

Central Park 9 Minute Mile Route (5.46miles)

Start: Club access road.

Turn Left on to Trevithick Road.

Carry on to Weston Mill Road.

Carry on to Weston Mill Hill.

Turn Left on to Mowhay Road.



Take third Right on to Ham Lane.

Turn Left on to Ham Drive.

Turn Right on to Outland Road.

Turn left on to Peverell Park Road.

Turn Right on to Barne Park Road.

Turn in to Central Park.

Turn Left past Plymouth Argyle.

Bare Right past the Mayflower Centre.

Bare Left towards Swimming Pool.

Turn Right towards Outland Road.

Cross Outland Road junction.

Turn Right on to Wolseley Road.

Across on to North Prospect Road.

Return to Club

STRETCH STRETCH STRETCH!