

Weston Mill 12 Minute Mile Route (4.09 miles)

Start: **Club** access road.

Turn Left on to **Trevithick Road**.

Carry on to **Weston Mill Road**.

Carry on to **North Prospect Road**.

Turn Right on to **Wolseley Road**.

Turn Right on to **Weston Mill Drive**.

Turn Left on to **Carlton Terrace**.

Turn Right on to **Bridwell Road**.

Turn Right on to **Fletemoor Road**.

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

Carry on to **Trevithick Road**.

Return to **Club**.

STRETCH STRETCH STRETCH!