

## Important Information

- The earlier Marlow Maprun has been extended to cover Marlow Bottom and Seymour Plain.
- The start is in Marlow Bottom and free parking is available anywhere in the village. Outside of school opening and closing times parking on Marlow Bottom Road near Burford Close should be no problem.
- The start (and finish) is at a Fire Hydrant Sign on the left towards the top of Burford Close.
- Despite being called Marlow Bottom there are many contours for you to tackle. The map shows 10m contours.
- There are many paths in the green wooded areas and the majority of these are shown, but there may be others, so be alert.
- White areas are OOB you can use roads, paths, open areas and car parks identified on the map. Crossing white areas will incur a penalty.
- The C100 Wycombe Road between the Three Horseshoes pub and Marlow Bottom Road is OOB as it has no footpaths or verges with a 60mph speed limit, and speedy traffic.
- Crossing the C100 near the pub should be done with great care visibility is good.
- Marlow cemetery is OOB and you may not run through it even though there are paths, which are not mapped.
- Running the course at night will require a head torch as many of the paths and some roads are unlit.
- Control points are shown in the table to the right. They are often lamp posts or electricity poles, with occasional other features. They are not always exactly at the junctions or crossroads, so make sure you visit the control site, or penalties will be incurred.
- The usual Street-O points system is used. Controls 10-19 = 10 points Controls 20-29 = 20 points Controls 30-39 = 30 points
- The time limit is 60 minutes with 20 points penalty for every minute or part minute late.

## Marlow Bottom Tourist Attractions

- The Rebellion Brewery
- Da Luca Italian Restaurant
- Tin Town Coffee
- Cross Stream distillery for Gin!

Control No.	Description
Start/Finish	Fire Hydrant sign – Left hand side of
Start/Fillish	Burford Close
10	Path Junction
11	Lamp Post
12	Gate
13	Lamp Post
14	Lamp Post
15	Lamp Post
16	Electricity Pole
17	Lamp Post
18	Lamp Post
19	Gate
20	
20	Lamp Post
21	Lamp Post
22	Footpath Sign
23	Lamp Post
24	Electricity Pole
25	Lamp Post
26	Lamp Post
27	Footpath Sign
28	Electricity Pole
29	Lamp Post
30	Lamp Post
31	Electricity Pole
32	Lamp Post
33	Lamp Post
34	Lamp Post
35	Electricity Pole
36	Gate
37	Lamp Post
38	Lamp Post
39	Lamp Post