

# CHANNELS RESIDENTS RUNNERS



Inaugural 5k

## ROUTE GUIDE - MAY 2020



**Channels Residents  
Community Group**

*Established 2018*

# CHANNELS RESIDENTS RUNNERS



## Inaugural 5k

### Start/Finish Line

The 'official' start & finish line is the bus shelter on Brassie Wood.

This gives a little leeway in case your GPS device measures short and you can be sure you have completed the full 5k distance!

Set off, join the buff coloured tarmac path and continue to the end of Niblick Green.



### Across the Border!

Proceed onto the gravel path by crossing the 'border' from Channels to Beaulieu.

Follow the path straight ahead and until you reach the construction road crossing.



### Construction Crossing

Take care as there will be construction traffic using this road. The contractors keep re-routing the path so be prepared for small changes each time you run the route.

Continue straight ahead on the gravel path until you reach the next road (Centenary Way).





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### Centenary Way

Do *not* cross the road but bear left as you leave the gravel path and continue along the pavement.



Continue along the road or on the grass verge until you reach pavement again.

Once on the pavement follow the road round to the right.



Take care at the road crossing, especially if running at a fast pace!

Continue on the pavement until you reach a 'crossroads of footpaths' and bear left towards Beaulieu Heath.



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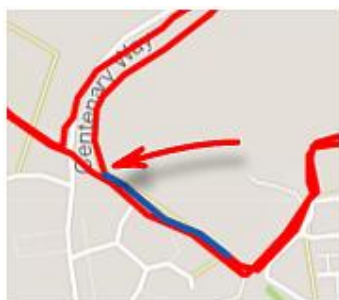


## Inaugural 5k

### Beaulieu Heath (North)

Proceed along the paved path across Beaulieu Heath.

**Note: 225m Strava Sprint Segment starts here!**



### Community Garden Link

At the end of Beaulieu Heath turn left and continue along paved road.

*Caution:*

Although not busy, vehicles do use this road to access the properties at Old Lodge Court.





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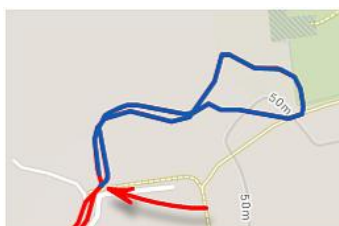


## Inaugural 5k

### Community Gardens

Turn left onto the gravel path which heads towards the Community Gardens.

**Note: 640m Strava Loop Segment starts/ends here!**



*As the gravel path begins to bear right, you will have completed 1 mile!*

You will reach a cluster of benches and a choice of path directions.

Bear right and continue on the *gravel* path until you come to an opening in the fence where it joins the main footpath which borders New Hall School.



Turn left onto the main footpath and after circa 30m, turn left again and head back into the Community Gardens.





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## Inaugural 5k

### Community Gardens (Cont)

Continue on the smaller gravel path until you reach a 'footpath junction'.



Turn left at the 'footpath junction' and then follow the larger gravel path.



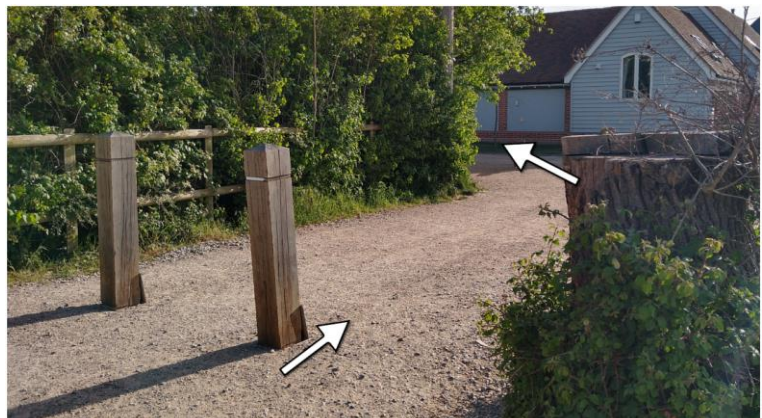
Continue on the gravel path heading out of the Community Gardens.

You have already run along this path in the opposite direction!



### Community Garden Link

At the end of the gravel path turn right onto the Community Garden Link heading back towards Beaulieu Heath.





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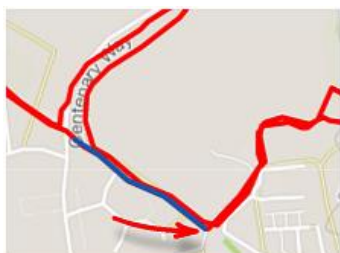


## Inaugural 5k

### Beaulieu Heath (South)

Turn right back onto Beaulieu Heath heading South.

**Note: 275m Strava Sprint Segment here!**



Continue on paved path until you reach the road crossing.



### Centenary Way Crossing

Continue across the road towards Beaulieu Chase Park. Take care at the crossing as this is a busier road.





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### Beaulieu Chase Park

Follow the paved footpath along the length of Chase Park.

**Note: 1,200m Strava Loop Segment starts & ends between the two large trees!**



At the bottom of Chase Park, turn left onto the small gravel path that takes you through the play area.



*Just before you reach the left turn into the play park, you will have completed 2 miles!*

Follow the gravel footpath through the play area.





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## Inaugural 5k

### Beaulieu Chase Park

Re-join the main paved footpath heading in the direction towards Beaulieu Heath.



Circa 30m after passing between the two large trees (and finishing the Strava Loop Segment), bear left into the black tarmac path.

Take care at the road crossing, especially if you are running fast!



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## Inaugural 5k

### Centenary Way

Proceed on the pavement along Centenary Way, heading back in the direction of Channels.



Continue on the pavement along Centenary Way until you reach the pedestrian crossing point, cross the road and head towards the children's play park.



Do *not* immediately join the gravel path but continue along the pavement for circa 50m before turning right onto a narrower gravel path on the other side of the children's play park.





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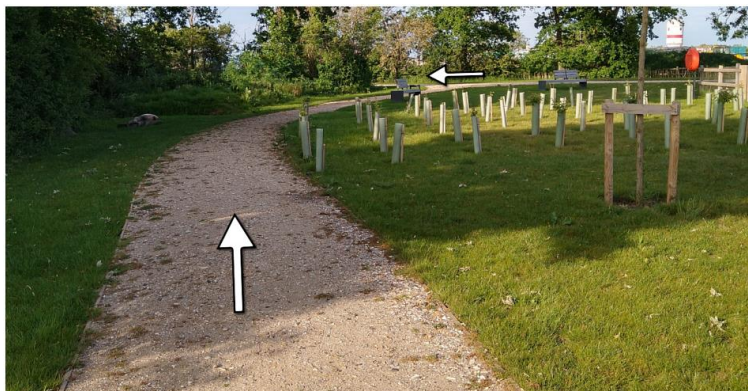
## Inaugural 5k

### Heading Back to Channels

Follow the narrower gravel path and turn left at the end.

*Caution:*

Take care when you reach the construction road crossing!



### Almost Home

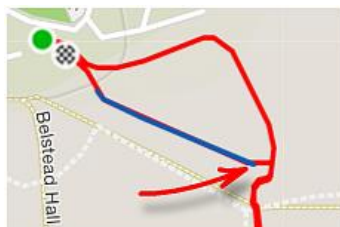
Immediately after the construction road crossing, turn left onto the new 'Niblick Green Bypass'.



### Final Sprint!

Follow the black tarmac path into Niblick Green.

**Note: 260m Strava Sprint Segment starts here!**



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### Finish!

Join the buff coloured tarmac path at Niblick Green, don't run into the bollards, bear left and finish at the bus stop.

Award yourself a virtual badge!

