

Ernesettle 7 Minute Mile Route (6.19 miles)

Start: **Club.**

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

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

Turn Left on to **Peters Park Lane.**

Turn Right on to **Victoria Road.**

Cross over Roundabouts.

Bare Left on to **Ernesttle Lane.**

Turn Right on to **Northolt Avenue.**

Turn Left on to **Lakeside Drive.**

Turn Left on to **Rochford Crescent.**

Turn Left on to **Biggin Hill.**

Turn Left on to **Budshead Road.**

Bare Right on to **Ringmore Way.**

Turn Left on to **Shaldon Crescent.**

Turn Left on to **Ringmore Way.**

Turn Left and then Right on to **Crownhill Road.**

Turn Left and cross over **Roundabouts.**

Bare Left on to **Roman Way.**

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

Return to **Club.**

STRETCH STRETCH STRETCH!