Miles Leg	Miles Total		**Group 10 - target pace 10:15 min miles** 5.6 miles approx	Miles Leg	Miles Total		**Group 9 - target pace 9:15 min miles** 6.3 miles approx	Miles Leg	Miles Total		**Group 8 - target pace 8:15 min miles** 7.1 miles approx	Miles Leg	Miles Total		**Group 7 - target pace 7:15 min miles** 8.2 miles approx
			Start 4th				**Start 3rd**				**Start 2nd**				**Start 1st**
			Right towards town				Right towards town				Right towards town				Right towards town
			Right at 1st Rutland road				Right at 1st Rutland road				Right at Drift Rd				Right at Drift Rd
			1st Left, Right past Blackstones, over Rdbt				1st Left, Right past Blackstones				Right into Kesteven Rd, 1st Left Lindsey Rd				Right into Holland Road, follow round to left
			Right at Kesteven Rd				Right at RDBT, 2nd left into Glen Cres				Left at the top, right at Drift Rd				Left into Emlyns St **RIGHT PATH**
			Right at Green Lane				1st Right into Willoughby, right at top				Right at Emlyns St, **RIGHT PATH** left at the end				Right into New Cross Rd
							Right at Green Lane				Right at Green Lane				Right at Kings Rd
1.24	1.24	12:42	**Stop on grass by 30k Start line**	1.39	1.39	12:51	**Stop on grass by 30k Start line**	1.50	1.50	12:22	**Stop on grass by 30k Start line**	1.77	1.77	12:49	**Stop on grass by 30k Start line**
			Start 4th				**Start 3rd**				**Start 2nd**				**Start 1st**
			Up Churchill Rd				Up Churchill Rd				Back along Green Lane				Up Churchill Rd, Right, past Chip Shop
			Left at Edinburgh Rd **LEFT PATH**				Right, past Chip Shop				Right at Edinburgh Rd, past Chip Shop **LEFT PATH**				Left at Little Casterton Lane
			Right at Green Lane				Left at Little Casterto Lane				Left at Little Casterto Lane				Left at lights into Casterton Rd
			1st Right into Essex Rd				Left into Radcliffe Rd				Left into Radcliffe Rd				Right at Clock Houe, up shallow steps
			Left into Sussex Rd (4th left)				Left into New Cross Rd				Left at New Cross Rd				Left into Rock Rd, left at end,st over lights
			Left into New Cross Rd								Right down Cliff Rd, Left at North St				Left at Recreation Ground Rd RIGHT PATH
			Beware Bs in last 200 yards				Beware As in last 200 yards				Left up Recreation Ground Rd, LEFT PATH				
											Beware 7s on North St				Beware 8s on North St
1.35	2.59	13:50	**Stop at top of Recreation Ground Road**	1.51	2.90	13:58	**Stop at top of Recreation Ground Road**	1.68	3.18	13:51	**Stop at top of Recreation Ground Road**	1.89	3.66	13:42	**Stop at top of Recreation Ground Road**
			Start 4th				**Start 2nd**				**Start 1st**				**Start 3rd**
			down Rec Grnd Rd, right at North St				Back along New Cross Road				Along New Cross Road to Firestation				Up Kings Rd, Left into Essex Rd RIGHT PATH
			straight over lights, past Waitrose				Right up Sussex Rd, RIGHT PATH				Right at Radcliffe, left at Little Casterton Rd				Left into Sussex Rd, RIGHT PATH
			Cross to left path, left at mini rdbt				Right at the top, RIGHT PATH				Left at lights, cross at Zebra, right at Clock House				Rt into New Cross Rd
			Right into Austen Friars Ln				Right at Kings Rd, down Rec Ground Rd				Up Empingham Rd, 2nd left Foundry Rd				Rt into Radcliffe, left at the end Lit Cast Ln
			Left then right down cobbles to Bath Row				Newgates, Rt along Broad St, Down Ironmongers				At Jolly Brewer left then right down Alley				Left into Casterton Rd
							Right at High St, cross Red Lion Square				Cross with care into Kings Mill Lane				All the way down over lights to Red Lion Sq
							Alley Past Cosy Cub, down Castle Dyke				Down cobbles to Bath Row				Alley Past Cosy Cub, down Castle Dyke
1.09	3.68	11:10	**Stop at entrance to Meadows**	1.21	4.11	11:11	**Stop at entrance to Meadows**	1.42	4.60	11:42	**Stop at entrance to Meadows**	1.53	5.19	11:05	**Stop at entrance to Meadows**
			Start 4th				**Start 3rd**				**Start 2nd**				**Start 1st**
			Continue along Bath Row, left at end				Back up to Red Lion Square, bear left				Back up to Red Lion Square, bear right				Cross Meadows, up to Gas Lamp, Left at A43
			Narrow alley to St Mary's Hill				Up Scotgate, cross to right path				Hight st - at end right into St Georges St				Left down High St St Martins, right at lights
			Cross to St Marys Place, right at the top				Right at lights, North St becomes East St				Left into St Leanards St, continue Priory Rd				Left over Albert Bridge up Albert Rd
			Left up Maiden Lane, right at High St				Cross to left path after Newgates				Cross to right path just beforre Morrisions Rdbt				Cross Wharf Rd to Blackfriars,
			Past Toby Noris, right at lights				Left at lights, cross to RIGHT PATH				Continue towards Uffington, cross to left path				Right round St Georges Church into St Gs St
			Cross to left path, left at the bottom				Right at Hospital Rdabt cross to left path				Level with Peugot garage about turn				Right into St Leonards St
			Priory Rd - all the way to Morrisons Rdbt				Down to Morissons Rdbt				Right into Morrisons car park				Left up Brasenose, RIGHT PATH right at lights
							Left through Morissons car park								Cross to LEFT PATH
															Left past Hosp. Rdbt, right just before Currys
1.14	4.82	11:41	**Stop in staff car park behind Morrisons**	1.28	5.39	11:50	**Stop in staff car park behind Morrisons**	1.45	6.05	11:57	**Stop in staff car park behind Morrisons**	1.69	6.88	12:15	**Stop in staff car park behind Morrisons**
			Start 3rd				**Start 2nd**				**Start 1st**				**Start 4th**
			Continue to Ryhall Rd, turn right				Continue to Ryhall Rd, turn right				Continue to Ryhall Rd, cross over				Passage to main car park
			Right path to pedestrian lights then cross				Turn left up Drift Rd				Left up little footpath to Edmonds Close				Right at roundabout
			Ryhall Rd all the way back				Right along Doughty St				Left up Drift Rd, 1st Right into Drift Ave				Right at Hospital roundabout
							Straight over at end RIGHT PATH				1st left, 1st right, right at Roundabout				Ryhall Rd all the way back
							Right at the end, Left at Ryhall Rd				Left just after Blackstones LEFT PATH				
											Right at the end, Left at Ryhall Rd				
			There will be conjestion on last section				**There will be conjestion on last section**				**There will be conjestion on last section**				**There will be conjestion on last section**
			ABSOLUTELY NO ROAD RUNNING				**ABSOLUTELY NO ROAD RUNNING**				**ABSOLUTELY NO ROAD RUNNING**				**ABSOLUTELY NO ROAD RUNNING**
0.78	5.60	7:59	**Stop at Borderville**	0.90	6.29	8:19	**Stop at Borderville**	1.04	7.09	8:34	**Stop at Borderville**	1.29	8.17	9:21	**Stop at Borderville**

All 4 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
Beware narrow town pavements with bigger groups
Beware tree roots in pavements

Route 31 *ALTERNATIVE* – Elevens - 4.64 Miles 12 min/miles
Right out of Borderville
2nd Right into Rutland Road
Continue passed Blackstones, over the roundabout
Right at Kesteven Road
Left into Irnham Road
Right onto Holland Road
Right into alley to Christ Church Close
Stop at the bottom of Christ Church Close 1.08 miles

Continue up Christ Church Close
Left into Green Lane
Left into Alexandra Road
Right into Emlyns Street
Continue into Conduit Road
Right at the bottom onto East Street
Turn right into Recreation Ground Road
Stop at the top 0.91 miles – AAs 24.3/As 26.3

Down Rec Grnd Rd,
Right at North St straight over lights,
Past Waitrose Cross to left path
Right at the alley opposite the Jolly Brewer
Straight across St Peter's St into Kings Mill Lane
Left then right down cobbles to Bath Row
Stop at entrance to Meadows 0.8 miles – AAs 35.05/As 37.35

Continue along Bath Row
Left at the end into the alley
Right into St Mary's Hill
Cross into Wharf Road (Before the Bridge)
Follow along turning right at the top into St Leonard's St
Continue into Priory Road
All the way to Morrisons
Stop in staff car park behind Morrisons 1.01 miles – AAs 46.61/As 48.92

Continue to Ryhall Rd, turn right
Right path to pedestrian lights then cross Ryhall Rd all the way back
There will be conjestion on last section
ABSOLUTELY NO ROAD RUNNING Stop at Borderville 0.78 miles