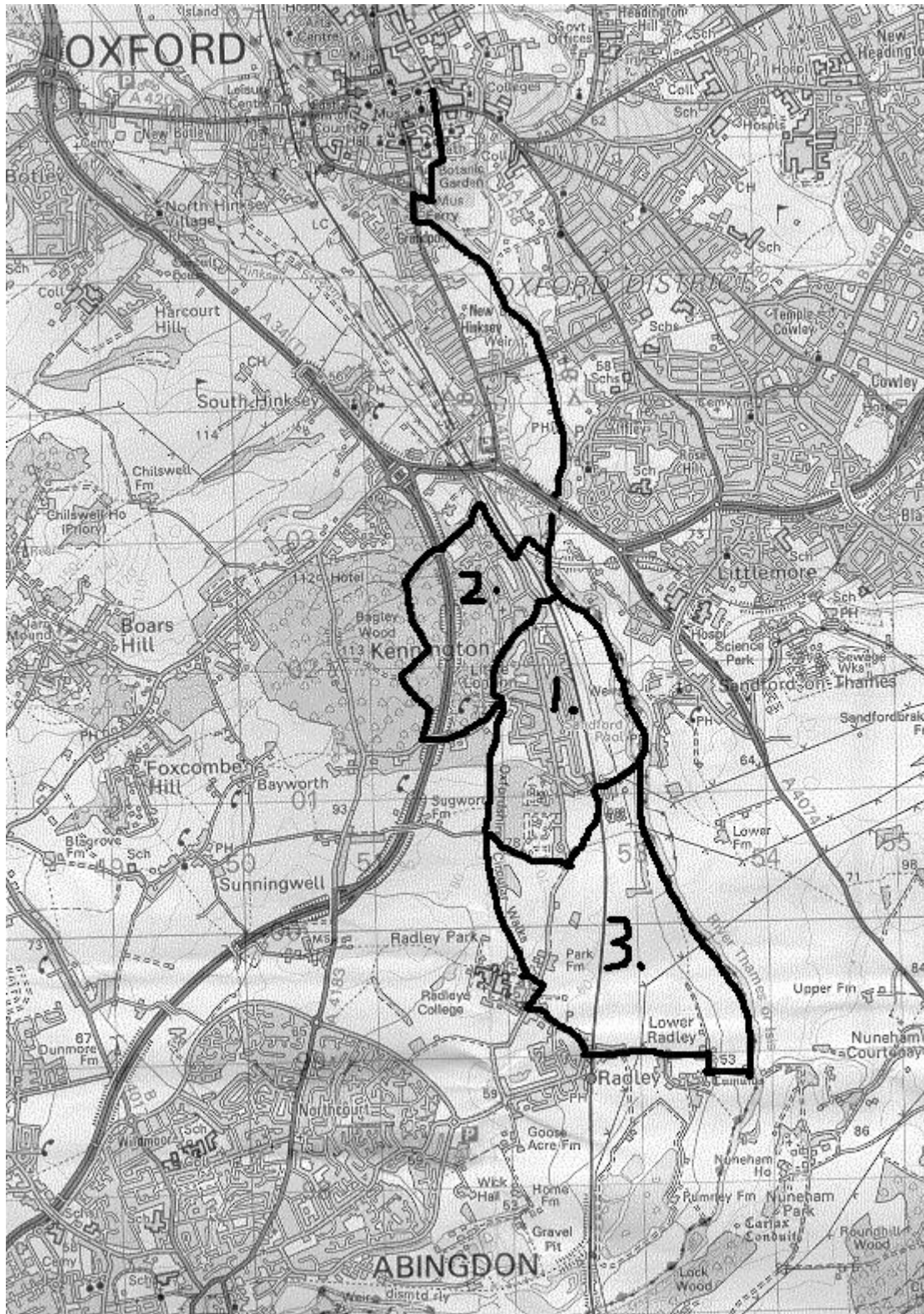


# Cuppers / Radley



The basic loop is the Cuppers course (1). The loop itself is about 4.5 miles, and the run as a whole (starting from town) is 9.5. You can push it up to around 11 by adding the extension (2) around Bagley Wood. Continuing down the towpath and completing loop 3 before rejoining 1 gives you a run of 12.5-13 miles. All these routes are very flat and good for the Sunday after a particularly hilly race.