

Pennycross 12 Minute Mile Route (4.56 miles)

Start: **Club** access road.

Turn Right on to **Trevithick Road**.

Carry on to **Roman Way**.

Cross over on to **Crownhill Road** via subways.

Carry along **Crownhill Road**.

Turn Right on to **Little Dock Lane**.

Turn Left on to **Honicknowle Green**.

Carry on to **Honicknowle Lane**.

Turn Right on to **Ham Drive**.

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

Carry on to **Weston Mill Hill**.

Carry on to **Trevithick Road**.

Return to **Club**.

STRETCH STRETCH STRETCH!