

## **Central Park 10 Minute Mile Route (4.75miles)**

Start: Club access road.

Turn Left on to **Trevithick Road**.

Carry on to **Weston Mill Road**.

Carry on to **Weston Mill Hill**.

Carry on to **North Prospect Road**.

Cross **Seagrave Road**.

Carry on to **Wolseley Road**.

Turn Left on to **Outland Road**.

Turn Right and cross in to **Central Park**.

Head towards and past **Swimming Pool**.

Turn Left at **Clock Tower**.

Head towards **Park and Ride** and out on to **Outland Road**.

Cross over on to **Lyndhurst Road**.

Turn Left on to **North Down Road**.

Turn Right on to **West Down Road**.

Turn Left on to **Beacon Park Road**.

Turn Right on to **North Prospect Road**.

Return to Club

**STRETCH STRETCH STRETCH!**