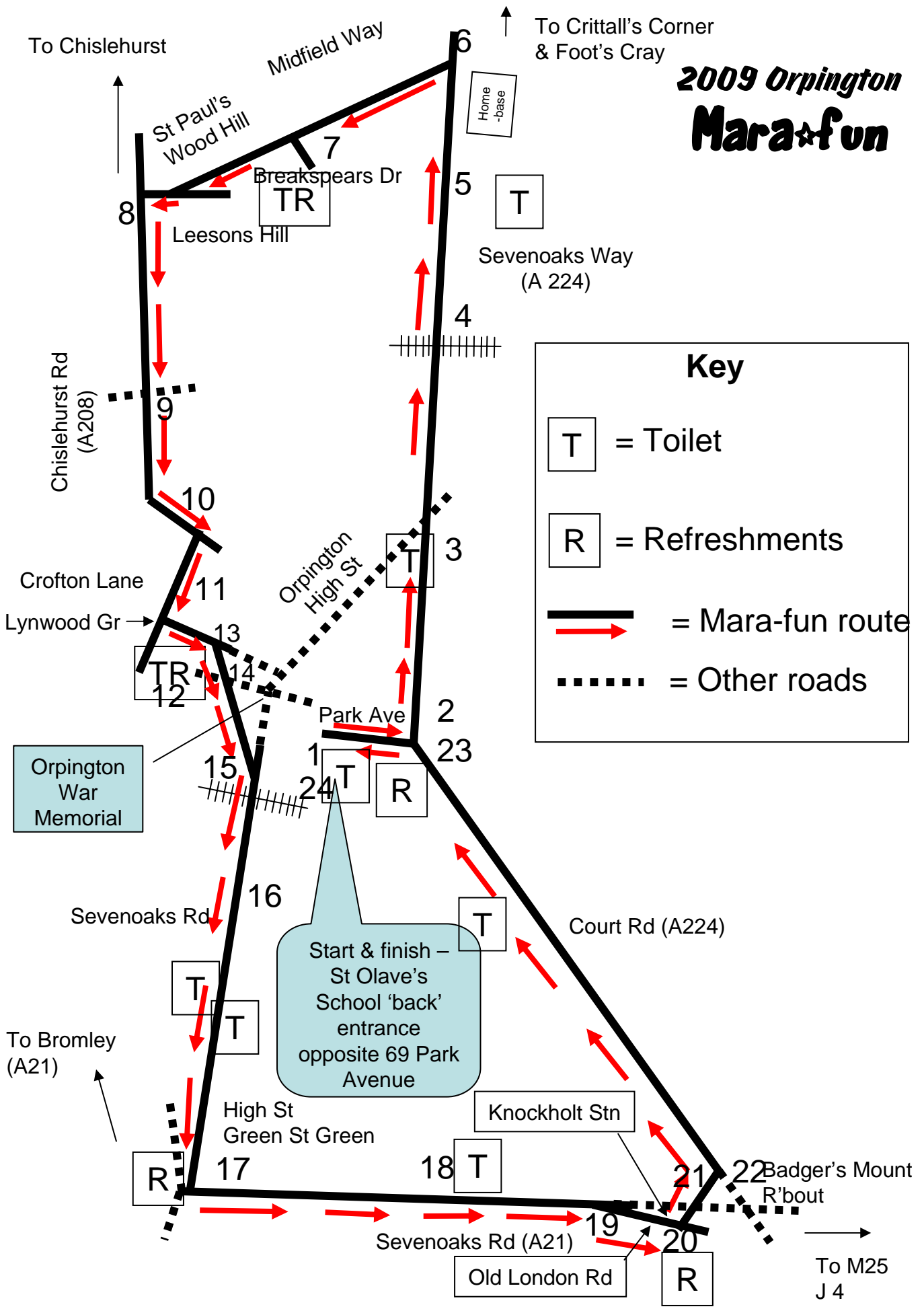


2009 Orpington Mara*fun



Key

- T = Toilet
- R = Refreshments
- = Mara-fun route
- = Other roads

Orpington Mara-fun 2008.

Half-marathon = 1 circuit

Full marathon = 2 circuits

Approx distances shown in miles (m)

1. Exit the 'back' gate of St Olave's School in Park Avenue and turn right up the hill.
2. After about 500 yards turn left at the T-junction onto Court Rd (Orpington By-pass).
3. After nearly a mile you come to the traffic lights at Orpington High St (Carlton Parade). There are **toilets available** in Priory Gardens on the left. **Do not turn left unless you want a comfort break. Continue on the main road (Sevenoaks Way). (1m)**
4. After 1 mile, pass under the railway bridge. Keep on the Sevenoaks Way **(2m)**
5. About $\frac{3}{4}$ mile along there is a petrol station on the right **(toilets available)**.
6. Continue for 500 yards, then turn left into Midfield Way (just after Homebase on your right).
7. After $\frac{1}{2}$ mile you pass Breakspears Drive on the left. **Toilets and refreshments available at no. 6. Do not go down Breakspears Drive unless you want a comfort break**
8. Continue past Breakspears Drive for 1 mile (you are now on St Paul's Wood Hill) until you come to a T-junction. Continue along the path directly ahead until you re-join the pavement on Chislehurst Rd. **(4m)**
9. After $\frac{3}{4}$ mile, pass straight over the Poverest Rd roundabout. **(5m)**
10. After $\frac{1}{2}$ mile, turn right into Crofton Lane.
11. After 300 yards, turn left into Lynwood Grove.
12. 50 yards on the right, there are **toilets and refreshments available at 79 Lynwood Grove.**
13. 400 yards later, turn right at St John's Church into Mayfield Rd. Continue straight ahead at the sharp left bend, onto a narrow footpath. At the end of the footpath turn left, up the hill towards Orpington Station. Pass the station on your right, and follow the road down hill to Station Rd. Turn left onto Station Rd and proceed for 100m until you come to pedestrian crossing. Cross Station Rd here.
14. 50m further down, turn right into Tower Rd. **(6.8m)**
15. After 500 yards, turn right onto Sevenoaks Rd (A223), passing under the railway bridge.
16. Pass Orpington Hospital on your left. Cross the road at the pedestrian crossing. After 1 mile, public toilets are available on your right, and at the petrol station on your left.
17. After 200 yards, turn left and cross the A21 Sevenoaks Rd. Refreshments available. **TAKE CARE – BUSY ROAD! (8.2m)**
18. After $1\frac{1}{4}$ miles, there are toilets available at the petrol station (on the left) at the Pratt's Bottom roundabout.
19. Continue along the path on the right side of the Sevenoaks Rd, taking the small service road to your right which passes in front of houses and runs parallel to the main road. The path leads you out onto Old London Rd.
20. After $\frac{1}{2}$ mile, turn left up the Public Footpath, just after Knockholt Station. There is a refreshment point here.
21. Cross the A21 on the footbridge, and then turn right and follow the markers around the edge of the golf course. **(10.8m)**
22. Turn left onto Court Rd (A224), keeping the golf course on your left. Follow Court Rd for $1\frac{1}{2}$ miles. There are toilets at the petrol station on the left.
23. After a further 400 yards, Park Avenue is on your left. If you're doing **13 miles**, turn down Park Avenue. If you are doing the full **26 miles**, go back to step 2 of these instructions!! **Refreshments available for marathon runners.**
24. Turn down Park Avenue and after 500 yards turn left into St Olave's School 'back' entrance. Proceed to your left and you will see a running track. Look for the finishing banner. Well done!! Collect a T-shirt, a drink and have a rest!!