

Central Park B 7 Minute Mile Route (7.06miles)

Start: Club access road.

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

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

Carry 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.**

Bare Left.

Head towards **Clock Tower.**

Exit Central Park and Cross Over **Outland Road.**

Carry on to **Wolseley Road.**

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

Turn Left on to **Beacon Down Road.**

Turn Left on to **Ham Drive.**

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

Return to Club via same route.

STRETCH STRETCH STRETCH!