



**UK Ultimate ¼ run is 4 x out & back = 6.5 miles**

**You must walk/run 4 laps to complete the course.**

**The start & end of each lap will be near the finish line.**

**There will direction arrows to guide you correctly around the course.**

**The main feed station around this course will be situated near the Alderford café.**

**This run course is very flat & fully on grass.**