

Bare Wrist Instructions

It is not a race!

No timing devices or headphones - the aim is to predict your time and it is all a bit of fun!

Route - Not a closed route - we are sharing with cars and pedestrians - safety comes first over savings a few seconds.

Start on the footpath by Trent Road - head down towards BP/Garage

Be careful of uneven footpaths / parked cars and then by garage be careful of cars turning in and out.

Turn back towards Stone along the A34, all the way to the Shell Garage

Narrow footpath. Cross Caldon Way by the crossing not on the road, marshals on Trent Road - listen carefully - would rather you stop and let cars go and not try and save a few seconds. Manhole covers, uneven path, some mud and leaves, branches, general debris.

By Subway veer left along Stafford Road towards town centre (Westbridge Park on left)

Couple of crossings (turning to Autumn House and Trent Clinic), more pedestrians.

Left up Crown Street heading back towards the club.

Crown St car park - watch turning traffic, turning into Crown Wharf, then narrow path, be very careful, single file at all times.

Over Hump Back Bridge and back to Tennis Club - Lap 1 complete

Very careful over bridge - no footpath, listen to marshals - do not take on traffic

Second lap turn left down Trent Road and repeat.

Trent Road, no lights, no footpath on bottom half.