

Weston Mill 8 Minute Mile Route (5.88 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**.

Turn Right on to **Ford Hill**.

Cross over **St Levan Road**.

Carry on to **Melville Road**.

Turn Left on to **Henderson Place**.

Carry on to **Royal Navy Avenue**.

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 **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!