



## **Stage 2 Great Bowden to Sutton Bassett 2.8 miles**

(estimated start time 10.15 a.m)

The start of this leg is in Leicester Lane just past Bowden Hall bridge going towards the village.

From changeover head toward the village- there is a pavement first on the left and then on the right for some of the way.

Carry on over railway bridge and take left turn into Manor Road, go straight over the crossroads over Langton Road (take care at the crossing), continue and turn left into Welham Lane.

Run over A6 by-pass bridge and continue for about 600 metres passing through 2 near right angle bends.

After the second bend a footpath crosses the road , take the right turn onto the footpath which is a wide track which crossed the Welland over bridge with gates at both ends.

Carry on for nearly  $\frac{3}{4}$  mile through 2 gateways til you reach a gate onto the road.

Turn left onto the road (take care from here).

At a bend after about 50 metres, turn right into the Dingley Road, after a short climb you will come to the changeover.

**You need to remember that the person you hand over to will start off in the opposite direction to which you have just run.**

This is the only changeover where this will happen.

Please close and fasten any gates that you open.