

## RR Handicap Course –Markeaton Park



Course is from the start to the start of the yellow loop (1 lap), and then 2 loops of the first bit of the yellow loop before you cross over to join the pink loop. (the 2 large loops are the park run course but in reverse). The race distance is 4miles.

Start

Main Car Park

Finish (at the 2 dudes)

## Start and first Lap (S-A-B-C-A)

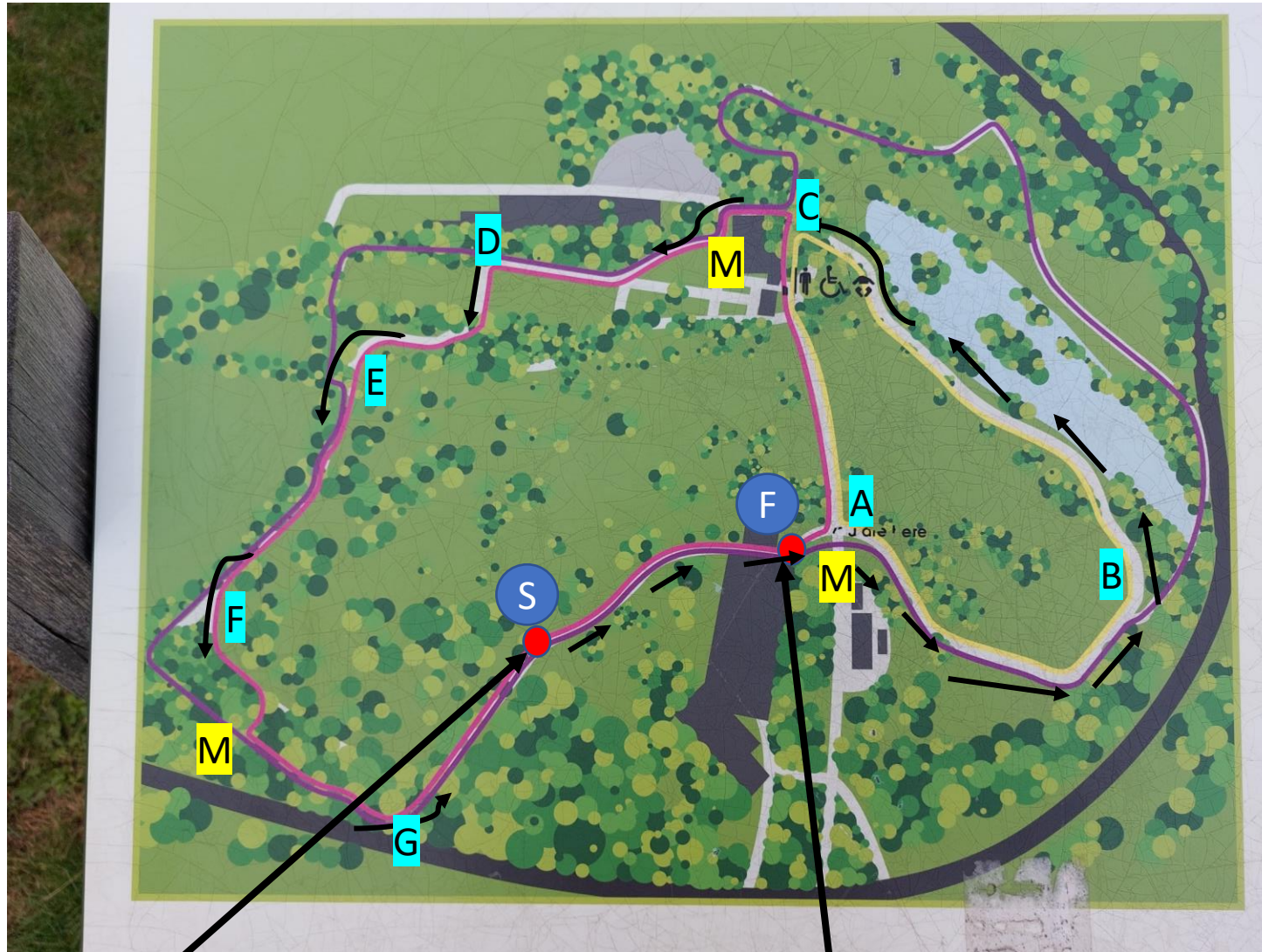


From the start (S), run past the 2 dudes (which are at the finish (F)) to point A, then point B, and point C, and back to point A.

Follow the yellow pointer arrows

Start

## 2<sup>nd</sup> and 3<sup>rd</sup> laps (A-B-C-D-E-F-G-A)



Follow the yellow pointer arrows from A-B-C, and then follow the pink pointer arrows from C-D-E-F-G-A

It is exactly the park run course, but in reverse

We hope to have a marshall at points M

Start

Finish (at the 2 dudes)

## Course Markers



The course is marked with permanent markers. Easy to follow.

Look for the yellow markers for the 1<sup>st</sup> small loop, and the yellow and then pink markers for the 2<sup>nd</sup> and 3<sup>rd</sup> loops.

We hope to have a marshall at the slightly tricky points(M)

# The course as recorded on strava



**James Ward**

📍 September 23, 2022 at 10:14 AM · Derby, England

## Morning Run

RRH handicap course recce

Distance

4.00 mi

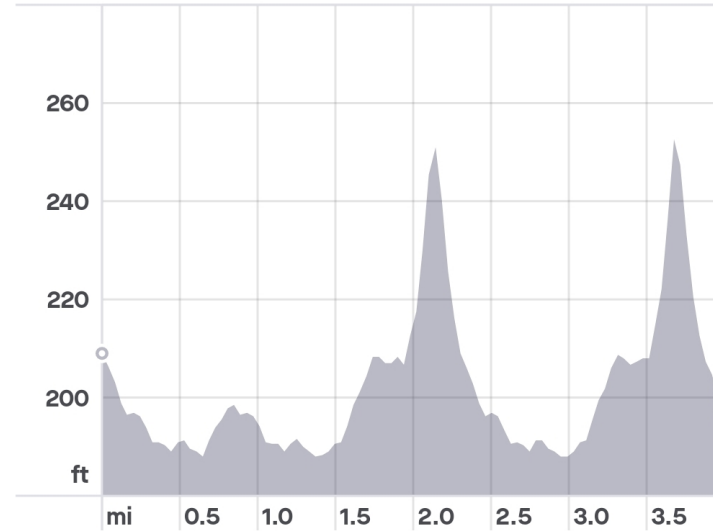
Pace

8:26 /mi

Achievements



## Elevation



Elevation Gain

138 ft

Max Elevation

253 ft