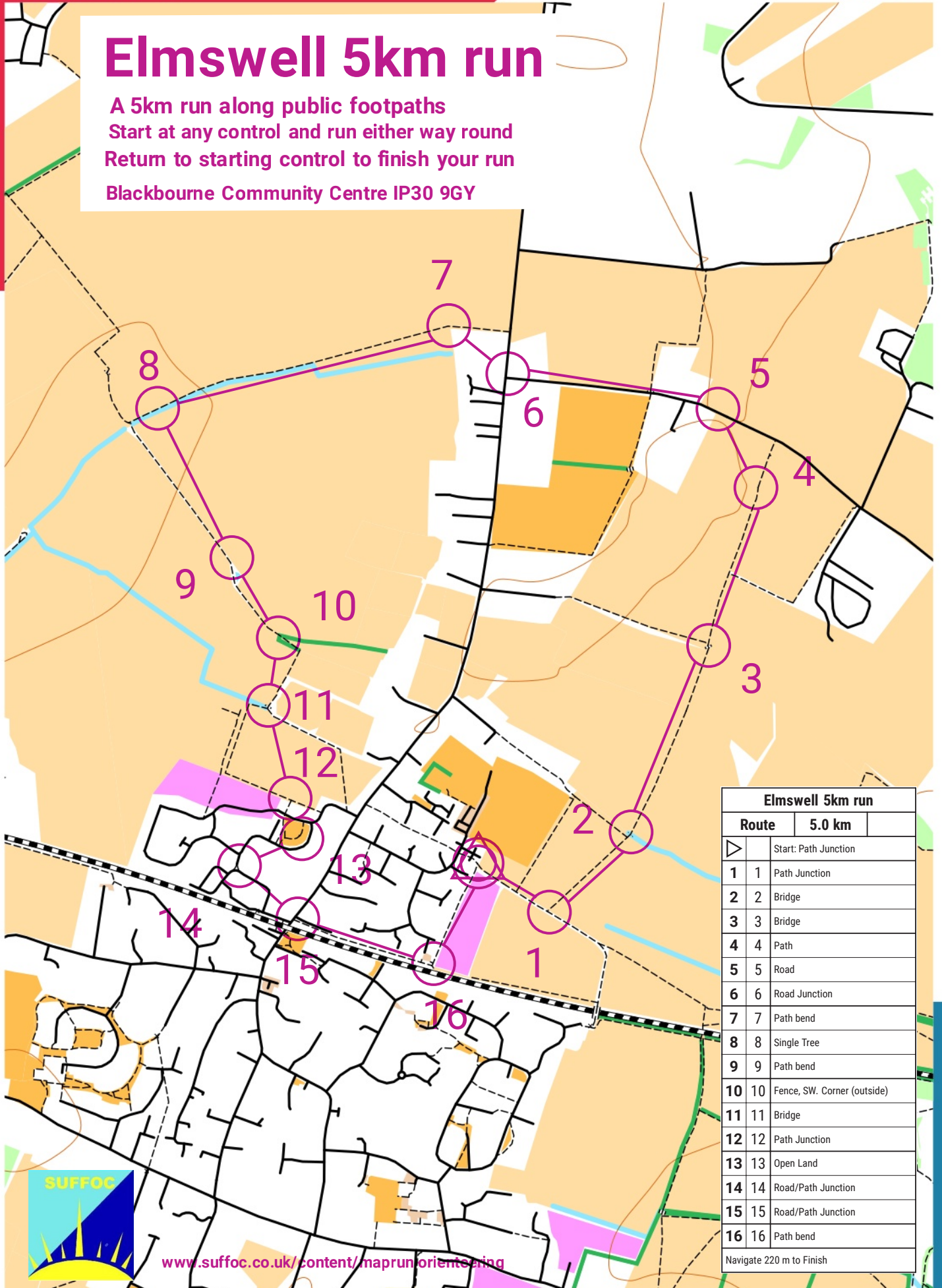


Elmswell 5km run

A 5km run along public footpaths
 Start at any control and run either way round
 Return to starting control to finish your run
 Blackbourne Community Centre IP30 9GY



Elmswell 5km run		
Route		5.0 km
▶	Start: Path Junction	
1	1	Path Junction
2	2	Bridge
3	3	Bridge
4	4	Path
5	5	Road
6	6	Road Junction
7	7	Path bend
8	8	Single Tree
9	9	Path bend
10	10	Fence, SW. Corner (outside)
11	11	Bridge
12	12	Path Junction
13	13	Open Land
14	14	Road/Path Junction
15	15	Road/Path Junction
16	16	Path bend
Navigate 220 m to Finish		



www.suffoc.co.uk/content/maprun/orienteering