

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**.

Turn Right past the **Mayflower Centre**.

Turn 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!