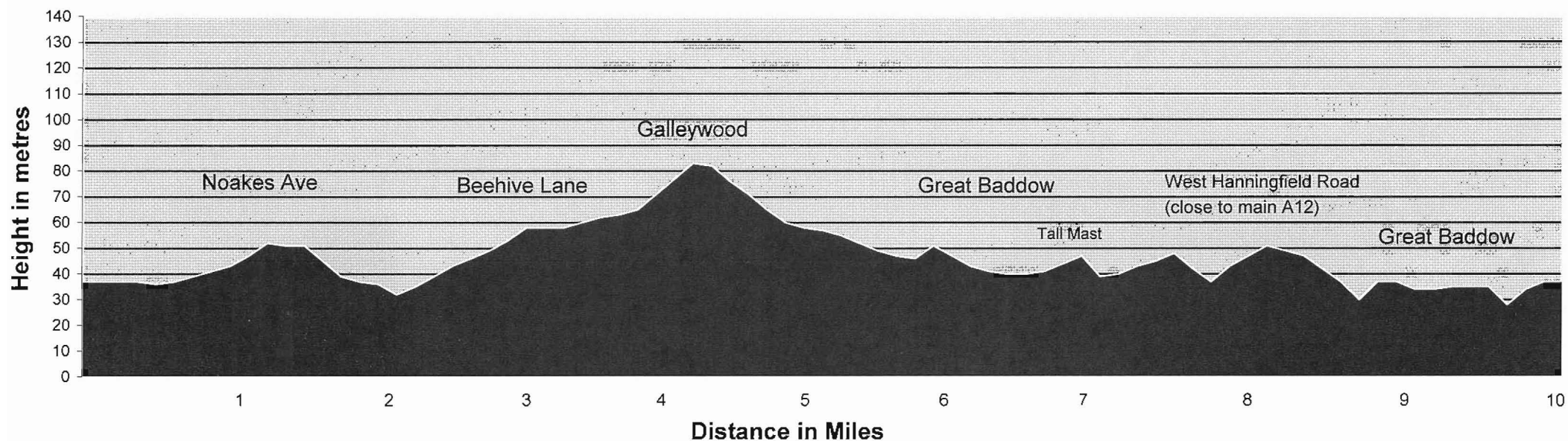


The Edmund Carr Great Baddow 10 Mile Charity Race - Course Profile



No, there really are no mountains in Essex! The exaggerated scale does make Galleywood, at 4.25 miles, look like an ancient hilltop fortified town, but it certainly is not! The lift up from the low "dip" just past Mile 2 (32m minimum), up to Galleywood (83m maximum), is a long steady climb. The first water station is just past the Mile 3 mark. The second water station and the sponge station are a short distance beyond the Mile 5 mark. The third water station is just beyond the Mile 8 mark and there is a final water station adjacent to the Finish.

The course is definitely more "undulating" than flat, and be warned, the uphill grind around Mile 8 is testing, and do save a little energy for the final lift to the Finish. From Great Baddow High Street returning to the Recreation Ground, Baddow Road climbs what is known locally as "Tabor's Hill", and it really does feel like one!