

NORTH DOWNS RUN

2005

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 Shorne Scouts Hut, just before you reach the village. The course then passes the See Ho pub and 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 steep descent over The Downs towards Lower Bush. This is the lowest part of the course at just 15 mtrs, 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 (10.1km). 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 (15.4km). An easy downhill sector passing ancient Dode Church brings you to Great Buckland, where you cut across the fields of the 'Bowling Alley', negotiating several stiles en route. 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 (18.3 km). There follows the ascent of South Down ('Cricket Pitch Hill'), quite short really, just under 400 metres, but somewhat challenging nevertheless. After descending into Henley Street, you soon pass The Cock Public House on the uphill towards Gold Street before turning onto the path through the apple orchards. This brings you to the well known village of Cobham, passing through the churchyard, and exiting opposite the 'Leather Bottle' pub, so loved by Dickens. Just before the bridge over the A2, you reach the next water station (22.9km) and you then follow a path which flanks the A2 for a quarter of a mile before turning into Shorne Wood Country Park. The next kilometre or so is probably the toughest on the course and includes some short but serious hill climbs, fortunately just skirting the aptly named Cardiac Hill. After exiting the park, there is a short uphill road section before you reach the final water station at Shorne Scouts Hut (26.6km) and then rejoin the footpath across the fields up to the Golf Course and back to Cascades !!

SHORNE WOOD 5
Sunday 04 Sep 2005

A multi terrain run of 5 miles using woodland tracks within the beautiful and challenging grounds of Shorne Wood Country Park, near Gravesend, Kent. For details of this popular event, and on-line entries, see our website www.isteadandfield.org.uk or www.runnersworld.co.uk

