

# MOUNT EPHRAIM 10K

## Supporting Porchlight

Runners start and finish at Mount Ephraim Gardens and run a loop in a clockwise direction towards Herne Hill turning left to Kelmsdale Wood, then right to Fostall and up Butlers Hill to Dargate. Runners then turn right onto Dargate Road and bear right onto Courtenay Road to head back towards Mount Ephraim Gardens along Dawes Road and Staplestreet Road

