

## Central Park B 11 Minute Mile Route (5.94miles)

Start: Club access road.

Turn Right on to **Trevithick Road.**

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

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

Carry on to **North Prospect Road.**

Turn Left on to **Ham Drive.**

Turn Right on to **Outland Road.**

Turn left on to **Peverell Park Road.**

Turn Right on to **Barne Park Road.**

Carry on in to **Central Park.**

Go straight on.

Cross over **Outland Road** and on to **Seagrave Road.**

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

Return to Club via same route without Kings Tamerton Road loop.

**STRETCH STRETCH STRETCH!**