

### **Time Yourself Delamere Event 2020**

In the Autumn of 2019 we put in 15 new off-path permanent course posts which along with the existing posts are all in good condition. .

To make best use of the best (ie least overgrown) of these a 4 km course starting from the Barnes Bridge car park has been planned. The idea behind the planning has been to make it as runnable as possible. The map can now be downloaded from the DEE web site, and is in 2 parts.

Run the course whenever you wish. You can time yourself and send your time to John Padget who will compile an informal list of times. However no need to time yourself if you prefer not to.

The start is at the south end of the car park and the finish is at the north end of the car park