



## The Island Run - 10 Mile Course

Please note a change for 2017 at the 7 mile point

**Start:** Grass Car Park opposite Shellness Golf Hut. Exact start is opposite hut.

Follow Shellness Road through Leysdown keeping to main Leysdown Rd.

Pass Merlin night-club. Turn right into Warden Bay Road.

**Mile 1:** Evangelical Church. Keep to footpath.

Evangelical Church is on opposite side of road. Exact distance is about 30 yards past church.

Continue along Warden Bay Road.

Turn left into road called Beach Approach. Across a cross roads (Cliff View Gardens)

Take next road right after this crossroads. This is Thorn Hill Road. Thorn Hill Road is a steady climb.

The next mile point is at the high point of this hill.

**Mile 2:** Hilltop Lodge

When you have reached the top of this hill you will come to Cliff Drive. The House opposite Cliff Drive is a gated property called Hilltop Lodge. This is the exact 2-mile marker. (8 Miles to go)

Carry on unmade road part of Thorn Hill Rd.

A short downhill strip of about 150 yards and then another short climb towards the top of Warden Cliffs.

When you reach the top you swing left along Warden Road pass the Coastguard Cottages.

After about half a mile you reach next mile station.

**Mile 3:** Wheatsheaf Inn is the next Mile Station but the exact mile marker is about 50 yards passed the inn at a house named Clover Lodge.

Continue along main Warden Road. Do not attempt to go down any minor roads.

**Mile 4:** Whitehouse Farm. There are two gates to this property.

The exact marker is at the second gate called Whitehouse Farm Lower Gate

Continue down a slight hill towards a T-Junction. Turn right up Plough Road.

Get yourself ready for a long three quarter mile climb (attack the hill or you will stop to walk)

Passing Connetts Farm and when you are nearly at the top of this hill you come to the next mile marker, which is Redmur Stables.

**Mile 5:** Redmur Stables (HALFWAY)

Redmur Stables has two gates. The exact 5-mile marker is at the first gate.

Carry on along Plough Rd. Pass the Caravan Park

A short down hill and then a short climb takes you towards Chequers Rd.

You eventually come to Chequers Rd. (6 Mile Station but not the exact distance) Bear right and join Chequers Rd.

#### **Mile 6:** Tadwell Farm

Exact marker is the speed camera sign outside Tadwell Farm

Run along Chequers Rd. Keep to the public path on the right hand side of road.

As you past the Pub and Garage keep to the path.

Do not run on the road over Chequers Hill it is very dangerous. Traffic cannot see you over the blind hill.

This the last climb. Continue along Chequers Rd past St George's School and then turn right at Baldwin Road.

Keep going to the end of Baldwin Rd. This takes you on to an unmade section and eventually to a farmer's field.

Go through the gate and run along side of the fence towards the cliff top and sea. Just before you come to the end of the fence you will have reached the 7-mile marker

#### **Mile 7:** Cliff Top

The exact marker is 150 yds from the end of the fence.

Continue to the end of the fence and then **go straight on to the steps. (Changed in 2017 / same distance as cliff-top run)**

Go down the steps to join the Sea Front at the bottom.

Turn left and continue along front until you reach the next mile marker.

#### **Mile 8:** Playa

The exact marker lies between the two sets of steps before and up to the Playa Club. The exact point is at a sea front number 334 painted on wall.

From now on keep to the paths close to sea and on sea wall all the way to the finish.

Run along cycle track after reaching White House Inn. Join sea wall again at end of cycle track.

Passing the Catamaran Club and on to Ship on Shore Pub. The Car Park at Ship on Shore is the last Station.

**9 Miles:** Ship on Shore - The exact mile marker is on the bench seat just past the car park steps (After turning left 90 degrees)

Continue past the Yacht Club and K Casino.

Run along the pathway and over the steps at the end of the terraced houses. On the Sea Wall pass the Catholic Church.

Keep going and you will see the end.

**10 Miles:** Finish - At the leisure Centre turn left down the slope and to the finish in Beach Street Car Park.