

NORTH DOWNS RUN

2004

THE COURSE

After a circuit of the sports field at Cascades, you exit into Thong Lane for a 400 yard road sector, before turning left onto the gorse lined path that cuts across Southern Valley Golf Course. There follows an undulating path across the fields to reach the fringe of Shorne Village, firstly passing through a small corner of the Country Park. The first water station is at the See Ho public house (5.8km). The course then follows an easy downhill path eventually crossing over the A2 & under the new high speed railway line. Entering Cobham Park, the footpath follows an undulating pattern through woodland for the next 2 km, before you begin the descent towards Lower Bush passing through fields of corn and oil seed rape. This is the lowest part of the course at just 12mtrs, but of course for every downhill eventually there has to be an uphill!

The second water station is reached at the pretty and tiny hamlet of Upper Bush (10.9km). You are now in the heart of the North Downs, and for the next 5kms you follow the 'North Downs Way', including the arduous uphill trail across the fields to enter Wingate Wood. The next 4 kms is on relatively even ground along well marked woodland paths rising gently until you reach Holly Hill, the highest point on the course at 175mtrs. This is the location of the third water station (16.3km)

An easy downhill sector passing ancient Dode Church brings you to Great Buckland, where you enjoy a change of terrain as you follow the road for the next mile.

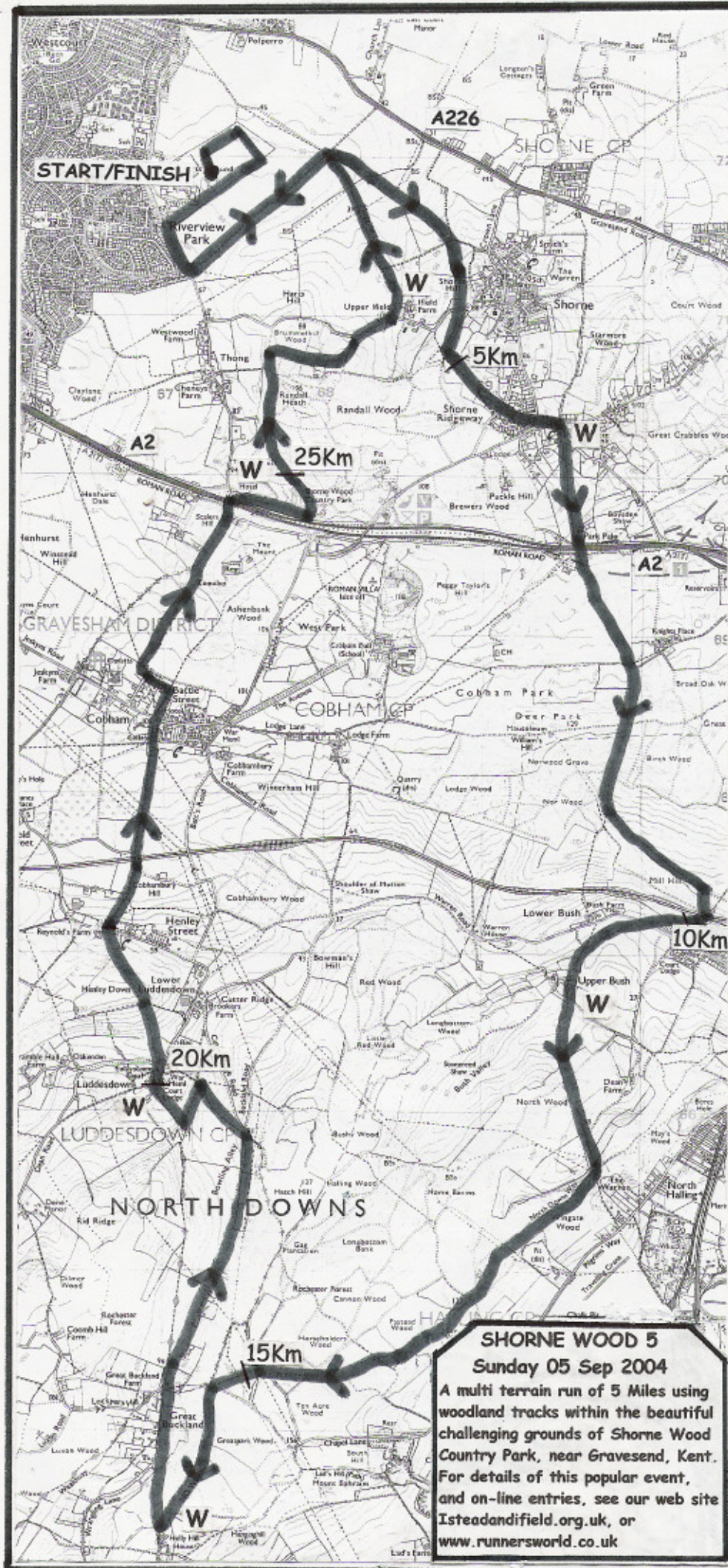
Cutting across the fields, it is not long before you are in sight of picturesque Luddesdown Court and Church. A short cobbled road section of 200 yards or so brings you to the fourth water station outside Luddesdown village hall (20.1 km). There follows one of the changes made in 2004, the ascent of South Down ('Cricket Pitch Hill'), quite short really, just under 400metres, but somewhat challenging nevertheless.

The route continues via relatively level ground, largely across farmland tracks until you reach the well known village of Cobham, passing through the churchyard, and exiting opposite the 'Leather Bottle' pub, so loved by Dickens.

You then cross the two small bridges over the A2 and the railway at Sclaters Hill and just the other side is the fifth water station, at the 'Inn on the Lake' (24.4km)

On the following sector you initially take a path alongside the A2 for 500 metres before turning into Shorne Wood

Country Park, which includes some short but serious hill climbs, fortunately just skirting the aptly named Cardiac Hill. After exiting the park, there is a further water station at Ifield Place (27.2km) before you rejoin the footpath across the fields up to the Golf Course and back to Cascades !!



SHORNE WOOD 5
Sunday 05 Sep 2004
A multi terrain run of 5 Miles using woodland tracks within the beautiful challenging grounds of Shorne Wood Country Park, near Gravesend, Kent. For details of this popular event, and on-line entries, see our web site Isteadandifield.org.uk, or www.runnersworld.co.uk