

Crownhill 12 Minute Mile Route (4.65 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 **Nicholson Road**.

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!