

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!