

Borderville - Stamford - Borderville - 2

5 GROUPS

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	6.2 miles approx		Leg	Total Time	6.9 miles approx	
		Start 5th - straight after Bs				Start 4th - straight after Cs				Start 3rd - straight after Ds	
		Right out of Borderville Into town, past Hospital roundabout Straight over lights and down past Toby Noris				Right out of Borderville Up to Hospital roundabout Cross over and go down Pinfold Lane Right at the end Along St Leonards St Right at the end				Right out of Borderville Up to Hospital roundabout Cross over and go down Pinfold Lane Right at the end Left down Wharf Rd, right up Blackfriars St Right at Arts Centre - up Maiden Lane Right at High St	
1.20	1.20 12:17	Stop at start of pedestrian area by Wilcos		1.32	1.32 12:12	Stop at start of pedestrian area by Wilcos		1.50	1.50 12:22	Stop at end of pedestrian area by Wilcos	
		Start 5th - straight after Cs				Start 3rd - straight after Ds				Start 4th - straight after Bs	
		Back up St Pauls, 1st left up Star Lane Along Broad St, Left down Ironmongers Right at High St, across Red Lion Square Alley past the Cosy Club & down Castle Dyke Right along Bath Row, up the cobbles Left, right & left along Rutland Terrace Up Tinwell Rd, Right up Roman Bank				Along High St and across red Lion Square Alley past the Cosy Club & down Castle Dyke Right along Bath Row, up the cobbles Straight across to alley - Foundry Lane Left at top, right by Jolly Brewer up Foundry Lane Left at the top - Empingham Rd Left at Roman Bank				Along St Pauls past toby Noris Left at the lights along East St then North St Over Lights into West St, past Waitrose Right just before Rdbt - up Queens Walk Cross Roman Bank	
1.06	2.26 10:51	Stop on grass triangle at Exeter Gardens		1.19	2.51 11:00	Stop on grass triangle at Exeter Gardens		1.30	2.80 10:43	Stop on grass triangle at Exeter Gardens	
		Start 3rd - straight after Bs				Start 2nd - straight after Cs				Start 1st	
		Proceed along Exeter Gdns Bear right into Lonsdale Rd Turn right into Hambleton Rd Bear right into Lonsdale Rd, right at the end Cross and left into Sutherland Way LEFT PATH Right at the end, cross over Casterton Rd Left into service Rd				Proceed along Exeter Gdns Bear right - Lonsdale Rd then turn Right - Hambleton Bear right again into Lonsdale Rd, right at the end Cross and left into Sutherland Way RIGHT PATH Right into Highlands Wy, left at the end Left at the end, right at Sutherland Way Right at Casterton Rd cross over, left into service Rd				Proceed along Exeter Gdns Bear right - Lonsdale Rd then turn Right - Hambleton Bear right again into Lonsdale Rd, right at the end Cross and left into Sutherland Way Left into Caithness Rd Right onto short pathway to Cromarty Rd Right at end, left at end, right at Casterton Rd At Sutherland Way cross Casterton Rd	
1.02	3.28 10:27	Stop on grass between service and main roads		1.17	3.68 10:49	Stop on grass between service and main roads		1.37	4.17 11:18	Stop on grass between service and main roads	
		Start 5th - straight after Bs				Start 4th - straight after Cs				Start 3rd - straight after Ds	
		Down Casterton Rd, left into Waverley Gdns Left at the end, right into Cambridge Rd Continue along Edinburgh Rd Right at the end - Green Lane 2nd Left into Christchurch Close At the end join footpath				Down Casterton Rd, left into Waverley Gdns Left at the end, right into Cambridge Rd Continue along Edinburgh Rd Left & right at the end - into Kesteven Rd Zig left, zag right and then turn right along footpath				Down Casterton Rd to lights. Cross Little Casterton Rd then turn up it Right at Radcliffe Rd Left along New Cross Road to top of Rec Left up Kings Rd Right at Alexandra Rd Left into small passage	
1.10	4.38 11:16	Stop at footpath		1.25	4.93 11:33	Stop after 100yds where path joins from right		1.31	5.48 10:48	Stop after 50yds where path joins from left	
		Start 5th - straight after Bs				Start 4th - straight after Cs				Start 3rd - straight after Ds	
		Left along footpath Right at the end - Kesteven Rd Left into Lincoln Rd Straight over roundabout Left into Rutland Rd, right at the end Left at the main road				Continue along footpath, left at the end 1st Left into Irnham Rd, follow round to the end Right along Kesteven Rd, left down Drift Rd Left at the lights - Ryhall Rd				Continue along footpath, right at the end Follow Kesteven Rd round to right. Right up Irnham Rd, left at the end Holland Rd Left into Lindsey Rd, left at the end - Kesteven Rd Right down Lincoln Rd, strt over roundabout Left into Rutland Rd, right at the end Left at the main road	
1.13	5.51 11:34	Stop at Borderville		1.27	6.20 11:44	Stop at Borderville		1.45	6.93 11:57	Stop at Borderville	

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5 GROUPS

Miles		Group D - target pace 7:15 min miles		Miles		Group E - target pace 6:45 min miles AVERAGE	
Leg	Total Time	7.9 miles approx		Leg	Total Time	8.4 miles approx	
		Start 2nd, Straight after Es				Start 1st	
		Right out of Borderville Right up Drift Rd, 3rd right into Kesteven Rd 1st Left into Lindsey Rd, left at the top Right a Drift Rd, left at the top Down Conduit Rd, right at the main road. Left at Newgates, right at Broad St Left down Ironmongers St, left at the bottom.				Right out of Borderville, Right up Drift Rd 3rd right into Kesteven Rd, 1st Left into Lindsey Rd Right at the top, Follow round to left, left into Emlyn St Right Path. After Drift Road right into Princess St Over Queens, at end left into Kings Rd Down Rec Ground road & Newgates Right along Broad St Left down Ironmongers St, left at the bottom.	
1.72	12:28	Stop at end of pedestrian area by Wilcos		1.81	12:13	Stop at end of pedestrian area by Wilcos	
		Start 2nd, Straight after Es				Start 1st	
		Back along the High St, cross Red Lion Square Passage by Cosy Club, turn right up to Bus Stn Left along St Peters Hill into Austin St Right at the end, left into Rutland Terrace All the way up Tinwell Hill - right at Exeter Gdns Bear round to right				Back along the High St, cross Red Lion Sq right Up Scotage, straight over lights Left at Clock House - Empingham RFD Right into Ermine Way, 1st Left, left at Sutherland Left at Empingham Rd, cross when safe Right at Roman Bank	
1.51	10:56	Stop on grass triangle at Roman Bank		1.62	10:56	Stop on grass triangle at Roman Bank	
		Start 5th - straight after Es				Start 4th - straight after As	
		Left along Roman Bank, cross Empingham Left and right into Ermine Way First left up Highlands Way, right at the top Left up Caithness Rd, right at top - Perth Rd Right at Casterton Rd Down service road				Back along Roman Bank, left at Empingham Rd Right at Arran Rd, 2nd right into Perth Road Right at Casterton Rd Switch to service road, continue down it	
1.44	10:26	Stop on the grass at the end of the sevice road		1.56	10:31	Stop on the grass at the end of the sevice road	
		Start 2nd - straight after Es				Start 1st	
		Down Casterton Rd, past BP Garage Left at lights up North St Left up Recreation Ground Road Right at the top of the Rec & left at the end Right down Drift Rd First left into Holland Rd, follow round to left Take narrow alley path on right				Down Casterton Rd, left into Waverley Gdns Left at Little Casterton Rd Right along Cambrdige Road, down Edinburgh Rd Left & right - down Kesteven Rd Follow round to right, 2nd right up Lindsey Rd Right at the top, follow round to left Take narrow alley path on right	
1.60	11:36	Stop after 50yds where path joins from left		1.69	11:24	Stop after 50yds where path joins from left	
		Start 2nd - straight after Es				Start 1st	
		Return along footpath - straight at end Down Conduit Rd Left at the bottom Left at the lights Left past hosptal roundabout Follow Ryhall Rd				Return along footpath - straight at end Down Conduit Rd Left at the bottom, straight over lights Left at min Rd, left up Pinfold Lane Ryhall Road	
1.60	11:34	Stop at Borderville		1.76	11:52	Stop at Borderville	