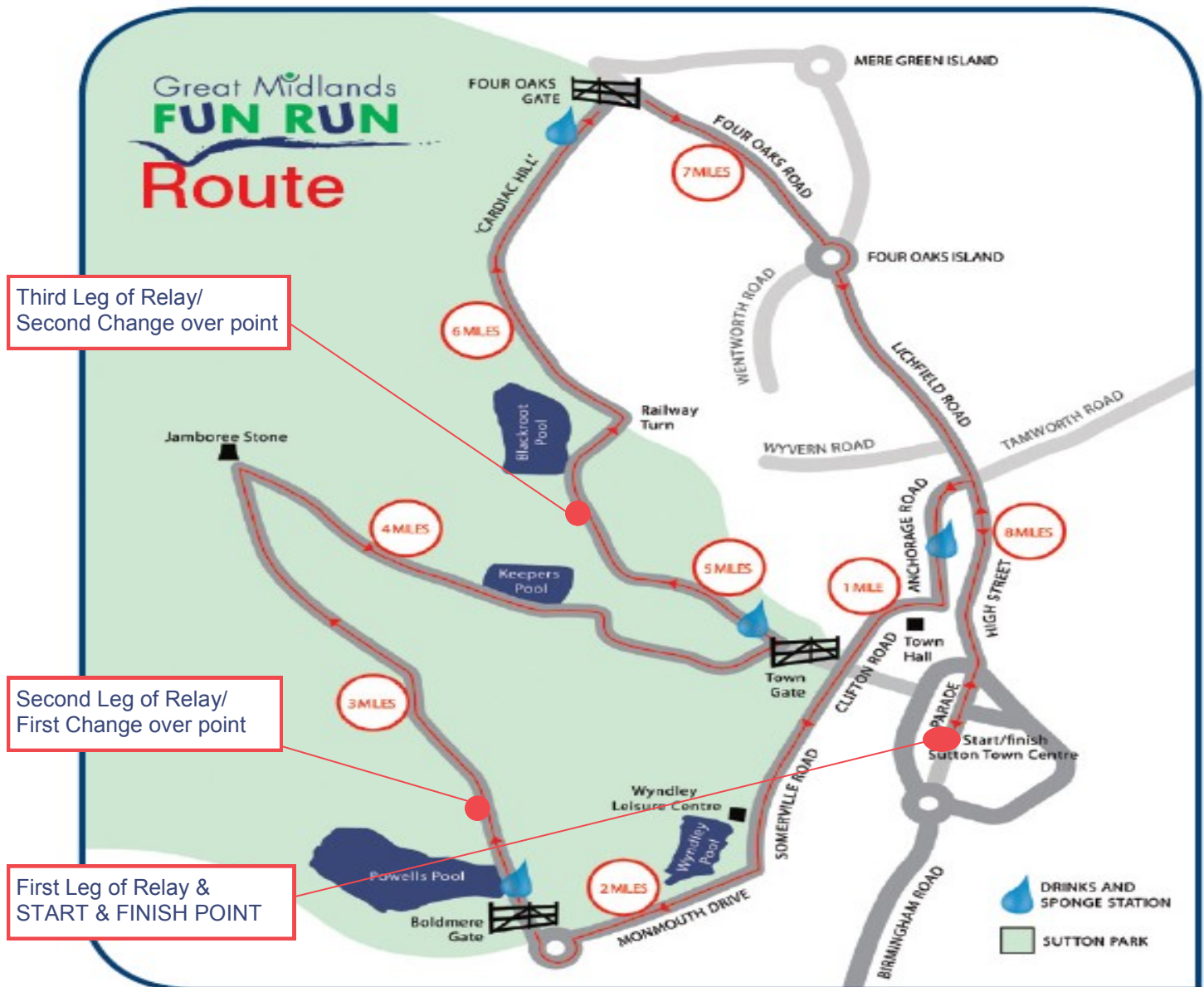




# Dains Corporate Relay Route 2010



## The Relay

Each team member will complete approximately 3 miles of the 8.5 mile route.

The Lead entrant will start at 11.10am, along with all the other fun run entrants in Sutton Coldfield Town Centre. The second team member will take over from the point just past Powells Pool, continuing through Sutton Park. The baton will be passed for the final time at Blackroot Pool, where the third and final member will climb the gruelling incline of Cardiac Hill and finally head back to the finish line back in Sutton Coldfield Town Centre.

## The Course

The 8.5 mile route is a combination of uphill climbs and downhill sprints with a few twists and turns throughout Sutton Park. The course begins with an uphill climb out of Sutton Coldfield Town Centre, into Anchorage Road, passing Sutton Town Hall and Wyndley Leisure Centre & Pool before turning right onto Monmouth Drive. From here you enter Sutton Park at Boldmere Gate, winding your way up to the Jamboree Stone and down towards Town Gate, turning left towards Blackroot Pool then left at the Railway Turn before tackling 'Cardiac Hill' on your way out of the Park at Four Oaks Gate. The final 1.5 miles to the finish line in the town centre is virtually flat or downhill. The route has been described as 'challenging but great fun'.