

Barne Barton 7 Minute Mile Route (6.5 miles)

Start: **Club** access road.

Turn Right on to **Trevithick Road**.

Carry on to **Roman Way**.

Turn Left on to **Victoria Road**.

Turn Right on to **Normandy Way**.

Cross over **Pemros Road** on to **Normandy Hill**.

Turn Left on to **Wolseley Road**.

Turn Right on to **Foulston Avenue**.

Turn Left on to **Poole Park Road**.

Turn Right on to **Barne Road**.

Turn Right on to **Wolseley Road**.

Turn Left on to **Weston Mill Drive**.

Turn Right on to **Ferndale Road**.

Turn Left on to **North Prospect Road**.

Carry on to **Weston Mill Hill**.

Carry on to **Trevithick Road**.

Turn Right on to **Kings Tamerton Road**.

Turn Left on to **Trevithick Road**.

Return to **Club**.

STRETCH STRETCH STRETCH!