

EAST CORNWALL = HARRIERS = LISKEARD

The Trepolpen Seythin 10k



From the West

After Liskeard, leave the A38 at its junction with the B3252 signed "Looe".

Follow the B3252 for approx. 2 miles, turn left through "Widegates" to join the A387.

Follow the A387 for 2 miles to "Hessenford", turn right onto the B3247 to "Seaton".

From the East

From the A38 at Trerulefoot roundabout, take the A374 towards Torpoint.

After 1.5 miles turn right on to the A387, signed "Looe".

Follow the A387 for 2 miles to "Hessenford", turn left onto the B3247 to "Seaton".