

Run/Walk for Sunday morning - 10am

Meet inside Ruskin Park entering from Denmark Hill just up from KCH

- Take path heading south and exit Ruskin Park onto Denmark Hill
- Cross over Denmark Hill, turn right and head south approx 60m (197ft)
- Look out for blue signage arrow "Elim Pentacostal Church" follow path between the buildings through to small roundabout on Blanchdowne
- Follow Blanchdowne for approx 150 metres (427ft) and turn left into Greendale bikeway/walking path
- Stay on Greendale for 942 metres (3121ft) crossing Wanley Road, passing Greendale playing fields and cross a railway line till you reach East Dulwich Grove
- Left onto East Dulwich Grove for 535 metres (1757ft) pass Dulwich Hospital
- Left onto Melbourne Grove for 261 metres (859ft)
- Left onto Dog Kennell Hill, pass St Francis Road (entrance to St Francis Hospital)
- Continue on Dog Kennell, the road continues but changes name to Grove Lane (Dog Kennell Hill & Grove Lane distance 1255 metres), look out for the statues of sheep on right hand side (don't take the turn left towards Denmark Hill Station) cross the road and continue on Grove Lane
- Left onto De Crespigney Park for 342m (1124ft)
- Left onto Denmark Hill for 313m (1029ft) passing the Maudsley and Kings College Hospitals
- Cross Denmark Hill and return to Ruskin Park to finish
- Stagger to pub for a refreshing ale :)

Approximate distance - 4.2kms or 13,725ft