

## Potential 5k courses

### Hildenborough/Tonbridge

#### London/Tonbridge Rd straight

Jog out towards Sevenoaks and run hard back

Note Nizels Lane to track entrance is 5.08k

Note – not certain but is it 'net downhill' Sevenoaks to Tonbridge direction ?

#### Barden Lake

1340m approx. for complete lap

5k = 3.73 laps

Note a bit gravel

#### Stacey Rd loop

581m

5k = 8.6 laps

Note tight bends and distance is on road

#### Denbeigh Drive loop

767m

5k = 6.5 laps

Note slope on each lap

#### Adapted Powdermills Loop

Start by Rugby Club, Brightfriars, under railway, right towards Leigh, right top of path by houses drop down to Leigh Road, to main road by Flying Dutchman, Marks House, turn right into Brookmead and finish back at junction with Leigh Rd (I have a map).

On mapomteer shows as 5.03k

Note – think a good course

#### Brookmead Lap

Complete lap = 1.72k

5k = 2.9 laps

#### Tonbridge School Fields

Start by cricket pavilion, clockwise pump house field. Pass pump house and go to end of hedge, left straight across fields to far side then left follow edge of field, around young trees, down tarmac house, right and around rest of pump house field back to cricket pavilion.

Lap = 1610m

5k = 3.1 laps

Note – could put spikes on !

## **Pembury/Tunbridge Wells**

### **Pembury Rd**

Start by Tesco's roundabout, Pembury Rd towards Tunbridge Wells, Kingswood Rd, passed Nuffield Hospital, Bayhall Rd, Forest Rd, almost to Bayham Rd but not quite.

Note of damp run in road along Forest Rd as footpath of red brick slippery. Should be fine if road quiet.

### **Southborough/Bidborough**

#### **Bidborough Ridge Area**

Start main road/Birchwood Av junction. Head towards Tonbridge, Harland Way, Darnley Drive, right onto Bidborough Ridge, left, then right onto Woodland Way, St Lawrence Av, up to Bounds Oak Way, left Dower House Crescent Loop, Birchwood Av to start = 3.32k.

5k is finish on 2<sup>nd</sup> lap along Woodland Way for about 100m near footpath on left and right.

Note – a few hills but also a long steady downhill.

Alternative start on Bidborough Ridge, junction with Darnley Drive, Woodland Way, St Lawrence Av and back to start

1 lap = 1.31km

5k = 3.8 laps

Note – pretty flat

### **Broomhill Park Road, Southborough**

Small flat loop, starting anywhere on it, example –

Start corner Prospect Road/Broomhill Park Road, Broomhill Park Rd, Kibbles Lane, Speldhurst Rd. Prospect Road

Lap = 1.28km

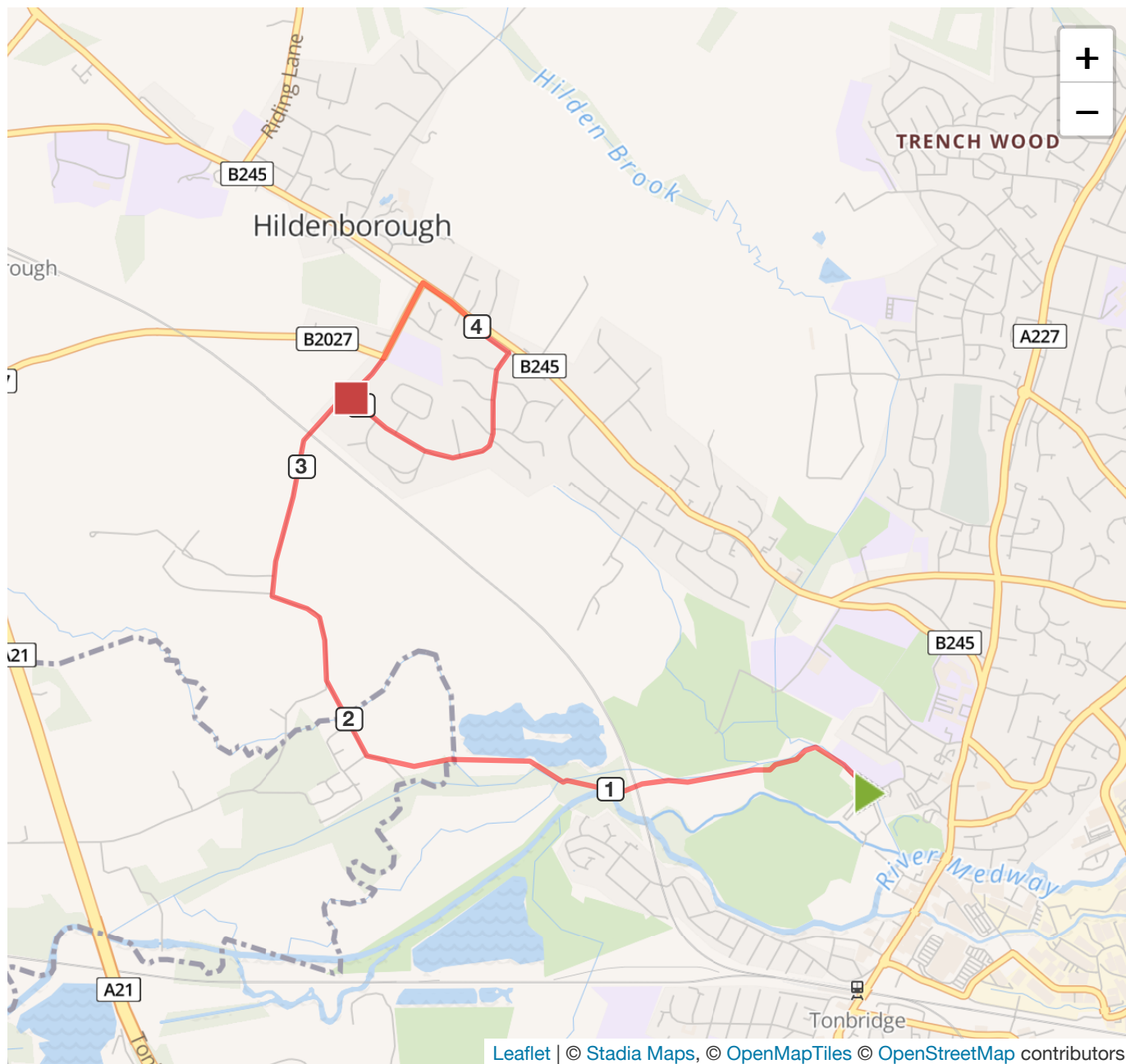
5km = 3.9 laps

Note – a few side roads to cross and a bit upslope up Prospect Rd

### **Sevenoaks**

Sevenoaks School Fields if can get in there, adjacent to the track

## mapometer - unnamed route



Distance  
**5.03** km

ascent  
**0** m

descent  
**0** m

## A map of the Leigh Road area in Stockley Park, showing a red route that starts at the bottom left, goes north along Leigh Road, then east along Tonbridge Road, and finally south along Brookmead. The route is marked with a red line and a red square icon at the intersection of Tonbridge Road and Brookmead. Key landmarks include Stocks Green School (a purple polygon), Flying Dutchman (a green polygon), and several bus stops marked with bus icons. Roads shown include Coldharbour Lane, Stocks Green Rd., Leigh Road, Tonbridge Road, Woodfield Ave., Meadway, Wealden Close, Woodview Cres., Bramble Close, Leybank, Brookmead, Copse Road, Byrneside, Greenview Cres., and Brookhead. Road numbers B245 and B2027 are visible. A scale bar at the bottom indicates 0, 100, and 200 meters. The map is credited to Leaflet, Stadia Maps, OpenMapTiles, and OpenStreetMap contributors.

descent  
**0** m



Start to A = 94m  
A to B = 72m  
B to C = 68m  
C to D = 101m  
D to E = 78m  
E to F = 40m  
F to G = 173m  
G to H = 176m  
H to I = 70m  
I to J = 32m  
J to K = 175m  
K to L = 148m  
L to M = 29m  
M to N = 174m  
N to P = 180m

I Corner  
872 metres

J Bridge  
904 metres

H Tree  
802 metres

Keep to within 2 or 3  
metres of field edge

Straight line  
across this  
section

K Level with  
small bridge  
1079m

N Back at tree  
end of hedge  
1430 metres

G Tree end of  
hedge  
626 metres

O tree on  
corner

Pavilion  
Door  
0 metres

P Pavilion  
1610 metres

L furthest out  
tree  
1227 metres

M Last tree  
1256 metres

F Tree  
453 metres

E Pump  
House  
413 metres

D Corner  
335 metres

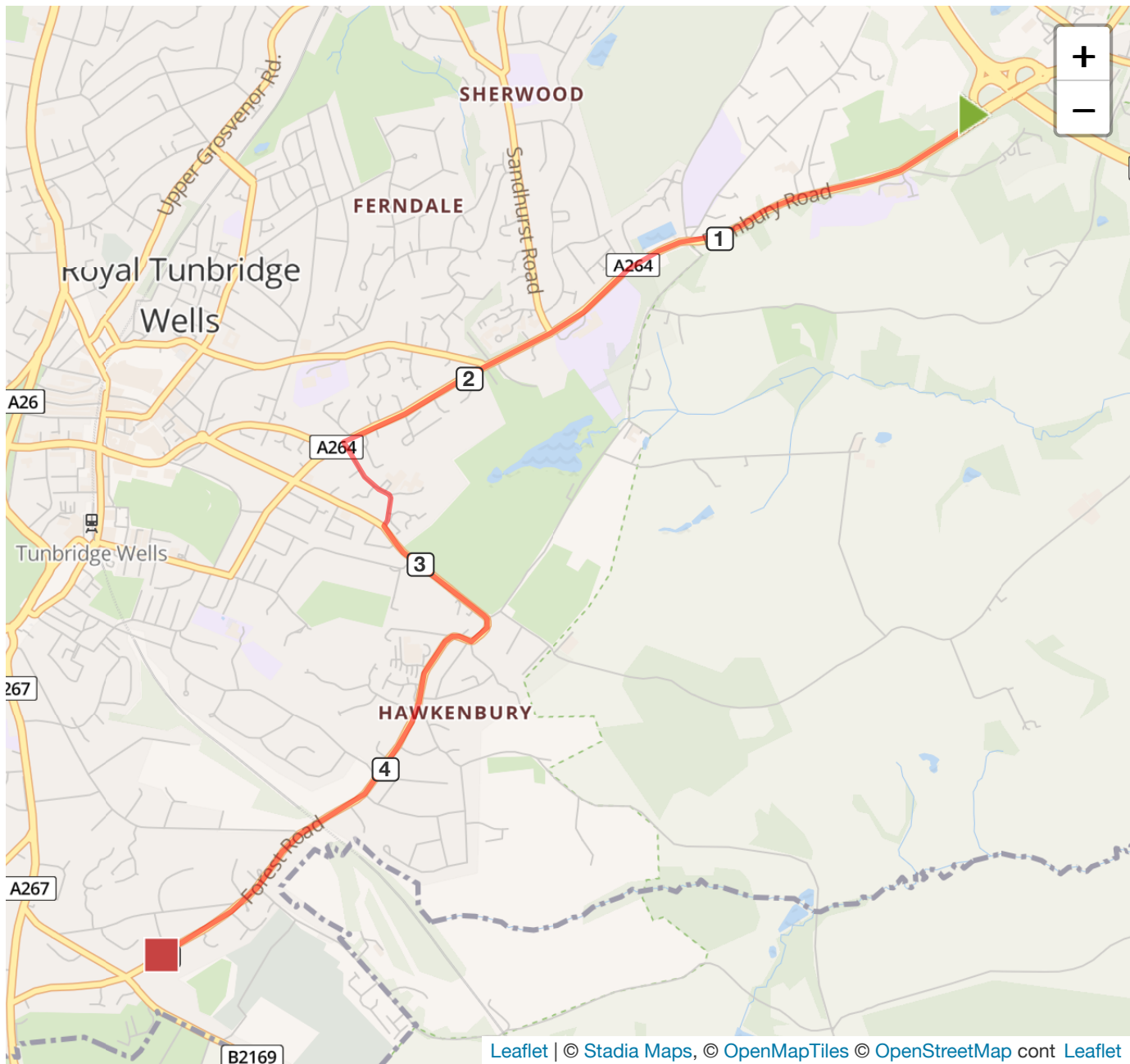
C Tree  
234 metres

B Corner  
166 metres

A Tree  
94 metres



## mapometer - unnamed route



Distance  
**5.01** km

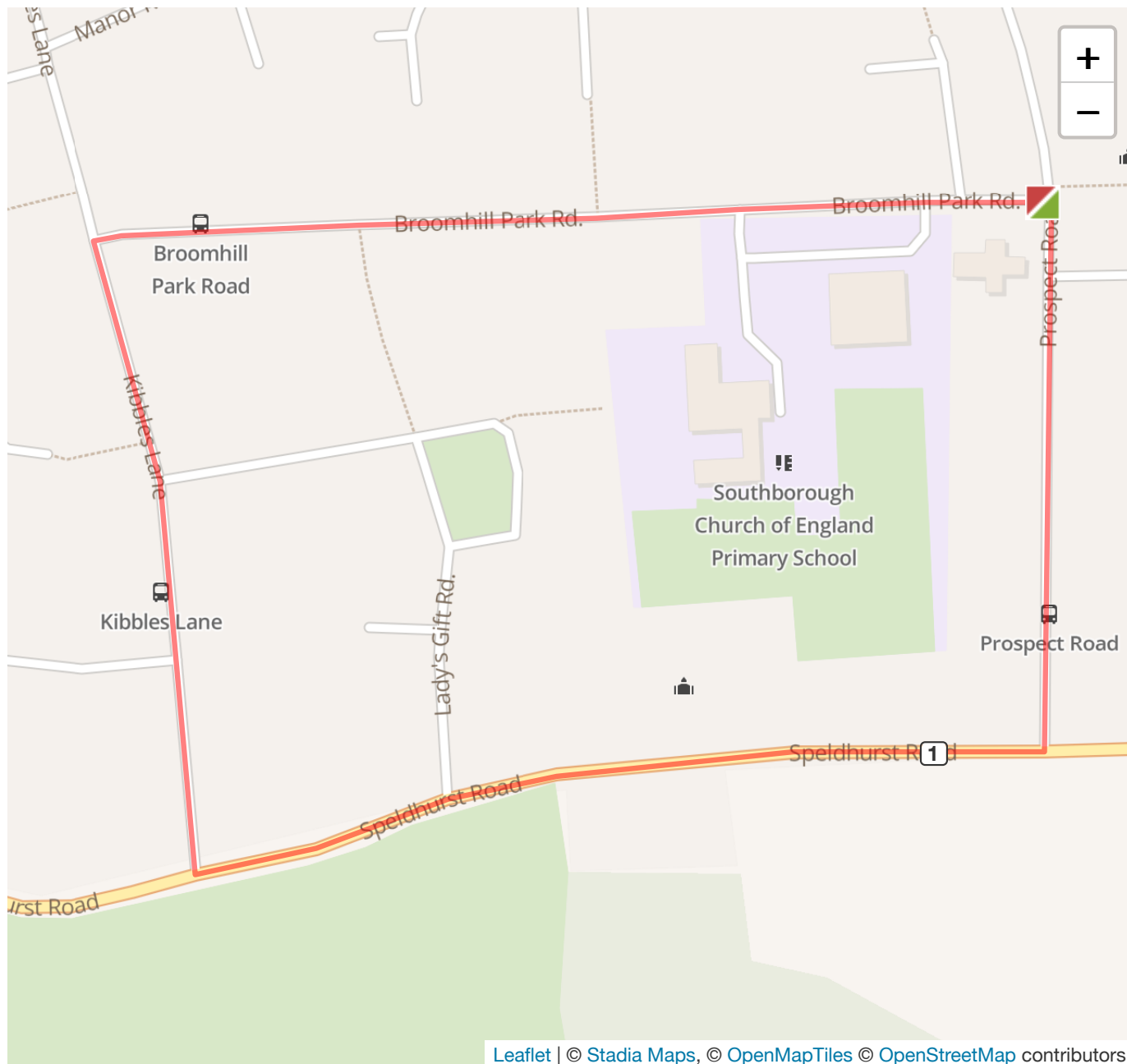
ascent  
**0** m

descent  
**0** m

The map displays a red route with three numbered markers (1, 2, 3) starting from the top left and ending at the bottom right. The route passes through a green park area and a blue water feature. Key streets shown include B2176, Harland Way, Bounds Oak Way, Hardinge Avenue, Smythe Close, and Birchwood Ave. The map also shows a large green area, likely a park or forest, and a blue line representing a water feature. The map is credited to Leaflet, Stadia Maps, OpenMapTiles, and OpenStreetMap contributors.

*descent*  
**0** m

## mapometer - unnamed route



Distance  
**1.28** km

ascent  
**0** m

descent  
**0** m