

Central Park B 9 Minute Mile Route (6.33miles)

Start: Club access road.

Turn Right on to **Trevithick Road.**

Turn Right on to **Kings Tamerton Road.**

Turn Left on to **Weston Mill Hill.**

Carry on to **North Prospect Road.**

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.**

Carry on in to **Central Park.**

Go straight on.

Turn Left and past **Argyle Football Ground.**

Head towards **Clock Tower.**

Turn Right and out on to and Across **Outland Road.**

Carry on to **Wolseley Road.**

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

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

Return to Club via same route without Kings Tamerton Road loop.

STRETCH STRETCH STRETCH!