

Stour Valley Marathon 2024



Key:

BL - bear left

BR - bear right

EB - earth bridge

EP - enclosed path

FB - footbridge

FC - field corner

EW – Essex Way Marker

FPS - footpath or finger post sign
(usually a tall one)

FSD - for some distance

IMM - immediate

KG - kissing gate

L - left

LHFE - left hand field edge

R - right

RA - roundabout

ROAD – TAKE CARE!

SA - straight ahead

SVP – Stour Valley Pathway Marker

StEW – St Edmunds Way Marker

TL - turn left.

TR - turn right.

RHFE - right hand field edge

THRU - through

WM - way marker sign

Mileages are approximate!

Leave Nayland village hall field at **L FC**, **THRU** gate, track **TL**, becomes concrete road.

At 'No Cycling' sign and white picket fence fencing, **TR**, river **FB**. **SA** on **EP**. **ROAD** – **CARE TL**, follow pavement. Road junc **X** road **TR** 'Gravel Hill'. Uphill, at fork **BL**, when **LH** hedge finishes, **TL (SVP) EP**. **1 mile**.

SA EP, **X** stile, **LHFE SA** through gate, **LHFE** to brow of hill hedge corner (**StEW**) on top of fence post), **BR** 2 o'clock **X** field, (not 11 o'clock) **SA**, wooden **KG**, **BR** 2 o'clock **X** field to **FC**, **X** stile, down steps, track **TR**, (golf course on L). **SA FSD**. **ROAD - CARE**. **TL** onto road, **X** stream. As road **BL**, **TR (StEW)** onto concrete road. Large house on **R**. **2 miles**.

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Fork, keep **L**, (**SVP**) becomes track. **EP FSD**, church in distance, track junction **SA**, **THRU** metal gate, **SA EP** between houses. **ROADS – CARE TR**, **X** road into churchyard (**SVP**), **SA** church on L, **BR** onto tarmac, grass triangle **BL**, **X** road near Village Hall on R. Road T-junction **TR**, **X** road at Crown pub. **SA** onto grass verge, **BL** into **EP (SVP)** parallel to road. **TL THRU KG. 3 miles.**

LHFE, downhill, (ignore 1st **KG** to L) continue round **LHFE**, under overhead phone lines, **THRU KG**, **SA** through copse. Wooden **KG**, **SA X** field, wooden gate, **TR EP**, **KG**, **SA**, **EP**, track **TL**. Farm on R, track junction **TL**. **SA**, at junction **TL (SVP)**, **X** bridge, **SA** uphill. Track junction **TR** 3 o'clock (not **SA** towards house), **IMM L** behind hedge, **KG LHFE EP** through woods, **RHFE. 4 miles.**

Track junction **SA (SVP)**. **SA RHFE**, **ROAD-CARE**, **X** road **RHFE**. Track T-junction **TL**, thatched barn and house on R. **SA**, track junction, sharp **R**, 'Eastfields', **SA. 5 miles.**

SA FSD, L hedge stops & Telegraph pole (**SVP**), track turns sharp R, **TL** grassed track, **SA EP FSD**, path opens out, path turns R, bench on R, then turns L, **SA FSD.**

ROAD-CARE. Park Road, Thorrington Street. **6 miles.**

1st Checkpoint - what3words.com/cookie.mistaken.sleeper

TL, keep to L of road, **CARE**, **X** road into track (**SVP**). **SA FSD** track T-junction **TR**, **SA FSD**, grassy area, **RHFE (SVP)**. **X FB**, **BL**, **SA**, **X FB**, **SA**, (water works bldg on R) tarmac, **SA**, as road turns R, **TL THRU** metal gate, **SA. 7 miles.**

SA X field, **THRU** hedge gap, **SA X** field, onto Track. Approx 50m, **TL** into field, large

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oak tree on R (as track turns R). **LHFE, (SVP)** (keep off sand path, it's for horses). As **LHFE** bends R, **TL** at **(SVP) THRU** hedge, **TR** onto riverbank, **SA**. Fork, **BL**, keep river on L. **THRU** wooden gate **(SVP)**, **X** field towards house. **8 miles.**

THRU gate, **X FB** over River Stour, brick wall on R. **ROAD-CARE - TR**. **SA** on pavement, Black Horse pub on L. **SA** over river bridges. You have now left the (SVP). Pass Le Talbooth restaurant on R, **BR** onto gravel path at post box, onto road, **SA**, road junction, **TR** onto pavement. Uphill, **TR THRU** RH black iron gate onto **(EW)**, **SA**.
9 miles.

Road junction (Langham Hall), **TR SA**, church on R. **SA**, becomes track **FSD**, downhill opens to small fields, **TL** before hedge **(EW)**. (Half marathoners may be coming from your right) **SA EP, FB, THRU** gate, 12 o'clock, **X** field, **THRU** gate, **FB**, track **TL**. Road junction **BR, SA**, T-junction. **10 miles**

ROAD CARE - X road, **SA THRU** hedge **(FPS)**, **X** field, **FB, SA, LHFE, SA X** field. Down steps to L of tree, **TL, IMM R (EW)**, before wooden gate. Plumb's Farm

2nd Checkpoint - what3words.com/wider.darling.forklift

TL, THRU hedge **(EW)**, **TR RHFE**, (ignore new temporary fence on L). **SA X** field, **THRU** broken stile gateway, onto **ROAD-CARE TL, SA**. **11 miles.**

Grass triangle, Rivers Hall Farm. **SA THRU** hedge **(EW)**, **TR RHFE** towards farm. Barn corner **TR (EW)**, **SA**, pass small wooden 'Office' on L, ignore **(EW WM)** on L. **SA**, grassed area, **TR** behind large corrugated barn (keep barn on your R). **SA** rejoin **(EW)**,

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through bushes onto track **TL**, downhill **THRU** (Rivers Hall Estate), **SA FSD**, ignore all turnings. Pass lake on L, **SA** uphill. **ROAD-CARE TL. 12 miles**

SA, CARE - blind corners), **SA** pass thatched cottage and pink house on R. **SA FSD.**

Tall brick wall on L, when road bears L, (there is a water tap just inside the church gate), **BR (EW & FPS)** (keep Boxted church on L), between churchyard and cottages.

Track/carpark **TL**, just before wall on L ends, **TR (EW FPS), SA RHFE.** Track **TR, THRU** gate, tarmac, **BL**, farm buildings and houses on R. **ROAD-CARE, TR** (now left **EW**).

13 miles.

SA on Park Road **FSD**, cottages on L, downhill (house on R), road bends sharp L/R **SA**, pass entrance to long drive on L (FPS). As road **BL, TR (FPS)** it may have fallen and propped up. (If you get to Littlegarth School on L you've missed the path). **14 miles.**

THRU copse, **X FB, THRU** gate, **BL X** field, **THRU** gate, **FB**, copse, **FB, RHFE, SA** towards buildings.

3rd Checkpoint – [what3words.com/magazines.tight.soil](https://www.what3words.com/magazines.tight.soil) (You will revisit here just before the finish, CP will be gone).

BR to rear of houses and 'Anchor' pub (do not go through pub garden!), grass path, **BL THRU** wooden gate. **ROAD-CARE, X** road to pavement, **TL**, pass Anchor pub on L, after road bridge **TR (SVP)** down Steps. Keep next to river on R **FSD.** Up bank to road. **15 miles.**

TR, SA on grass next to road (A134 main road). **ROAD-CARE - TL X** road before road

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junction using traffic island. **TL**, 'Wiston Rd' 'Nags Corner'. **IMM TL (SVP)** through **KG, SA LHFE**, 2nd field, onto boardwalk. **THRU** metal gate. **SA, EP THRU** trees. **LHFE, FB, LHFE FSD. X** gravel driveway (**SVP**). **SA LHFE**, river on L **FSD. BL** off field, **SA EP, TL FB (SVP), SA THRU** trees, **FB. 16 miles.**

SA through woods, **CARE** dodgy **FB**, up steps, **SA BR X** field. **FB, SA** uphill, **THRU** hedge gap, **TR. RHFE, ROAD-CARE X** School Lane, **LHFE**, then copse on R. At field in front **TL, (SVP)** on R). **17 miles.**

SA RHFE, FC TR ROAD-CARE SA. As School Road turns L, **TR (SVP) FB THRU** hedge. **LHFE, BL IMM THRU** gap, **SA EP**, paddock on R. Farm on L, stile (**SVP**), **SA** downhill, stile, **TR, SA, EP**, grass area **BR**, immediate **TL over EB, TR, RHFE** pond on R. **SA** into **EP. ROAD-CARE TL FSD**, uphill, downhill, **18 miles.**

SA, as road turns L **TR KG (SVP)**. **SA X** field, **KG (SV)P. FB, KG, BL** 10 O'clock **X** field, metal **KG (SVP), FB**, up steps, **KG, TL** uphill **LHFE. FC, KG, TR** house on R, **THRU** gate **EP. SA. THRU** gate, **LHFE** (ignore gate in FC) **BR, LHFE**, metal **KG**, Wormingford school on R. **SA**, tarmac, speed bumps. **ROAD-CARE - TL, X** road at church gate / steps, **THRU** churchyard, church on R.

4th Checkpoint – what3words.com/puncture.sending.adopting (Water tap behind porch and toilets inside church if open).

THRU KG, SA THRU woods, metal **KG, SA** uphill **RHFE. 19 miles.**

Hidden **KG** by 2 x large trees, **BR** 2 o'clock, **SA X** field passing copse edge, **SA. SA, X**

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EB, SVP, X track, SA X field (towards black barn), at hedge THRU hidden gap, (SVP), RHFE, FC, BR X concrete road, BL to telegraph pole, TL, SA, path through field.

Through hedge gap (SVP), RHFE, SA, FB. **20 miles.**

SA, FB, KG (SVP), SA, X field, KG, X field, KG, RHFE, KG (SVP), through KG SA, FB, EP over river behind mill. Track TL, tree lined, wall on L, onto tarmac road. (Ignore SVP on L, course leaves SVP here). SA to road junction, X road signed (StEW), 'Leading to.....'. Uphill, houses on L. As road turns L, SA onto track uphill FSD. 21 miles.

Track junction **TL** before gateway (**StEW**), **SA**, track onto tarmac. **ROAD-CARE**, - T-junction **TR, IMM R** into Fysh House Farm. **SA**, concrete becomes track. Keep **L, SA**, main track downhill, as track turns R, keep **SA** onto **RHFE**. Downhill.

(The track on the R goes to St Stephens Chapel, with a view of the Stour Valley dragon behind the chapel on the far side of the valley).

SA (StEW), RHFE downhill FC, metal gate, EP, KG, SA uphill.

(The dragon can be seen on the R). **22 miles.**

SA, towards top of hill). At trees, **TR IMM TL (StEW)**, on **EP. ROAD-CARE – TL (StEW), TR**, pass Buckfield House and Highfield Farm on L. **SA** on grassed **EP FSD. 23 miles.**

SA, grassed **EP FSD**, turns to track, **SA**. At concrete area, **SA**, gravel track **FSD**. Road junction **TR, (StEW)** 'Bures 4 m'.

5th Checkpoint what3words.com/officials.emulating.warms

SA on road for approx 250m, passing houses on R. As road BL, **TL THRU** hedge (**StEW**)

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FB, SA, EP, down steps, THRU gate, TR, RHFE. Before house TR, KG, IMM TL, KG, LHFE, FC BL, downhill, through gate, FB, SA. 24 miles.

EP, SA. RHFE. ROAD-CARE - TR. Road junction TR, SA, X road, as road turns R TL, 'Newtons Farm' and Wiston Hall'. SA past Newtons Farm on L to church. 25 miles.

Opposite Wiston church, **TL FPS** (water tap next to step). Wire fence on L, **EP**, wall on R, **BL** alongside moat. **LHFE, EP, (StEW), RHFE, SA.** Pass **FB** on R where you crossed earlier. You are back on **(SVP)**. Retrace your steps back to CP3. **LHFE, X** gravel track, **SA RHFE, FB, SA, RHFE, THRU gate, boardwalk, (StEW). RHFE. 26 miles.**

RHFE, FC, KG, ROAD-CARE - TR (SVP) stay on R verge, **X** main road using traffic islands, **TR** on verge, towards 'A134 Colchester', stay behind crash barrier. **TL** before end of crash barrier, **(StEW)**, down to river, **BL** keep river on L, **EP. SA** next to river, up steps, **TL (StEW)**, keep to pavement, over road bridge, Anchor pub on R. As road **BL, X** road to wooden gate, '20 Knoll Gate' on L. **THRU gate. 27 miles.**

BR behind Anchor pub, **BL, LHFE** large tree on L, **TL** (where CP 3 was) 'Permissive Path' before metal gate not through it. **EP, TL** at race sign, **LHFE**, through gate, allotments on R, **SA** at gate, **TL THRU** hedge into village Hall field, finish, rest and that dragon medal!! **27.5 miles.**

Finish what3words.com/expire.partly.maybe

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