

Crownhill 11 Minute Mile Route (5.09 miles)

Start: Club access road.

Turn Right on to Trevithick Road.

Carry on to Roman Way.

Cross over on to Crownhill Road via subways.

Carry along Crownhill Road.

Turn Right on to Haroldsleigh Avenue.

Turn Right on to Whinbank Road.

Turn Left on to St Peters Road.

Bare Right on to Shakespeare Road.

Turn Right on to Honicknowle Lane.

Bare Left on to Honicknowle Green.

Turn Right on to Little Dock Lane.

Turn Left on to Crownhill Road.

Cross over on to Roman Way via subways.

Bare Right on to Trevithick Road.

Return to Club.

STRETCH STRETCH STRETCH!