

COURSE: A30/9R..

Start at 30/25 pinkish paint mark on kerbstone opposite steel gully in Main Street, Etwall, East of 30mph signs.

Proceed to Seven Wells roundabout where take first exit onto A516. Continue to roundabout and take 2nd exit, passing under A50 to roundabout where take second exit onto sliproad to join A50. Continue, straight on at Sudbury roundabout, to leave A50 at A515 (Ashbourne) sliproad. Enter roundabout and take 3rd exit to pass under A50. At roundabout take 2nd exit onto sliproad back onto A50 eastbound. Exit A50 at A516 Derby west. At roundabout take 4th exit, pass under A50 then at next roundabout take 2nd exit onto A50 sliproad to join A50 westbound. Straight on at Sudbury roundabout and take A515 (Ashbourne) sliproad. Enter roundabout and take 3rd exit, pass under A50. At roundabout take 2nd exit to sliproad to rejoin A50 eastbound. Exit A50 at A516, Derby west sliproad to Willowpit roundabout where take 2nd exit to join A516 to finish at 'Etwall road end' bus stop situated at surfaced entrance to field after lay-by. 30.02 miles.