Miles Leg	Total	Time	**Group 10 - target pace 10:15 min miles** 5.6 miles approx	Miles Leg	Total	Time	**Group 9 - target pace 9:15 min miles** 6.3 miles approx	Miles Leg	Total	Time	**Group 8 - target pace 8:15 min miles** 7.0 miles approx	Miles Leg	Total	Time	**Group 7 - target pace 7:15 min miles** 8.1 miles approx
			Start 4th				**Start 3rd**				**Start 2nd**				**Start 1st**
			Cross Meadows, left along Bath Row				Cross Meadows, left along Bath Row				Cross Meadows, left along Bath Row				Cross Meadows, left along Bath Row
			Up cobbles, left, right, left along Rutland Terrace				Up cobbles, left, right, left along Rutland Terrace				Up cobbles, left, right, left along Rutland Terrace				Up cobbles, left, right, left along Rutland Terrace
			Cross before Mini Rdbt, right at mini rdbt				Up 1st part of Tinwell Hill				Up Tinwell Hill				Up Tinwell Hill
			Left at The Jolly Brewer, up Foundry Rd				Right at Roman Bank				Right into Exeter Gdns				Right into Exeter Gdns
			Left at Empingham Rd				At Empingham, Left, cross rd,Right into Ermine Way				Left at Lonsdale Rd				Left at Lonsdale Rd
			Left into Lonsdale Rd				Left at Highlands Way, Left at the top				Right into Hambelton Rd				Continue along Lonsdale
							Right at Empingham Rd cross over								Left into Cottesmore Rd
							Left into Lonsdale Rd								Alley at end, right at Empingham, Rt at Lonsdale
1.12	1.12	11:28	**Stop at the Danish Invader - Car Park**	1.30	1.30	12:01	**Stop at the Danish Invader - Car Park**	1.40	1.40	11:32	**Stop at the Danish Invader - Car Park**	1.66	1.66	12:02	**Stop at the Danish Invader - Car Park**
			Start 2nd				**Start 4th**				**Start 3rd**				**Start 1st**
			continue along Lonsdale Rd, follow round to Rt				Cross Empingham Rd, left into Sutherland Way				Right down Empingham Rd				Left up Empingham Rd, Right into Arran Rd
			Right into Cottesmore Rd				Left into Caithness Rd RIGHT PATH				Left into Ermine Way, Left into Highlands Way				3rd Right down Aberdeen Close
			Alley at end, cross Empingham Rd Turn Left				Left at the top into Perth Rd RIGHT PATH				Right at the top - Sutherland Rd				Right at the end, then left down Caithness
			Right into Arran Rd, 2nd Right into Perth Rd				Right at Arran Rd, cross over				Left into Caithness Rd RIGHT PATH				RIGHT PATH.
			RIGHT PATH along Perth Rd				Left into Cedar Rd				Left at the top into Pert Rd, RIGHT PATH				Left at the end - Sutherland Way
			Follow round - left into Aberdeen Close				At the end right into Oak Rd				Right at Arran Rd				Left up Casterton Rd
			Right at Arran Rd				Left at Arran Rd								Cross at Arran Rd
1.18	2.30	12:05	**Stop on grassy bank at end of Arran Rd**	1.24	2.54	11:28	**Stop on grassy bank at end of Arran Rd**	1.43	2.83	11:47	**Stop on grassy bank at end of Arran Rd**	1.71	3.37	12:23	**Stop on grassy bank at start of Arran Rd**
			Start 4th				**Start 3rd**				**Start 2nd**				**Start 1st**
			Right, down Casterton Rd, Left into Belvoir				Right, down Casterton Rd, **USE SERVICE RD**				Right, down Casterton Rd				Back down Casterton Rd
			2nd Right into Laughton Drive				Left into **Rockingham Rd,** right at end				Down to Little Casterton Rd (lights)				Right at Perth Rd, Left at Caithness Rd
			1st Left Ross Drive, Right at end, Collins Ave				Follow back round to Casterton Rd				Left, up hill & past cemetry				Left at Sutherland Way, right at end
			Left at end, 1st Right, Right at end, 1st Left				Left into Waverley Gdns, left at end								Down to lights, left onto Little Casterton Rd
			Left at Little Casterton Rd, Right at Fitwilliam Rd				Right into Cambridge Rd				Right into Cambridge Rd				Right at Cambridge Rd
			Right at the end - Pembroke Rd												
			Left at the top - Cambridge Rd												
1.10	3.40	11:16	**Stop at The Chip Shop**	1.27	3.81	11:44	**Stop at The Chip Shop**	1.46	4.29	12:02	**Stop at The Chip Shop**	1.68	5.05	12:10	**Stop at The Chip Shop**
			Start 3rd				**Start 4th**				**Start 2nd**				**Start 1st**
			Continue along Edinburgh Rd				Back along Cambridge Rd				Continue along Edinburgh Rd				Continue along Edinburgh Rd
			Right at Green Lane				Left down Little Casterton Rd				Right at Green Lane				Right at Green Lane
			Left into Alexandra Rd				Right into Waverley Gds				**RIGHT** into Essex Rd, **LEFT** down Sussex Rd				Left into Alexandra Rd
			Right into Queen St				Left down Casterton Rd				Cross over to Cliff Rd				Right into Queen St
			At end right into New Cross Rd				Left at Little Casterton Rd				Right at North St				At end right into New Cross Rd
			All the way to the end				Right at Radcliffe Rd				**Right at 2nd Radcliffe Rd**				Left down Rec Grnd Rd, Right at the end
											Up to Fire Station				Right at traffic lights, up Scotgate
															Right up Donkey Steps
1.04	4.44	10:39	**Stop on grassy area at end of the road**	1.13	4.94	10:27	**Stop at on grassy area at start of New Cross Rd**	1.27	5.56	10:28	**Stop at on grassy area at start of New Cross Rd**	1.44	6.49	10:26	**Stop at on grassy area at start of New Cross Rd**
			Start 4th				**Start 1st**				**Start 2nd**				**Start 3rd**
			Left down Radcliffe Rd				Left down Radcliffe Rd				Cross over - down Donkey Steps				Up Radcliffe Rd, right at top past Cemetry
			Left at North St				Left at North St				Left down to Clock House croos at Zebra				Left at Waverly Gdns
			Cross to Right path when Safe				Cross to Right path when Safe				Right up Empingham Rd				Left down Casterton Rd
			TAKE CARE going past Newgates				**TAKE CARE going past Newgates**				Left along Roman Bank				Down to lights, right past Waitrose
			Continue to traffic lights, turn right				Continue to traffic lights, down Brazenose Lane				Left at the end down Tinwell Rd				Take left alley opposite Jolley Brewer
			Past Toby Noris, along High St				Right at the end, along St Leonards St				Along Rutland Terrace				Cross into Kings mill Lane
			Cross into Red Lion Square				Right at the end, left at the High St				Right down Austen Friars Lane				Down cobbles
			Past Cosy Club, down Castle Dyke, cross Meadows				Cross into Red Lion Square				Down cobbles				Along Bath Row
							Past Cosy Club, down Castle Dyke, cross Meadows				Along Bath Row and across Meadows				Cross Meadows
1.15	5.59	11:47	**Stop at The Cattle Market**	1.31	6.25	12:07	**Stop at The Cattle Market**	1.44	7.00	11:52	**Stop at The Cattle Market**	1.65	8.14	11:57	**Stop at The Cattle Market**

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 tree roots

Route 33 - Group 11s - Target pace 11.45 min miles
Across the Meadows and left up the cobbles to
St Peters Street, cross at the alley to the Jolly Brewer
Up Foundry Road
Left at Empingham Road
Stop at the corner with Roman Bank

Right into Sutherland Way
Left at the end on Casterton Road
Cross at the zebra crossing
Continue to Arran Road
Stop at Grass

Along Arran Road & left to Aberdeen Close
Right at Perth
Left into Caithness Road
All the way down, Right at Sutherland Way
Left into Empingham Road **(Stop here)**

Left into Ermine Way
Over the path into Reform Street
Left into Torkington Street
Right into Casterton Road
Left into Little Casterton Road
Right into Radcliffe Road
Stop at New Cross Road (Grass)

Left down Radcliffe Rd
Left at North St
Cross to Right path when Safe
Right into Newgates
Left onto Broad Street
Right into Star Lane
Right into High St
Cross into Red Lion Square
Past Cosy Club, down Castle Dyke, cross Meadows