

Devonport 12 Minute Mile Route (4.14 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 **Keyham 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 **Royal Navy Avenue**.

Carry on to **Henderson Place**.

Turn Left on to **Wolseley Road**.

Cross over on to **Beacon Park Road**.

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

Carry on to **Weston Mill Hill**.

Carry on to **Weston Mill Road**.

Return to **Club**.

STRETCH STRETCH STRETCH!