

March Athletic Club

The Hereward Relay

Stage Three March to Welney (11.3m)

Important Information.

A warm welcome to all teams who have entered this year's Hereward Relay.

You must wear your number on the front of your vest or shirt and it must not be obscured as you finish.

Please read race rules on website.

The race is run over different terrain, so it is impossible to marshal every corner. Every effort has been made to ensure that indication arrows are in place where necessary, with marshals at all crucial junctions.

All runners and supporters are asked to take care.

Cross all roads with care and give way to traffic where necessary. Take notice of instructions from marshals and police.

The stage starts at the Bandstand in West End Park, March. Post Code PE15 9LT
Head from the park towards the riverside footpath.



***Parking is very limited.
Please follow marshals
instructions and park and
walk.***

**Refreshments, Hot Dogs, Toilets but
no showers in the village hall.**



Tel 01533 817830

When arriving at next farm continue to river keeping the farm buildings to your right. Cross over bridge to the drove to village of Christchurch. Busy road – follow Marshals instructions.

As you reach Christchurch you run passed a recreation ground to your left and onto a tarmac road.

Run passed the School to your right and follow this road straight on through the village

Run passed the Dun Cow pub with it to you left (Good viewing point) follow Green Drove away from the village. Follow the drove as it bears right, then left and right again until you reach the public road (B1100). Turn left and continue on B1100 for 2.5 miles to the village of Welney. Note this road has many bends in it do not turn off the road follow it all the way to the T-junction then turn right. The take-over point is just passed the Lamb and Flag pub in front of the village hall.



Hand-over

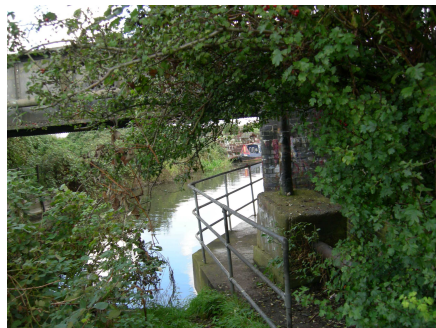
On leaving West End Park follow the footpath to town bridge, crossing the road carefully take the small road with the river to your right and run passed the Ship Inn.

Follow this path/road until you reach a footbridge over the river.

Cross the pedestrian bridge over the river on the right and turn sharp left, continue to the end of the riverside park with the river on your left hand side.

Leave the park via a footpath under the railway bridge – TAKE CARE HERE .

You now follow the riverbank keeping the river to your left for approximately 2 miles going over or through several gates and styles.



Keep on the river bank until you get to the Wind Turbines

Turn right at Way sign which is almost level with the last Wind Turbine.

Follow the farm track away from the river until you reach a farm with a Gas Tank.



Turn left at Gas Tank.

Run along side the dyke crossing a small bridge.

