

**Course - J4/18 - 100 - miles - Revised - 2016**

**Start** Middlewich Rd Cranage, 200yds before Kings Lane going towards A50 opposite near gate post of field entrance opposite and before the entrance to Woodlea Farm Nursery and proceed to A50 turning left and along to Goughs Lane where right to :-

**Booths Hall Island** **6.427 m**

encircle island and retrace to A50 where left and along A50 to:

**Twemlow Lane** turn left into lane and proceed via A535 to:- **12.773 m**

**Chelford Island** encircle island and return down A535 via Holmes Chapel to:-

**19.412 m**

**M6 Junction 18** encircle island and retrace to:- **27.076 m**

**Holmes Chapel** Mini Islands turn left along A50 to:- **28.529 m**

**Goughs Lane** turn right (with care) **35.515 m**

**Booths Hall Island** **36.059 m**

encircle island and retrace to A50 where left and along A50 to:

**Twemlow Lane** turn left into lane and proceed via A535 to:- **42.405 m**

**Chelford Island** encircle island and return down A535 via Holmes Chapel to:-

**49.044 m**

**M6 Junction 18** encircle island and retrace to:- **56.708 m**

**Holmes Chapel** Mini Islands turn left along A50 to:- **58.161 m**

**Goughs Lane** turn right (with care) **65.147 m**

**Booths Hall Island** **65.691 m**

encircle island and retrace to A50 where left and along A50 to:

**Twemlow Lane** turn left into lane and proceed via A535 to:- **72.037 m**

**Chelford Island** encircle island and return down A535 via Holmes Chapel to:-

**78.676 m**

**M6 Junction 18** encircle island and retrace to:- **86.340 m**

**Holmes Chapel** Mini Islands turn left along A50 to:- **87.793 m**

**Goughs Lane** turn right (with care) **94.779 m**

**Booths Hall Island** **95.323 m**

encircle island and retrace to A50 where left and along A50 to:

**Finish** just past centre of lay-by between bends at Allostock going South on A50, opposite "Air Valve" manhole cover on opposite side of road.

**100.058 m**