

Central Park B 12 Minute Mile Route (4.6miles)

Start: Club access road.

Turn Left on to **Trevithick Road.**

Carry on to **Weston Mill Road.**

Carry on to **Weston Mill Hill.**

Carry on to **North Prospect Road.**

Turn Left on to **Seagrave Road.**

Turn Right on to **Oates Road.**

Turn Right on to **Outland Road.**

Turn Right on to **Wolseley Road.**

Turn Right on to **Ferndale Avenue.**

Turn Left on to **Ferndale Road.**

Cross over on to **Carlton Terrace** via underpass.

Turn Right on to **Bridwell Road.**

Turn Right on to **Fletemoor Road.**

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

Return to Club.

STRETCH STRETCH STRETCH!