

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	
Leg	Total Time	5.5 miles approx		Leg	Total Time	6.1 miles approx		Leg	Total Time	6.8 miles approx	
		Start 5th, 21 seconds after Bs Right into Ryhall Road Right into Lincoln Road (Blackstones) Straight on over the roundabout Right at the end to Kesteven Road First Left into Irnham Road Left at end to Holland Road, Cross to right path				Start 4th, 18 seconds after Cs Right into Ryhall Road & Right into Rutland Rd Left into Rutland Road, right path to the end Right into Lincoln Rd to Roundabout Right into Masterton, first left into Glen Cresc. Left into Willoughby Road. Left into Kesteven Road Cross to right path after Irnham Rd, Run to end Right at Drift Road				Start 3rd, 18 seconds after Ds Right into Ryhall Road Right into Lincoln Road (Blackstones), right path Right into Masterton Road, right path all the way Right at the end into Kesteven, cross over Left into lamposts path to far end Straight on into Emlyn's Street LEFT PATH Left at Drift Road, left path	
1.04	1.04 10:39	Stop on tarmac area by the corner shop		1.19	1.19 11:00	Stop on tarmac area by the corner shop		1.37	1.37 11:18	Stop on tarmac area by the corner shop	
		Start 4th straight after Cs Up Drift Road, right at end into Emlyns Street Left at end into Alexandra Road Right at end into Green Lane, cross over Left into Edinburgh Road, stay on left path Left path as Edinburgh turns into Cambridge Rd End of Cambridge Rd, Right into Little Casterton Left into Mason Drive Left to Banks Cresc. Right into path				Start 5th straight after As Run down Holland Road turns into Alexandra Rd. At end, right into Green Lane Right path to the left turning in Edinburgh Rd Stay on the right path and run past chip shop Right into Pembroke Road, cross over Left into Fitzwilliam, left into Little Casterton Rd Right into Mason Dr. right then left (Jackson Way) Take 1st path on the left, passing kids play area				Start 3rd straight after Ds Up Drift Road, left at end into Emlyn's Street Down Conduit Rd, cross to right path Right into Emlyn's Gardens, left into Bentley St Right at the end of Bentley St, up Rec. Road Left at New Cross Road, cross to right path Right at Radcliffe Rd, right at Little Casterton Rd Left into Mason Drive, Left into Banks Cresc. Right into path.	
1.11	2.15 11:22	Stop on Grass area near Kids Play Area		1.23	2.42 11:22	Stop on Grass area after Kids Play Area		1.39	2.76 11:28	Stop on Grass area near Kids Play Area	
		Start 5th straight after Bs Back down the path you entered on, left at end Right into Masons Drive, right path Right into Lit. Casterton Rd Follow Lit. Casterton Rd to bottom, right at lights Follow Casterton Road, left path when poss. Left into Sutherland Way (left path)				Start 4th straight after Ds Back along path entered on, Left at Jackson Way Left then right into Collins Ave (right path) Left into Laughton Dr, Take left path across grass Follow Chatsworth Rd to end (left path) Cross Casterton Rd and turn right Left into Sutherland and immediate Right Left into Caledonian Road, Left at end. Right at end of Caithness Road into Sutherland				Start 2nd - straight after Es Follow path West, turn right at Banks Cres. Left into Collins Ave (left path) Continue through Audas Place into Ross Drive Right into Laughton Dr, left into Belvoir Close Right at Casterton Rd, cross, left at Perth Rd 2nd Left into Caithness Rd, Right at Dundee Dr Right at Dickens Dr, Left at Empingham Road Left at Sutherland Way, cross over when poss.	
1.03	3.18 10:33	Stop on concrete outside Chip Shop		1.16	3.58 10:43	Stop on concrete outside Chip Shop		1.37	4.13 11:18	Stop on concrete outside Chip Shop	
		Start 4th Start at chip shop and down Stirling Rd Turn left into Torkington St, then right. Right into Casterton Rd. Right Path Cross at Zebra crossing, down to lights Left into North Street (left path) Left into Recreation Ground Road				Start 5th Back up Sutherland, Right into Casterton Rd Cross to left path, Left at lights Up Little Casterton Rd. Cross over to right path Right into Radcliffe Road cross to left path Left to New Cross Road, cross to right path Right into Recreation Ground Road, right path				Start 3rd Back down Sutherland, Left into Empingham Rd. Cross when possible, Right into Foundry Rd. Left at the Jolly Brewer into West Street Cross to right path, over the lights into North St. Cross at crossing before Mama Liz's Left at Recreation Ground Road	
1.11	4.29 11:22	Stop at the bottom of the Rec. on the left		1.30	4.88 12:01	Stop at the bottom of the Rec. on the left		1.31	5.44 10:48	Stop at the bottom of the Rec. on the left	
		Start 3rd Back down Rec. Road, left into East Street Follow road (left path) to the cross roads Left at cross roads towards hospital (left path) Left at roundabout into Ryhall Road Follow Ryhall Road all the way to Borderville				Start 5th Run up Rec Road, cross to Right path Right into New Cross Road and left at end Right into Drift Road, right path to bottom Left into Ryhall Road, follow to Borderville				Start 4th Run up Recreation Ground Road, left path. Cross into Kings Rd, right path when poss. Right into Alexandra Rd, Left into Irnham Rd. Right at Kesteven Rd, Left into Lincoln Rd. Over Roundabout, Left into Rutland Road. Right at the end and Left into Ryhall Road.	
1.21	5.50 12:24	Stop at Borderville		1.26	6.14 11:39	Stop at Borderville		1.38	6.82 11:23	Stop at Borderville	

All 5 stops at the same places for all groups

Feel free to swap groups - run one or two legs or more with the group above or below

By Richard Skidmore

36.02

Miles		Group D - target pace 7:15 min miles		Miles		Group D - target pace 6:45 min miles AVERAGE	
Leg	Total Time	7.8 miles approx		Leg	Total Time	8.8 miles approx	
		Start 2nd Right into Ryhall Road Follow Road past Hospital roundabout to lights. Right at lights into East Street Right at Recreation Ground Road Right at New Cross Road, Left at the end Right into Drift Road, cross to left path				Start 1st Right into Ryhall Road Follow Road past Hospital roundabout to lights. Right at lights into East Street Right at Recreation Ground Road Right at New Cross Road, Left at the end Continue to the end LEFT PATH right at end - Holland Rd Follow round, beware slower groups	
1.60	1.60 11:36	Stop on tarmac area by the corner shop		1.81	1.81 12:13	Stop on tarmac area by the corner shop	
		Start 2nd Back up Drift Road, Left into Emlyn's Street Down Conduit Rd. cross to right path Right into East street, right path Follow road down, right into Scotgate Past BP Garage, up Casterton Road Right at the lights, up Little Casterton Road Left into Mason Dr, right then left (Jackson Way) Take 1st path on the left, passing kids play area				Start 1st Back up Drift Road, Left into Emlyn's Street Down Conduit Rd. cross to right path Right into East street, right path Follow road down, right into Scotgate Past BP Garage, up Casterton Road Over lights, right into Waverley Gdns Left at Little Casterton Rd Left into Mason Dr, right then left (Jackson Way) Take 1st path on the left, passing kids play area	
1.58	3.18 11:27	Stop on Grass area near Kids Play Area		1.77	3.58 11:56	Stop on Grass area near Kids Play Area	
		Start 3rd, straight after Cs Take path East, left into Banks Cresc. Right into Masons Dr. right at Little Casterton Rd. Right into Waverley Gdns, Right at Casterton Rd. Right into Chatsworth Rd, left path! Left into Hardwick Road, Right into Service Rd. Left at end, cross Casterton Rd, left into Perth 1st Left down road parallel with Casterton Rd. Right at Sutherland Way.				Start 1st Take path East, left into Banks Cresc. Right into Masons Dr. right at Little Casterton Rd. Right into Waverley Gdns, Right at Casterton Rd. Right into Chatsworth Rd, left path! Left into Hardwick Road, Right into Service Rd. Left at end, cross Casterton Rd, left into Perth 2nd Left down Caithnes Rd, 3rd left Calldonian Rd Right at the end , Right at Sutherland Way.	
1.55	4.73 11:14	Stop on concrete outside Chip Shop		1.75	5.33 11:48	Stop on concrete outside Chip Shop	
		Start 2nd Continue along Sutherland Way Left at Empingham Road Down to the Clock House Left and immediately right over Ped Crossing Tak 2nd Donkey Steps on right Right at the end and left into New Cross Road Right at Recreation Ground Road				Start 1st Continue along Sutherland Way Left at Empingham Road Down to the Clock House Left and immediately right over Ped Crossing Left up Casterton Road, right at the lights Right into Radcliffe Road Left into New Cross Road Right at Recreation Ground Road	
1.48	6.21 10:43	Stop at the bottom of the Rec. on the right		1.74	7.07 11:44	Stop at the bottom of the Rec. on the right	
		Start 2nd On down Rec. Road, Left at the end Take left path, cross to right when safe Over lights and down Brazenose Cross to left path, Left into Priory Rd. Over the roundabout into Morrisons car park Round the back of Morrisons, right at Ryhall Rd. Right path to crossing outside Sainsburys Left path to Borderville				Start 1st On down Rec. Road, Left at the end Take left path, cross to right when safe Over lights and down Brazenose Cross to left path, Left into Priory Rd. Over the roundabout into Morrisons car park Round the back of Morrisons, right at Ryhall Rd. Left up Drift Rd, Right into Doughty str over cross Rd, right at end, left at main road	
1.56	7.77 11:18	Stop at Borderville		1.69	8.76 11:24	Stop at Borderville	

All 5 stops at the same places for all groups

Feel free to swap groups - run one or two legs or more with the group above or below

By Richard Skidmore

36.02