

Devonport 8 Minute Mile Route (6.07 miles)

Start: **Trevithick Road**

Carry on to **Weston Mill Road**.

Turn Right on to **Fletemoor Road**.

Turn Left on to **Bridwell Road**.

Turn Left on to **Northumberland Street**.

Turn Right on to **York Road**.

Turn Left on to **Carlton Terrace**.

Turn Right on to **Weston Mill Drive**.

Turn Left on to **Wolseley Road**.

Turn Right on to **Saltash Road**.

Turn Left on to **Albert Road**.

Turn Left on to **Devonport Road**.

Carry on to **Milehouse Road**.

Turn Left on to **Wolseley Road**.

Bare Right on to **Seagrave Road**.

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

Carry on to **Weston Mill Hill**.

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

Return to **Club**.

STRETCH STRETCH STRETCH!