

Map courtesy of [www.walkjogrun.net](http://www.walkjogrun.net) Search for Island Run 10km

# Island Run 10km Running Map

SHEERNESS, ENGLAND, GB  
CREATED BY POTPOT

2018 Island Run 10km out and back course.  
Flat with a couple of minor slopes. Off road except for 170m section each way

Share Tweet Email Export  
Embed

ELEVATION TURNS COURSE RECORDS

2 m	2 m	26 m	28 m
MAXIMUM ASCENT	MAXIMUM DESCENT	TOTAL ASCENT	TOTAL DESCENT

