

## Crownhill 7 Minute Mile Route (6.41 miles)

Start: **Club** access road.

Turn Right on to **Trevithick Road**.

Carry on to **Roman Way**.

Cross over on to **Crownhill Road** via subways.

Carry along **Crownhill Road**.

Turn Left on to **Budshead Road**.

Bare Right to continue along **Budshead Road**.

Turn Left on to **Taunton Avenue**.

Turn Left on to **Budshead Road**.

Turn Right on to **Budshead Way**.

Turn Right on to **Crownhill Road**.

Turn Left on to **Little Dock Lane**.

Turn Right on to **Duncombe Avenue**.

Bare Right on to **Hermandale Road**.

Turn Left on to **Crownhill Road**.

Cross over on to **Roman Way** via subways.

Bare Right on to **Trevithick Road**.

Return to **Club**.

**STRETCH STRETCH STRETCH!**