

A Group ~ <b>CATTLE MARKET</b> - to the Chipshop		B Group ~ <b>Borderville</b> - to the Stamford and the Meadows		C Group ~ <b>CATTLE MARKET</b> - to the Chipshop		D Group ~ <b>Borderville</b> - to the Stamford and the Meadows	
Miles	Group A - target pace 10:15 min miles	Miles	Group B - target pace 9:15 min miles	Miles	Group C - target pace 8:15 min miles	Miles	Group D - target pace 7:15 min miles
Leg	Total	Leg	Total	Leg	Total	Leg	Total
	5.6 miles approx		6.3 miles approx		7.0 miles approx		8.2 miles approx
	<b>Start at 7:10 pm</b> Cross Meadows, left along Bath Row Up cobbles, left, right, left along Rutland Terrace Cross before Mini Rdbt, right at mini rdbt Left at The Jolly Brewer, up Foundry Rd Left at Empingham Rd Left into Lonsdale Rd		<b>Start at 7:10 pm</b> Right towards town Right at 1st Rutland road 1st Left, Right past Blackstones Right at RDBT, 2nd left into Glen Cres 1st Right into Willoughby, right at top Right at Green Lane		<b>Start at 7:00 pm</b> Cross Meadows, left along Bath Row Up cobbles, left, right, left along Rutland Terrace Up Tinwell Hill Right into Exeter Gdns Left at Lonsdale Rd Right into Hambelton Rd		<b>Start at 7:00 pm</b> Right towards town Right at Drift Rd Right into Holland Road, follow round to left Left into Emlyns St <b>RIGHT PATH</b> Right into New Cross Rd Right at Kings Rd
1.12	1.12 11:28 <b>Stop at the Danish Invader - Car Park</b>	1.39	1.39 12:51 <b>Stop on grass by 30k Start line</b>	1.40	1.40 11:32 <b>Stop at the Danish Invader - Car Park</b>	1.77	1.77 12:49 <b>Stop on grass by 30k Start line</b>
	<b>Start</b> continue along Lonsdale Rd, follow round to Rt Right into Cottesmore Rd Alley at end, cross Empingham Rd Turn Left Right into Arran Rd, 2nd Right into Perth Rd RIGHT PATH along Perth Rd Follow round - left into Aberdeen Close Right at Arran Rd		<b>Start</b> Up Churchill Rd Right, past Chip Shop Left at Little Casterto Lane Left into Radcliffe Rd Left into New Cross Rd		<b>Start</b> Right down Empingham Rd Left into Ermine Way, Left into Highlands Way Right at the top - Sutherland Rd Left into Caithness Rd <b>RIGHT PATH</b> Left at the top into Pert Rd, <b>RIGHT PATH</b> Right at Arran Rd		<b>Start</b> Up Churchill Rd, Right, past Chip Shop Left at Little Casterton Lane Left at lights into Casterton Rd Right at Clock Houe, up shallow steps Left into Rock Rd, left at end,st over lights Left at Recreation Ground Rd <b>RIGHT PATH</b>
1.18	2.30 12:05 <b>Stop on grassy bank at end of Arran Rd</b>	1.51	2.90 13:58 <b>Stop at top of Recreation Ground Road</b>	1.43	2.83 11:47 <b>Stop on grassy bank at end of Arran Rd</b>	1.89	3.66 13:42 <b>Stop at top of Recreation Ground Road</b>
	<b>Start</b> Right, down Casterton Rd, Left into Belvoir 2nd Right into Laughton Drive 1st Left Ross Drive, Right at end, Collins Ave Left at end, 1st Right, Right at end, 1st Left Left at Little Casterton Rd, Right at Fitwilliam Rd Right at the end - Pembroke Rd Left at the top - Cambridge Rd		<b>Start</b> Back along New Cross Road Right up Sussex Rd, <b>RIGHT PATH</b> Right at the top, <b>RIGHT PATH</b> Right at Kings Rd, down Rec Ground Rd Newgates, Rt along Broad St, Down Ironmongers Right at High St, cross Red Lion Square Alley Past Cosy Cub, down Castle Dyke		<b>Start</b> Right, down Casterton Rd Down to Little Casterton Rd (lights) Left, up hill & past cetry  Right into Cambridge Rd		<b>Start</b> Up Kings Rd, Left into Essex Rd <b>RIGHT PATH</b> Left into Sussex Rd, <b>RIGHT PATH</b> Rt into New Cross Rd Rt into Radcliffe, left at the end Lit Cast Ln Left into Casterton Rd All the way down over lights to Red Lion Sq Alley Past Cosy Cub, down Castle Dyke
1.10	3.40 11:16 <b>Stop at The Chip Shop</b>	1.21	4.11 11:11 <b>Stop at entrance to Meadows</b>	1.46	4.29 12:02 <b>Stop at The Chip Shop</b>	1.53	5.19 11:05 <b>Stop at entrance to Meadows</b>
	<b>Start</b> Continue along Edinburgh Rd Right at Green Lane Left into Alexandra Rd Right into Queen St At end right into New Cross Rd All the way to the end		<b>Start</b> Back up to Red Lion Square, bear left Up Scotgate, cross to right path Right at lights, North St becomes East St Cross to left path after Newgates Left at lights, cross to <b>RIGHT PATH</b> Right at Hospital Rdabt cross to left path Down to Morissons Rdbt Left through Morissons car park		<b>Start</b> Continue along Edinburgh Rd Right at Green Lane <b>RIGHT</b> into Essex Rd, <b>LEFT</b> down Sussex Rd Cross over to Cliff Rd Right at North St <b>Right at 2nd Radcliffe Rd</b> Up to Fire Station		<b>Start</b> Cross Meadows, up to Gas Lamp, Left at A43 Left down High St St Martins, right at lights Left over Albert Bridge up Albert Rd Cross Wharf Rd to Blackfriars, Right round St Georges Church into St Gs St Right into St Leonards St, Left up Brasenose Left past Hosp. Rdbt, right just before Currys
1.04	4.44 10:39 <b>Stop on grassy area at end of the road</b>	1.28	5.39 11:50 <b>Stop in staff car park behind Morrisons</b>	1.27	5.56 10:28 <b>Stop at on grassy area at start of New Cross Rd</b>	1.69	6.88 12:15 <b>Stop in staff car park behind Morrisons</b>
	<b>Start</b> Left down Radcliffe Rd Left at North St Cross to Right path when Safe <b>TAKE CARE going past Newgates</b> Continue to traffic lights, turn right Past Toby Noris, along High St Cross into Red Lion Square Past Cosy Club, down Castle Dyke, cross Meadows		<b>Start</b> Continue to Ryhall Rd, turn right Turn left up Drift Rd Right along Doughty St Straight over at end <b>RIGHT PATH</b> Right at the end, Left at Ryhall Rd		<b>Start</b> Cross over - down Donkey Steps Left down to Clock House croos at Zebra Right up Empingham Rd Left along Roman Bank Left at the end down Tinwell Rd Along Rutland Terrace Right down Austen Friars Lane, down cobbles Along Bath Row and across Meadows		<b>Start</b> Passage to main car park Right at roundabout Right at Hospital roundabout Ryhall Rd all the way back
1.15	5.59 11:47 <b>Stop at The Cattle Market</b>	0.90	6.29 8:19 <b>Stop at Borderville</b>	1.44	7.00 11:52 <b>Stop at The Cattle Market</b>	1.29	8.17 9:21 <b>Stop at Borderville</b>