



Easter Monday Coxhoe Timeless 5 Mile Run

Monday 22nd April, 10.00am

Start & Finish: Active Life Centre, Coxhoe, DH6 4DW

If you enjoy running, then please come and join us on a circuit of local trails, paths and quiet lanes. **But there is a twist:** you're not allowed to wear your own stopwatch! Before the run starts you will predict your own time (so arrive a bit early), and the winner will be the person who finishes closest to their prediction. It's something a bit different and there will be a small prize.

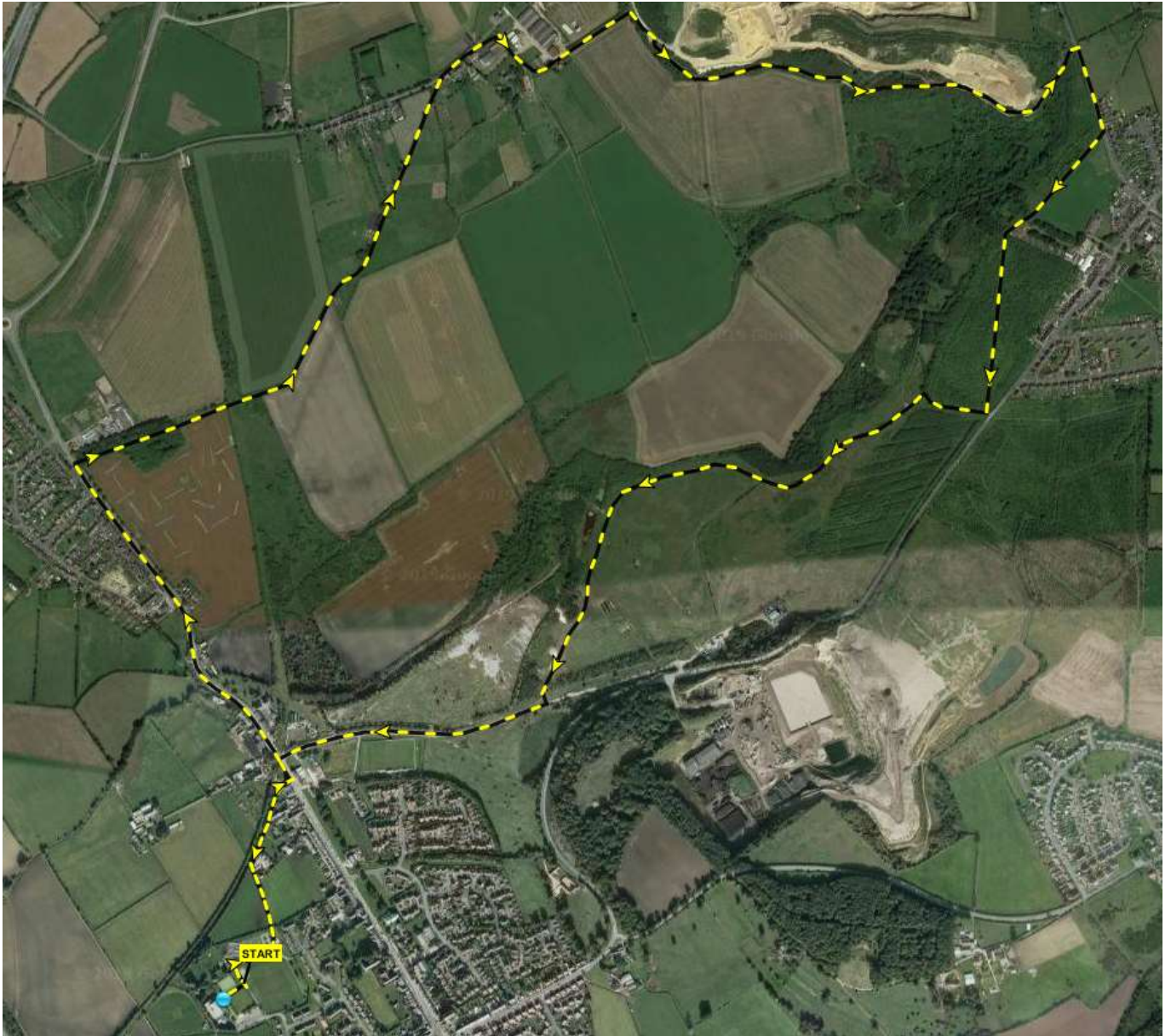
Refreshments afterwards. The run is free but a small charity donation would be appreciated.

If you would like to join us please let the Active Life Centre know on 0191 3771789 or info@activelifecoxhoe.co.uk. It's also fine to turn up on the day. Organised by Active Life member Pete King

(The event is not marshalled. Runners participate at their own risk)

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In short, the route is **Coxhoe to Park Hill to Old Quarrington to Quarrington Hill**. Then back via **Quarrington Hill play park, Crow Trees path** and the concrete **tip road**.

- The route goes from the Active Life Centre, north towards Park Hill.
- After a mile turn right on the bridleway to Old Quarrington.
- Follow the track up the hill alongside the disused quarry into Quarrington Hill.
- Almost as soon as you're at top, turn right next to the play park and follow the path.
- The path stays high (behind Q Hill) for about half a mile, then turn right and follow it down (through Crow Trees nature reserve) all the way to the concrete tip road.
- Run back down into Coxhoe, then to the Active Life Centre by the same way.

Total 5 miles