The yellow line is exactly 10km. Run it anti-clockwise.
•Start in Spring Lane Field, exit through the 5-bar gate into the adjacent (King's College) field. The exact 10k distance starts at that gate.
•End through Manor Farm, cross the road, go along the pavement by Balls Grove fence, and down Spring Lane. The exact 10k distance ends at the 5-bar gate at the bottom of Spring Lane, as you go into Spring Lane Field.

The red line is exactly 3km. Run it anti-clockwise.
•Start in Spring Lane Field, exit through the 5-bar gate into the adjacent (King's College) field. The exact 3k distance starts at that gate.
•Go out along the river-bank
•The half-way turn-around point is a tree, just by the tarmac path, 50 yards before the small gate that the 10k race goes through when it turns left.
•Come back along the tarmac path until it meets the road by Balls Grove; turn left along the pavement, and down Spring Lane. The exact 3k distance ends at the 5-bar gate at the bottom of Spring Lane, as you go into Spring Lane Field.