

# MARSHALL MILTON KEYNES TRACK

START/FINISH/HANDOVER

LONG LEG 2ND LAP START

All legs start and finish on the track at the "START/FINISH/HANDOVER" point marked.

Short legs are a single lap. Runners follow the solid line in the direction indicated. Total distance is 4.987km.

Long legs are two laps. Runners follow the solid line on the first lap until the "LONG LEG 2ND LAP START" point, when they follow the dashed line until re-joining the short lap. Thereafter they continue to follow the solid line in the same direction for a second lap ALL THE WAY back to the track. Total distance is 8.662 km.



