F, thru G, TL along EP (*permissive*) keeping river on R, thru G

14 miles

TR thru G over large raised FB, (**CP3**),

Note – Some of the route has both SVP and *StEW* signs as they share part of the route. There are many markers which simply confirm you are on the correct route – we have not mentioned most of these. If you pass any more than 2 signs which do NOT have one of the SVP, *StEW* or *EW* discs on then please check the route instructions again (except between miles 13 & 14, where this will be the case).

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(CP3), SA thru gap behind bench, X RD and TR, just before bridge go L (SVP) down steps. Follow river bank to RD, TR, SA on verge, TL, X RD using traffic island, TL in to Wiston Rd. TL (SVP) thru KG, SA on LHFE, X ST, SA

15 miles

X FB, SA on LHFE, X gravel TK, SA on LHFE in to trees, TL (SVP) across concrete FB, SA thru trees, X FB, SA thru dense wood, X FB up steps, slightly R X F

16 miles

X FB, SA X field uphill to FPS at hedge gap, X earth bridge, TR, SA on RHFE, X RD, SA on LHFE, when copse on right TL (SVP), SA on RHFE, TR to join RD, TR after 80m (SVP), X FB, TL on LHFE

17 miles

SA thru gap & past paddock, SA thru gap onto RHFE, X ST, SA downhill between electric fence markers, X ST, TR, SA on TK, X earth bridge, TR keeping pond on R, at RD TL, uphill then downhill, as RD turns L TR (SVP) at hidden KG, SA X F, thru KG before pond, X FB, thru KG, ½ L X F, X ST, X FB, X ST, TL uphill LHFE. Thru KG, TR on TK, thru wide metal gate on to enclosed TK

18 miles

SA to corner, TL on LHFE, TR (SVP) X F (*fence to L*), thru KG by school, (*water drop on left in blue box*) SA on RD. At RD junction TL, TR (SVP) up steps and follow L path thru churchyard, thru KG, SA thru wood, SA along RHFE, thru KG, X F ½ R, thru KG, SA downhill, thru hidden KG on LHFE, X F to end of copse

19 miles

SA, X earth bridge & TK, SA (SVP) X F aiming L of black building in distance, thru hedge gap (SVP), along RHFE, SA to TK, TR, TL to follow cut path parallel to power lines. Thru hedge gap (SVP) to join RHFE, SA, X FB, X FB, X ST, X F, X ST, X ST, ½ R X F, thru KG behind mill pool

20 miles

X FB (*care – trip hazard*), emerge on TK, TL, SA on RD, bearing R (*ignoring SVP sign*), at junction X RD, SA into RD ‘leading to...’ (*StEW*), continue SA CP4, SA as RD becomes uphill TK. At TK junction, TL (*StEW*) to RD, TR, after 50m TR thru farm buildings, SA on TK past bench

21 miles

As TK turns R SA on RHFE, X ST, X FB, X FB, X ST, SA uphill X F (*dense crops may cover path after halfway, but continue SA towards hedge if in doubt*). TR, after 50m TL, SA on enclosed TK to RD, TL, after 100m TR and pass Highfield Farm

22 miles

SA on enclosed TK, SA as TK becomes rough RD, at RD junction TR (*StEW*),

23 miles

SA on RD for 250m, after houses TL (*StEW*), X FB, SA on EP, down steps & thru G, TR along RHFE, TR thru KG, after 10m TL, thru KG, SA on LHFE, thru G, ½ L downhill, thru G, X FB, SA on enclosed path, stream on L. At pond, X earth bridge, stream now on R, SA thru trees, SA on RHFE to RD, TR (*StEW*)

24 miles

at RD junction TR (*take care !*), X RD after bend, TL down RD to Newtons Farm & Indoor Tennis Court. (*water drop at corner of first barn*) SA down TK to church. L at *StEW* to follow wire fence on L, R towards wall, L along pond edge. SA. Pass concrete FB. (*Do not X FB*). SA thru trees, emerging on RHFE. SA

25 miles

X gravel TK, SA, X FB, SA, X ST, SA on RHFE, thru KG, R at RD (*SVP*), X main RD ½ R using island, TR on wide verge, head between crash barrier and fence, X river and TL (*StEW*), SA, river on L

26 miles

Up steps to RD, TL (*StEW*), X bridge SA past Anchor on RD in to village, at end of long brick wall on R, TR down Church Mews, follow RD as it turns L behind church, ignore first RD on R, TR back in to village hall and finish !

Collect award. Collect goodies. Collect food. Collapse.

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