

Roman River Marathon 2025 Rev 30/08/25

Key:

BL - bear left	LHFE - left hand field edge
BR - bear right	R - right
EB - earth bridge	RA - roundabout
EP - enclosed path	ROAD – TAKE CARE!
FB - footbridge	SA - straight ahead
FC - field corner	TL - turn left
FPS - footpath or finger post sign	TR - turn right
FSD - for some distance	RHFE - right hand field edge
IMM - Immediate	THRU - through
KG - kissing gate	WM - way marker sign
L - left	

Self-Navigation Instructions – Mileages markers are approximate!!

Lap 1

Exit 'Bannatyne's Kingsford Park', **ROAD - CARE** – X road, onto pavement **TR**, downhill. **TL**, **FPS**, **EP** at road sign, before bridge. Thru metal **KG** (you'll use this KG near the end of the lap), **IMM BR** through trees, (**WM**), to tree line **SA** across field, **1 mile**.

THRU tree line **TR** to **FC**. **THRU** metal **KG**, track to Layer Mill (**WM**). Pass 'Mill House', up drive, at end of garden fence **TR (WM)**, onto grassy track. **SA**, **THRU** metal **KG**, **SA**, **EP**.

THRU metal gate. **SA**, **THRU** metal **KG**. At fork **BL** past pond on your **L**, **EP**, (Do not use gravel driveway). At **ROAD -CARE X** road **TL**, 50 metres, **TR (FPS)**, **EP**. At **ROAD- CARE X** road into 'New Cut' road, as road **BL**. **BR** gravel track, past pink house to your left.

BL (FPS) 'Roman River Valley Nature Reserve' (Heather Fields). **SA**, **THRU** gap next to gate, down path. **2 miles**.

Emergency Numbers:

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X stream at 2nd bridge, **SA**, **BL** 11 o'clock uphill (nature reserve sign on **R**). **IMM** fork **BL** (11 o'clock) uphill avenue of holly trees. Path junction **SA (WM)** narrow path, path junction **BR** down to bridge, over 'Roman River'. **X FB**, **IMM TL**, follow **EP**, **THRU** wooden **KG**, up **EP**, **TL (WM) EP**, wooden fence on R. Track junction **TL** 'Public Bridleway' downhill, **FB**, **SA** uphill. **3 miles**.

Track junction **BR**, past cottage on R, junction **TL**, pass barn on R. **SA**, through woods **FSD**. **ROAD CARE – X road (WM)** 'Roman River Trail', **EP** uphill, **SA EP**. **4 miles**.

SA, **FSD**, track, **TR THRU** hedge, **IMM TL**. (Not over concrete bridge). **LHFE SA**, **EP FSD**.

Round large prominent oak tree into churchyard, (not into field). **SA**, **TL** at wire fencing, go around church keeping church on R. Wooden gate, **TL** onto tarmac drive.

ROAD CARE – X onto pavement **TL**. **SA** road junction **BR**, 'Birch Street' at 'Birch Gallery' **TR** 'Restricted Byway' **EP**, opens out across fields. **5 miles**.

Path junction **TL** onto gravel path uphill, junction **TL** onto tarmac road. Approx 300m as road **BL** 'Greenfield Houses' sign, **TR** 4 o'clock, not 1 o'clock. **EP**, **RHFE**, **THRU** woodland copse, **RHFE**. As track **BL**, leave track, **SA** field towards hedge gap. **6 miles**.

At hedge gap **BL**, **RHFE**. (Don't go on road). At tree lined hedge on **L**, **TL LHFE SA**, pass bench, **SA**. **FC**, **SA EP**, water on R. Over stile onto track **SA**. **ROAD CARE – TR (Not SA)**, **IMM TL**, **X** road towards white sign **THRU** hedge onto heathland. **SA LHFE**, **EP**, **FC** red dog bin **TL**, 'Aid Station'. **7 miles**.

Exit aid station 180 degrees around hedgerow next to road, black **FP** sign, hedged track, **SA** on track **FSD**. Track narrows, before old buildings **BL THRU** hedge, **LHFE**, **WM SA** field

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<p>THRU hedge, FB LHFE. FC THRU hedge FB, TR EP. Soak in the view of 'Abberton Reservoir' on L. SA, at buildings 'Row Farm', track TL between derelict on L, houses on R. Track RHFE. 8 miles.</p>
<p>SA, ROAD CARE – X road onto gravel path TL. SA FSD, path BR, bollard TL, tarmac, around gate. 9 miles.</p>
<p>SA, under 10'6" barrier, THRU car park, tarmac path, church on R. Onto verge, FPS TR, THRU churchyard, THRU metal KG, SA field, THRU metal KG, SA track, THRU metal KG RHFE. FC THRU metal KG FB, THRU metal KG, LHFE, FC, THRU metal KG, THRU open gateway, LHFE, at buildings TL, keep tennis court on R, TR after conifers trees, RHFE. FC THRU gateway, track TL. 10 miles.</p>
<p>Pass 'Layer Fields', 'Willow Barn' on R, SA on track FSD. Changes to tarmac, BL downhill, IMM after 'Barn Stables' TR EP. At field TR, follow RHFE, to far R FC corner, THRU hedge gap, TL uphill, onto tarmac, pass 'Abberton Cottage' on L. 11 miles.</p>
<p>SA, ROAD CARE – TR, use L side of road for better visibility. As road BR, TL THRU wooden 'burnt' KG. Tree lined EP, SA, pass multiple telegraph poles. Field TL, LHFE, FC FB, TL, approx. 150m, clearing, TR, (used to be a wooden FB), uphill on track, BL at fork, SA, track junction BR, at pass mound of earth, TL toward rear of white sign. THRU gap in hedge (locked wooden KG on L). ROAD CARE - X THRU metal KG, (MoD training area, if 'Active' it is still safe to continue). 12 miles.</p>
<p>Initially RHFE, SA obvious track across 4 x fields divided by tree lines, into lightly wooded area, IMM TL 11 o'clock, IMM BL, BR, (WM) sign & metal KG, THRU metal KG (same KG</p>

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as first in mile 1). ROAD CARE – TR on pavement, uphill, ‘Kingsford Park Bannatyne’s’
ROAD CARE - X into entrance, follow driveway to the finish, that medal and amazing goody bag. Great work!! 😊. 13.4 miles.
Lap 2, same lap, opposite direction.
Exit ‘Bannatyne’s Kingsford Park’, ROAD - CARE X onto pavement TR , downhill. TL, EP at road sign, before bridge. 14 miles.
THRU KG (you’ll use this KG near the finish), BL, SA approx. 50m, TR, SA. At field SA on obvious track, cross 4 x fields. THRU metal KG. ROAD CARE – X road, THRU gap in hedge, BR onto track, downhill, path narrows, junction BR , junction, BR , junction BL.
15 miles.
SA downhill to where a wooden FB used to be. At clearing TL , approx. 150m hidden TR), narrow EP, FB, RHFE uphill. Top of hill, TR THRU multiple telegraph poles, path narrows, BL between 2 x trees, SA, THRU woodland. THRU wooden KG. ROAD CARE – TR. At ‘Layer-De-Haye’ sign, TL, tarmac downhill, pass ‘Abberton Cottage’. 16 miles.
Pass FPS on R, at concrete TR before green gate, THRU hedge gap, LHFE SA, FC TR , approx. 50 TL into EP, SA. ROAD CARE – TL down, uphill, BR , turns to track. Pass ‘Layer Fields’, ‘Willow Barn’ on L. When you see big yellow house ahead, TR THRU gateway into field FPS at hinge end of gate. 17 miles.
LHFE. FC, TL around conifers, keep tennis court on L. TR follow hedge on R. RHFE, EP, FC THRU metal KG, RHFE, FC THRU open gateway, RHFE, FC THRU metal KG, FB, THRU metal KG, LHFE, THRU metal KG , over track, THRU metal KG, SA field, THRU metal KG, SA

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<p>THRU churchyard onto verge TL, onto tarmac path, THRU car park, under 10' 6" barrier, SA around gate, TR at bollard onto gravel path. 18 miles.</p> <p>Follow gravel path approx. 800m. Long sweeping L curve, path straightens, bushes on R, TR. Bollard, ROAD CARE - X road, tarmac SA uphill 'Row Farm'. LHFE, THRU buildings. 19 miles.</p>
<p>TR, BL onto EP, SA. Ignore 1st FPS on L. 2nd FPS TL over FB. SA RHFE, FC TR THRU hedge, SA field, RHFE, to gap in hedge, THRU gap, TR onto narrow path, opens to wider track, SA FSD. ROAD CARE – TL 180 degrees to Aid Station. 20 miles.</p>
<p>Exit aid station away from road, TR red dog bin, SA EP, RHFE, THRU gap in hedge. ROAD CARE – X road, TR, IMM L, track FPS, SA, pass Pilgrim House, at Breton Barn, BL over stile into EP, SA, RHFE, have another breather on the bench, SA RHFE. At hedge TR LHFE, at gap on L by road, TR across field onto track. 21 miles.</p>
<p>SA, LHFE, FC THRU wood copse, LHFE, EP. ROAD CARE – 'Green Field Houses' TL. Tarmac road. Road junction, TR down gravel track, track junction TR FP across fields. 22 miles.</p>
<p>EP. ROAD CARE – TL onto pavement. Before school on L, ROAD CARE – X road towards church. Tarmac driveway, THRU gate, TR, keep metal fence on L, TR, exit churchyard, around prominent oak tree, EP FSD, RHFE, track TR THRU hedge, IMM L EP. 23 miles.</p>
<p>SA FSD. ROAD CARE – X road around gate, SA on track. At barn BR, track junction BR, pass cottage on L, track junction BL, downhill. 24 miles.</p>
<p>SA, FB, SA uphill. TR at wooden fence FPS, EP, SA, TR down EP, across open ground, at river over FB IMM L, uphill. Junction BL, junction SA, holly lined path, BR over stream.</p>

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Keep stream on **R**, uphill, around gateway. **BR** pass pink house, **ROAD CARE – SA** road junction **BL ‘New Cut’** road. **25 miles.**

ROAD CARE – X road **THRU** metal railings into **EP FPS, SA. ROAD CARE – X** road **TL**, approx. 50m **TR, FPS** onto **path to R, not gravel drive. SA EP, wire fence on R.** Pond on **R, BR, SA THRU** metal **KG, SA THRU** metal gate **SA, THRU** metal **KG, SA** grassy track. Track junction **TL** downhill, pass Layer Mill ‘Mill House’. **SA** uphill, **THRU** metal **KG. BL** through copse, **SA** along animal track across grass field. Into woodland on path, **(WM).**
26 miles.

THRU metal **KG (You’ve been here before), EP, FB. ROAD CARE – TR** on pavement, uphill, ‘Kingsford Park Bannatyne’s’ **ROAD CARE - X** into entrance, follow driveway to that finishing medal and amazing goody bag 😊. **Nice work!! 26.8 miles.**

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