

## Crownhill 7 Minute Mile Route (6.41 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 Left on to Budshead Road.

Bare Right to continue along Budshead Road.

Turn Left on to Taunton Avenue.

Turn Left on to Budshead Road.

Turn Right on to Budshead Way.

Turn Right on to Crownhill Road.

Turn Left on to Little Dock Lane.

Turn Right on to Duncombe Avenue.

Bare Right on to Hermandale Road.

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!