

HAYES LANE

Fisher's Wood

Football Gd

Norman Park

MAIN LOOP

53 MAIN LOOP

BRIDGE

GATE

WOODS LOOP

Scrogginhall Wood

Rocket Lake

NORMAN PARK CROSS-COUNTRY
 MAIN LOOP 2245m WOODS LOOP 1015m
 FULL LHP 3260m
MAN
 3 X FULL LHP = 9780m / 6.08 miles
WOMEN
 1 X MAIN LOOP PLUS 1 X FULL LHP
 = 5505m / 3.42 miles

