

High Ongar 10K

– Course Notes –

[Ref: <http://runningcourses.org.uk/south/map/05-036.pdf>]

The START is on a gentle downhill stretch of farm track surrounded by open fields. Runners soon encounter an uphill gradient on a concrete track until, having reached the top of this rise, swinging sharply left just before the 1km point.

The course passes through a gateway and becomes an undulating single grass/cinder track amongst fields up to the water point at Norton Mandeville Church and the small group of farm buildings and cottages.

From this point the route continues along Norton Mandeville Lane, the hedge-lined single-track road that connects the Church to the A414 at Norton Heath, before swinging left through a farm gate to a concrete track leading onto the old airfield. This track is characterised by a number of potholes and a long climb between 4km and 5km, but is surrounded once more by open farmland, skirts an adjacent lake and provides views over what was once Chipping Ongar airfield.

At the 5km point the route swings sharply left at East Park Lodge, one of the few buildings on the course, to return to Norton Mandeville (via the flight path of the inhabitants of several beehives!) and back to the water point for the final time.

Runners then repeat the 2km-5km section of the route along the lane and the airfield perimeter track before, this time, continuing straight ahead at East Park Lodge, then along a gentle downhill section for about a kilometre, crossing the original start point and continuing along the demanding final 500m climb to the FINISH line at Forest Lodge.