



# Dunstable Road Runners

## Dunstable Downs 20 Mile Challenge Route Description

Abbreviations: FP = Footpath, BP = Bridle Path, R = Right, L = Left, TR = Turn Right, TL = Turn Left, HR = Half Right, HL = Half Left, RH = Right Hand.

1. From start, exit sports field through gate, TL onto school drive and continue through school gate. TR onto FP, continue ahead to junction, TL on FP then TR onto FP. Continue ahead on FP into close and then past school. Continue ahead to road, carefully cross road to gate and FP opposite. At FP crossing TL onto gravel path. Continue ahead on gravel path to and through barrier on R.  
**1 Mile** Cross small car park to pedestrian crossing.
2. **WITH EXTREME CAUTION** cross road to grass area opposite. Continue ahead on grass area up hill, keeping to path close to fence on L. Continue ahead to emerge onto gravel path with wire fence on right. Continue ahead on gravel path passing gravel path entering from L. Continue ahead on gravel path passing two car parks. Continue on gravel path with wooden posts on L to sculpture at end of gravel path.  
**2 Miles**
3. Continue ahead onto FP with fence on L. Continue ahead, through gate, ignore FP ahead between trees, follow FP HR to fenced corner of wood. Continue ahead with wood and fence on L.  
**3 Miles** Wood changes to hedge on L, continue slightly down hill to gate.
4. Through gate follow defined FP to L between hedgerows slightly uphill then downhill. Continue ahead, ignoring FP to L, through wooded area to bungalow and fence on L. Continue ahead past bungalow ignoring FP to L, through gate. Continue directly ahead onto FP then onto road.
5. Carefully cross road and turn L onto FP parallel to road. As road bears left, continue ahead onto Studham Lane and continue ahead on road. Continue ahead, ignoring FP to L, with high fence (zoo perimeter) on R to corner of high fence, GR014163.  
**4 Miles**
6. At corner of high fence TR onto FP and continue ahead with high fence on R. Continue ahead on FP past end of fence and continue ahead into wood. Ignoring FP to R, continue ahead and emerge from woods onto wide FP with hedgerow on L and open field on R.
7. Continue ahead into dip with wood on L. Continue uphill into woods ignoring gap to L. Follow FP HL into wood on well defined FP. Continue ahead on FP ignoring FP to L & R to emerge from wood with farm on L and fence on R. Continue ahead and emerge from woods onto Church Road. (Church is visible to L.)  
**5 Miles**
8. TR and continue ahead on road to road junction. TR onto Valley Road and continue on road to dip in road. After dip turn HR onto FP avoiding barrier and continue HL up hill. Emerge onto Common Road, carefully cross road and then continue ahead onto gravel drive, GR015153. Continue on drive to end and onto FP ahead with hedgerow on L, field on R.  
**6 Miles**
9. Continue ahead on FP, ignoring FP to left (half marathon split point) and continue into wood. After emerging from wood with fence on R and, as FP descends and fence bears right, follow FP through gap in hedge on L, continue steeply downhill with hedge on R to checkpoint, drink station and road, GR010141. **Please ensure your number is recorded otherwise you will be disqualified.**
10. **WITH EXTREME CAUTION** cross road to FP opposite and with hedgerow on L, continue up hill for around 200 yds, follow FP through gap in hedge on L and turn R. Follow field perimeter to top and  
**7 Miles**

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take FP through wooded area. Go ahead through gate to emerge on road. Continue ahead onto crossroads. Carefully cross road, continue ahead on road to BP on R, GR007128.

- 8 Miles 11. TR onto BP, continue through wood on BP with fence and paddock on L and hedgerow on R. Follow BP, TL, TR and continue uphill to stables. At facing wall TR towards stables then TL through gate at stables corner. Continue ahead on walled FP emerging onto drive, continue ahead emerging onto road. GR001124.
- 9 Miles 12. At road TL onto footpath and continue ahead to stile and FP on L, GR003121. Cross stile and follow FP HR across field to gate. Continue ahead through gate following valley bottom past bushes on L. Continue ahead in valley bottom until single tree appears ahead, and follow FP slightly left up hill and then downhill onto road into village of Nettleden, GR018106. **Please ensure your number is recorded otherwise you will be disqualified.**
- 10 Miles 13. Almost immediately after joining road, just beyond hedge, TL onto FP passing through offset barrier. Continue ahead up hill with bushes on R, then on either side and into small wood. Continue ahead to emerge with fence on L and trees on R. Continue ahead uphill until end of fence on L. Continue ahead between two large trees, ignoring gate to L, into wood. Continue ahead to emerge onto gravel drive and then onto road, Amaravati Buddhist Centre on L.
14. TL, cross road and almost immediately turn sharp R through gate onto FP with paddock fence on R. Follow FP downhill with paddock on R, trees on L to gate. Continue ahead through gate on FP to gate in hedge. Continue HR on FP before turning HL to stile between houses and wall (church is further to R). Over stile continue ahead and then onto road turning HL.
- 11 Miles 15. Follow road until children's playground appears on L. At playground proceed through gate to R of playground, then continue HL to footbridges. Over footbridges continue ahead slightly uphill to gate and road.
16. WITH EXTREME CAUTION cross road to Checkpoint and refreshments on service road. **Please ensure your number is recorded at checkpoint otherwise you will be disqualified.**
17. From checkpoint continue ahead up hill following hedgerow on R. At corner of hedgerow continue ahead uphill away from hedgerow on FP toward wood and then into wood to gate. Once through gate immediately TR and continue uphill through wood to gate.
18. Through gate into open area onto FP with wood now on L. Continue ahead to gate, through gate then immediately through pair of sheep pen gates. Through gates ensuring gates are closed behind you, continue ahead with fence on R. Continue ahead passing through 5 bar gate (usually open) following fence on R. Continue ahead with house on right to gate. TR and continue ahead with hedgerow on R for 20metres and across field to gap in hedgerow.
- 12 Miles 19. Continue ahead across field to gate, through gate continue slightly R to stile next to tree, GR042134. Over stile continue ahead with hedgerow on R and allotments and orchards on L to gate and stile. Cross stile TL onto FP by road.

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20. Continue ahead on FP to children's playground on opposite side of road. Enter playground and continue ahead with hedge on L, through gate onto FP with garages on L. Continue ahead downhill to steps onto BP, GR043139.

13 Miles 21. TR onto BP, continue ahead on BP to road. At road, TL onto FP through gate, up hill to gate on edge of school sports field. Through gate, TR keeping to edge of field with fence on R. Continue ahead to corner of field, TL into copse on well defined path to emerge onto road. TL onto road and continue ahead passing school and houses on L. Continue ahead downhill then uphill to crossroads, GR 040150.

14 Miles 22. Continue ahead on farm road with Home Farm and stables on R. Continue ahead through woods to FP ahead. Continue ahead on FP to emerge from woods onto open area. TR onto FP, continue ahead through gap in hedgerow, and continue ahead with trees and hedge on right. Continue downhill to service road and TR to sewerage works gates, GR 032158.

23. At gates TL up hill with sewerage works on R. Continue ahead on FP uphill to woods on L and concealed FP on L. TL into woods follow FP ahead, ignoring FP to R, to emerge from woods at corner of field. Continue ahead and almost immediately TL onto FP into woods. Continue ahead with fence on L, through woods to road. Beware tree roots!

16 Miles 24. WITH EXTREME CAUTION TL onto road and carefully cross road to opposite side. After gate on R, TR at gap in hedge onto FP. Follow FP with house on L, emerging to cross field to corner of woods. Follow FP with woods on R to end of woods. Continue ahead across field to distant gap in woods. Follow FP through woods to FP junction. TL onto FP with house fence on R and continue ahead to clearing. TR and continue ahead to checkpoint and refreshments on road, GR 022169. **Please ensure your number is recorded at checkpoint. Failure to do so will result in disqualification.**

17 Miles 25. Continue ahead on Holywell Road ignoring Oak Way on R. Continue ahead to 2nd Oak Way and TR into Oak Way. Continue ahead on FP on L onto Woodland Rise to FP on L between houses, TL onto FP. Continue ahead between houses emerging with woods on R. Continue ahead to corner of field, TL to gate and TR to road.

26. Carefully cross road to FP opposite. Through gate, continue ahead with hedgerow on L to gate ahead. Through gate continue ahead with hedge now on R, and through gate into Church graveyard. Pass through graveyard with Church on R to Church entrance gates. Through gates continue HL to road and carefully cross road into "Sallowsprings" private road, GR 012181.

18 Miles 27. Follow "Sallowsprings" to end and into woods with communications mast on L. Follow FP with woods on L and hedge on R to service road. Cross road follow FP with woods on L, ignoring gates into wood on L to gate ahead. Through gate TR with hedgerow on R, continue to gate. Continue ahead through gate with fence on R and copse and clearing on L, emerging with sculpture ahead.

19 Miles 28. Continue ahead and onto gravel path, continuing on gravel path towards car park. Continue ahead on gravel path past 2<sup>nd</sup> car park, eventually to junction of gravel paths.

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29. Continue ahead on left gravel path to its end and onto path between fences. With extreme caution continue on footpath with trees on right steeply downhill to road.
30. WITH EXTREME CAUTION cross road to small car park opposite and through fence onto gravel path. Continue on gravel path to 2<sup>nd</sup> paths crossing, TR onto FP to fence and road. Carefully cross road, continue ahead on FP past Weatherfield School on L, TL into Hillcroft then carefully cross road and TR into Aldbanks. TL into school and TR onto sports field to finish, 20.8 Miles.

20 Miles

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