

No.	--- 1st Mile Mini Loop (Once Only) ---	W3W Turn Location	Lap
1	Right over Cricklepit Bridge	https://what3words.com/elaborate.zips.hogs	1st Mile Mini Lap around Quay. ONCE ONLY.
2	Right turn down the alleyway by Puerto Lounge / Crave	https://what3words.com/gravel.bumps.expect	
3	Right turn towards Samuel Jones	https://what3words.com/coherent.cheek.fault	
4	Right turn towards On the Waterfront	https://what3words.com/hook.slower.spit	
5	Right towards suspension bridge	https://what3words.com/shells.melon.ranch	
6	Right & over hard bridge towards Haven Banks	https://what3words.com/panels.teams.beams	
7	Right after bridge towards Haven Banks.	https://what3words.com/manliness.kind.shut	
	--- Main Lap (Repeat Twice) ---		
8	Straight by Cricklepit Bridge and follow cycle path towards Browns and onto riverside path	https://what3words.com/elaborate.zips.hogs	Main Course / 2 Laps
9	Left at Skate Park towards new rugby pitch / Exwick	https://what3words.com/lonely.props.recall	Main Course / 2 Laps
10	Exeter College Car Park Straight	https://what3words.com/stay.backed.minds	Main Course / 2 Laps
11	Right turn before Ennerdale Way	https://what3words.com/rots.learn.really	Main Course / 2 Laps
12	Right turn onto Flood Relief (St Davids) down slope.	https://what3words.com/voting.bets.expect	Main Course / 2 Laps
13	Left at bottom of slope. Head to turn around point and return towards Millers Crossing	https://what3words.com/sadly.spared.grant	Main Course / 2 Laps
13	Left over hard bridge leading to Millers Crossing Bridge	https://what3words.com/next.smoke.dated	Main Course / 2 Laps
14	Left at giant grind stone down slope onto flood relief path - turn around at cone	https://what3words.com/pound.stacks.trial	Main Course / 2 Laps
15	On return from flood relief path, go left onto Millers Crossing Bridge towards Mill on the Exe	https://what3words.com/spoken.topped.apron	Main Course / 2 Laps
16	Right turn onto river side path just after Mill on the Exe	https://what3words.com/pest.delay.many	Main Course / 2 Laps
17	Left turn up slope by Samuel Jones	https://what3words.com/invent.tables.amuse	Main Course / 2 Laps
18	Right turn down the alleyway by Puerto Lounge / Crave	https://what3words.com/gravel.bumps.expect	Main Course / 2 Laps
19	Right turn towards Samuel Jones	https://what3words.com/coherent.cheek.fault	Main Course / 2 Laps
20	Right turn towards On the Waterfront and past Port Royal	https://what3words.com/hook.slower.spit	Main Course / 2 Laps
21	Into alley way behind Belle Isle Park	https://what3words.com/pushy.robot.notes	Main Course / 2 Laps
22	Right into Belle Isle Park through gate	https://what3words.com/sulk.again.moss	Main Course / 2 Laps
23	Left from Belle Isle Park onto Trews Weir Suspension Bridge	https://what3words.com/poetic.exam.speaks	Main Course / 2 Laps
24	Left turn onto path next to the allotments	https://what3words.com/panels.teams.beams	Main Course / 2 Laps

25	Right turn down ramp sending runners to cycle path	https://what3words.com/roofs.healers.takes	Main Course / 2 Laps
26	Left turn onto foot/cycle path head towards St Leonards bridge	https://what3words.com/knots.thanks.reader	Main Course / 2 Laps
27	Left turn at junction head towards St Leonards bridge	https://what3words.com/pirate.sounds.haven	Main Course / 2 Laps
28	Left turn across triangle area	https://what3words.com/regard.pages.army	Main Course / 2 Laps
29	Right Turn onto Leat Path along the side of Ducks Meadows	https://what3words.com/curvy.mutual.shark	Main Course / 2 Laps
30	Left on to Mill Lane by Cottages	https://what3words.com/forum.heap.dark	Main Course / 2 Laps
31	Right from Mill Lane to Mill Road	https://what3words.com/crisp.builds.raft	Main Course / 2 Laps
32	Turn Right Onto Countess Wear Road	https://what3words.com/bells.years.motel	Main Course / 2 Laps
33	Turn Right down Bridge Road Cycle path	https://what3words.com/easy.sand.chest	Main Course / 2 Laps
34	Swing Bridge Straight	https://what3words.com/stages.spin.lower	Main Course / 2 Laps
35	Left turn to Matford Business Park and straight past on the way back	https://what3words.com/spoon.wing.spray	Main Course / 2 Laps
36	Left at Range Rover Showroom onto path	https://what3words.com/jump.items.treat	Main Course / 2 Laps
37	Cross Road onto Path that runs beside Audi garage	https://what3words.com/fuels.grow.thin	Main Course / 2 Laps
38	Left turn onto cycle path towards Double Locks	https://what3words.com/incomes.plank.prefer	Main Course / 2 Laps
39	Right turn at Bromhams Farm Changing Rooms	https://what3words.com/basket.sticky.ever	Main Course / 2 Laps
40	Follow curved path left towards Piazza Terracina	https://what3words.com/pirate.sounds.haven	Main Course / 2 Laps
41	Right after harbour master bridge	https://what3words.com/sage.heavy.legend	Main Course / 2 Laps
	FINAL LAP - REPEAT FROM 8 to 41 and then to the FINISH LINE		