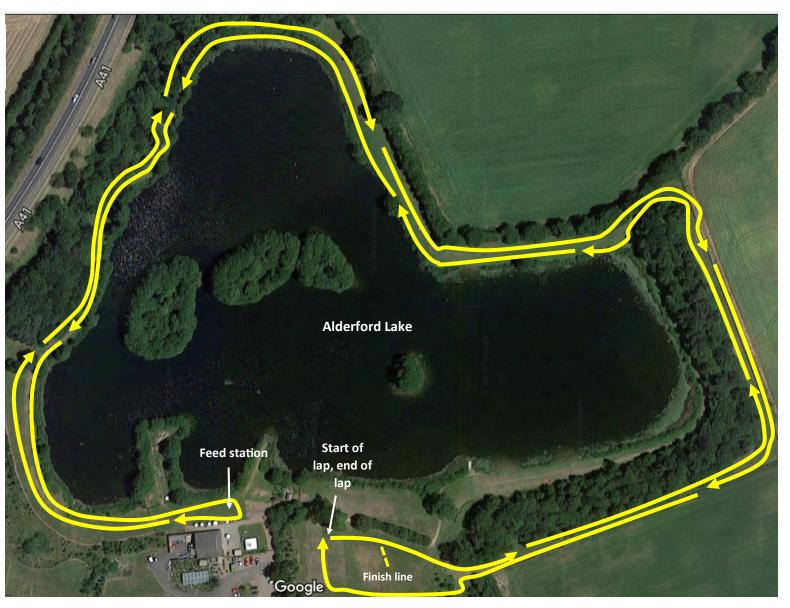


UK Ultimate 1/4 Run Sunday 26th September 2021



UK Ultimate ¼ run is 4 x out & back = 6.5 miles

You must walk/run 4 laps to complete the course.

The start & end of each lap will be near the finish line.

There will direction arrows to guide you correctly around the course.

The main feed station around this course will be situated near the Alderford café.

This run course is very flat & fully on grass.