

Ernesettle B 11 Minute Mile Route (4.5 miles)

Start: **Club.**

Turn Right on to **Roman Way.**

Cross over on to **Ernesettle Lane** via underpasses

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 Right on to **Crownhill Road.**

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

Return to **Club.**

STRETCH STRETCH STRETCH!