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| Start at the 10k finish on the dual carriageway. Run to the  roundabout and turn left up  Hoburne Lane.  Cross Hoburne Lane before the bottom of the hill and follow the road up the hill and round to the left.  Turn right into Smugglers Lane South, then left into the Nea Meadows car park.  Follow the car park **round to the left**, then up the path to the lake. Turn left alongside the lake, then follow the path round to the left away from the lake and through the gate out of the far end of Nea Meadows.  From the gate you can see a road (Carisbrooke Way) going straight ahead. Go to the far end of Carisbrooke Way, and turn right into Hinton Wood Avenue.  Immediately cross Hinton Wood Avenue, and turn left into Braemar Drive.  Turn left into Thornfield Drive, then go right 3 times to go round a loop and, via Braemar Drive, back to where you crossed Hinton Wood Avenue.  You are now heading back the way you came. Turn right then immediately left back into Carisbrooke Way, then head through the gate into Nea Meadows.  Follow the path, going right at each path junction until you get back to the car park.  Leave Nea Meadows via car park entrance, turn right at the road, go up the hill then left at the top (Smugglers Lane North). Head back down hill to the roundabout, turning right to get back to the start. | E:\Graham\Xch Runners\Courses\Two Lakes.jpeg |