

## Central Park 11 Minute Mile Route (4.34miles)

Start: Club access road.

Turn Left on to **Trevithick Road.**

Carry on to **Weston Mill Road.**

Carry on to **Weston Mill Hill.**

Carry on to **North Prospect Road.**

Turn Left on to **Seagrave Road.**

Turn Right on to **Oates Road.**

Turn Right on to **Scott Road.**

Turn Left on to **Outland Road.**

Turn Right and cross in to **Central Park.**

Head towards and past **Swimming Pool.**

Head towards and out on to **Outland Road.**

Cross over on to **Wolseley Road.**

Carry on to **North Prospect Road.**

Return to Club

**STRETCH STRETCH STRETCH!**