**Oxford Tri - 30th May – V3 Routes – Final**

Take care; all routes have multiple trips and slips obstacles.

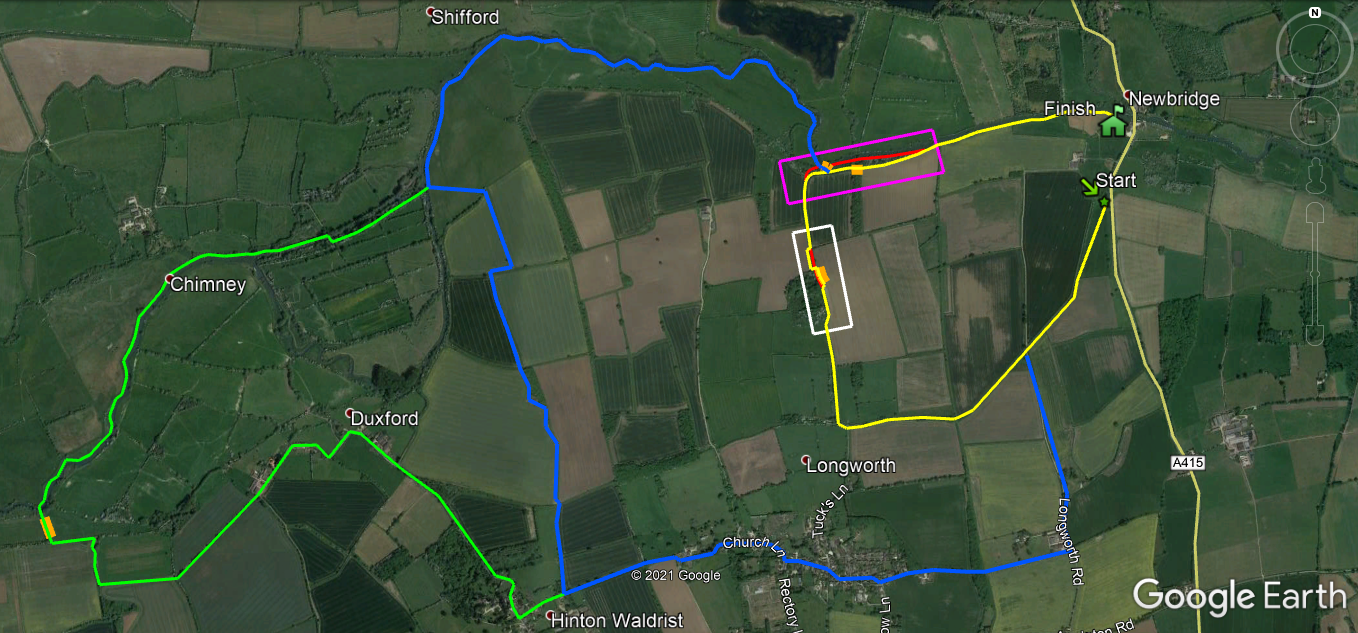
Sections where walking may be needed are shown in orange.

All routes start in the field on a bridleway approximately 300 yards south of The Maybush.

It’s not a fast run, so take your time and enjoy the route. Close the gates & avoid the crops.

**Choose your route and pick your start time so that you finish between 12:00 and 12:30**

|  |  |  |
| --- | --- | --- |
| 5km | 10km | 15km |
|  | | |
| All routes start in the field on a bridleway approximately 300 yds south of The Maybush. | | |
| Run diagonally across the first field, then keep the hedge on the right until reaching the farm track. | | |
| Go more or less straight on following the Bridleway | Take a left and follow the farm track up the slope | |
| Cross the field, over the ditch & on until the tarmac | At top of the slope, keep the farm on the right, and immediately after the farm, turn right along the footpath | |
| Straight on tarmac for 25m then right on footpath up the hill signed for River Thames. | Keep running straight on, through Longworth Village (there is a footpath) until the T junction. Turn right onto Church Lane. | |
| Crest the hill, then after ~40m take the ‘beaten path’ through the hedge on the right. | Follow Bridleway through wrought iron gates,  passing Longworth Manor, then straight on,  until you reach the tarmac road corner in Hinton Waldrist. | |
| Follow the ‘beaten path’ until turning left to cross the original Footpath. | Turn right on the downhill concrete track (This is an unsigned permissive footpath). | Keep straight on, along the tarmac until the Church. |
| Step over the fence-pole opposite, turn right and follow the hedge downhill. | Follow the track down until it becomes grassy and then peters out. | Turn right and follow the tarmac down the hill and round the left-hand bend. |
| At the end of the hedge, turn right and re-join the original footpath | Then aim across the field for the Bridge at about 10 o’clock. | Follow the tarmac, then straight on along the farm track and across the field. |
|  |  | At the hedge, go right, left through the hedge, then right; leading to a bridleway running westwards. |
|  |  | After 200m, take footpath on the right and **take care along the path to TenFoot Bridge.** |
|  |  | Cross bridge, turn right and follow the Thames Path to the next Bridge. |
|  |  | Cross the bridge and then take a left onto Thames Path. |
| At end of field, swing to the right, keeping hedge on left.  (Ignore track down to river). | Turn Right and follow the River | Cross the next bridge and then turn left onto Thames Path. |
| When you cross a bridge into the trees, after 1 (one) metre,  take the ‘goat track’ immediately on the right.  **Mind the cable at bottom** **& take care at the top.** | |
| Turn left and keep the trees on your left. | |
| **Take care through the next group of trees**, then keep straight on until you re-join the riverbank. | | |
| Follow the River home to The Maybush | | |

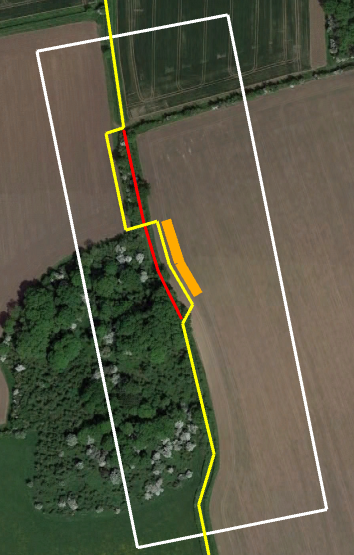


White and Pink Sections shown overleaf.

**5km Route; once over the crest of the hill.**

At this point the routes wiggle you away from a very slippery downhill section of footpath.

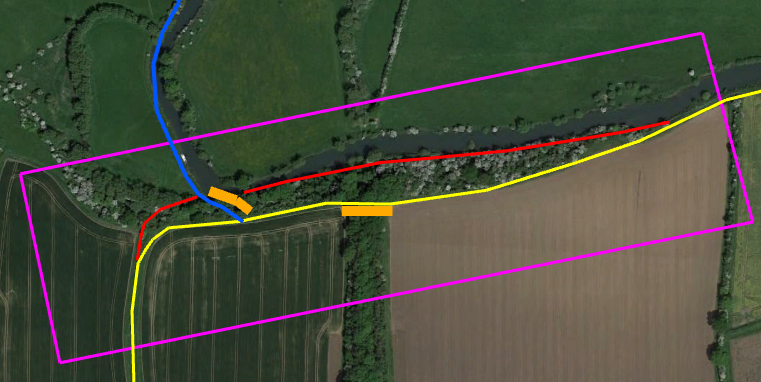
The path in red is advised to be avoided.



**Junction of the 5km and 10 km Routes**

At this point the routes guide you away from a slippery & shoe sucking section along the River.

The paths in red are advised to be avoided.



START