

Weston Mill 7 Minute Mile Route (6.16 miles)

Start: **Club** access road.

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

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

Carry on to **North Prospect Road.**

Cross over **Seagrave Road.**

Carry on to **Wolseley Road.**

Turn Right on to **Milehouse Road.**

Carry on to **Devonport Road.**

Turn Right on to **Albert Road.**

Turn Right on to **Saltash Road.**

Turn Left on to **Wolseley Road.**

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

Turn Left on to **Carlton Terrace.**

Turn Right on to **York Road.**

Turn Left on to **Eliot Street.**

Turn Right on to **Bridwell Road.**

Turn Right on to **Fletemoor Road.**

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

Carry on to **Trevithick Road.**

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

Return to **Club.**

STRETCH STRETCH STRETCH!