

Central Park 12 Minute Mile Route (4.06miles)

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 Right on to **Outland Road.**

Turn Right on to **Wolseley Road.**

Carry on to **North Prospect Road.**

Return to Club

STRETCH STRETCH STRETCH!