

# Welcome to Lees Hill Playing Fields

## Run England 321 Route



### What is 321?

3-2-1 is a Run England project which aims to provide a range of marked out running or jogging routes across the country, so anyone can have a go. It is a way of providing a meaningful challenge to help more people get running when it best suits them.

Here at Lees Hill Playing Field we have a 500 metre course and have installed posts at 100 metre intervals for you to use. The map on this sign shows the location of the posts and what they signify. The marker disc on each post shows you the distance around the route. Use all or part of the course as you feel you want to.

### A few polite notices

Lees Hill Playing Field is open to everyone. Please give way to other park users, even if it prevents you getting a personal best or hinders your training. There is always a next time!

Dispose of all litter in the bins provided.

Please do not train on the marked football pitches or cricket square.

