Miles Leg	Total	Time	**11s - target pace 11:15 min miles** 4.5 miles approx	Miles Leg	Total	Time	**10s - target pace 10:15 min miles** 5.0 miles approx	Miles Leg	Total	Time	**9s- target pace 9:15 min miles** 5.6 miles approx
			Start 5th				**Start 4th**				**Start 3rd**
			Up Wothorpe Road				Cross Meadows				Cross Meadows
			LEFT into Kettering Rd				LEFT at Bath Row - Cobbles				LEFT at Bath Row - Cobbles
			LEFT into High Street St Martins				LEFT at Austin Street				LEFT at Austin Street
			RIGHT at Water Street. Cross Albert Bridge				RIGHT at St Peter's Street				RIGHT at St Peter's Street
			Cross Wharf Rd to Gas Lane				RIGHT fork into Sheep Market				RIGHT fork into Sheep Market
			Up to St Leonard's St, turn right				Pass Cosy Club through Red Lion Square				Pass Cosy Club through Red Lion Square
			Along Priory Rd, left into Priory Gdns				High Street - RIGHT after Wilko				High Street - RIGHT after Wilko
			Follow round to left				LEFT into St Leonard's Street - Priory Rd				LEFT into St Leonard's Street - Priory Rd
			RIGHT at the end to grassy area				LEFT to Priory Gdns				LEFT up Brazenose Lane
							Follow round to LEFT then stop on RIGHT				RIGHT at top into East Street - Right path
											RIGHT down Pinfold Lane, left at the end
											LEFT to Priory Gdns
											Follow round to LEFT then stop on RIGHT
1.10	1.10	12:22	**Stop on grassy area before metal barriers**	1.26	1.26	12:54	**Stop on grassy area before metal barriers**	1.41	1.41	13:02	**Stop on grassy area before metal barriers**
			Start 5th				**Start 4th**				**Start 3rd**
			Cross roundabout to left path of Ryhall Rd				Cross roundabout to left path of Ryhall Rd				LEFT at roundabout towards Stamford School
			1st LEFT into Melbourne Rd				1st LEFT into Melbourne Rd				RIGHT at lights to East St. RIGHT up Conduit Rd
			LEFT at top. Follow path alongside New College				LEFT at top. Follow path alongside New College				RIGHT into Drift Rd. 1st LEFT into Holland Rd
			LEFT at Drift Rd. 1st RIGHT into Kesteven Rd				LEFT at Drift Rd. 1st RIGHT into Kesteven Rd				Follow into Alexandra Rd
			1st LEFT into Lindsey Rd				2nd LEFT into Irnham Rd				RIGHT at Green Lane
			RIGHT at top into Holland Rd				RIGHT into Holland Rd				1st RIGHT into Christ Church Close
			Take path on right just before Northfields Garage				Take path on right just before Northfields Garage				At end of close join footpath and head LEFT
			LEFT at Kesteven Rd				LEFT at Kesteven Rd				LEFT at Kesteven Rd
			RIGHT at Green Lane				RIGHT at Green Lane				RIGHT at Green Lane
1.16	2.26	13:02	**Stop at entrance to Welland Academy**	1.25	2.51	12:48	**Stop at entrance to Welland Academy**	1.41	2.82	13:02	**Stop at entrance to Welland Academy**
			Start 5th				**Start 4th**				**Start 3rd**
			Follow Churchill Rd to end junction				Cross Churchill Rd and take path on LEFT				Cross Churchill Rd and take path on LEFT
			Turn RIGHT into Charles Rd				Join Selwyn Rd. LEFT into Churchill Rd				Join Selwyn Rd. LEFT into Churchill Rd
			Turn RIGHT into Cambridge Rd				Turn RIGHT into Charles Rd				RIGHT to Charles Rd. RIGHT into Cambridge Rd
			Pass chip shop				Turn RIGHT into Cambridge Rd pass chip shop				1st RIGHT Pembroke Rd. 1st LEFT Fitzwilliam Rd
			Continue to end of Cambridge Rd				1st RIGHT Pembroke Rd				Turn LEFT into Little Casterton Rd
			Turn LEFT into Little Casterton Rd				1st LEFT Fitzwilliam Rd				Turn LEFT at cemetery into Radcliffe Rd
			Turn LEFT at cemetery into Radcliffe Rd				Turn LEFT into Little Casterton Rd				LEFT around Northumberland Ave.
			Continue down Radcliffe Rd				Turn LEFT at cemetery into Radcliffe Rd				LEFT into Radcliffe Rd
1.19	3.45	13:23	**Stop on grass verge opposite fire station**	1.38	3.89	14:08	**Stop on grass verge opposite fire station**	1.51	4.33	13:58	**Stop on grass verge opposite fire station**
			Start 5th				**Start 4th**				**Start 3rd**
			New Cross Rd past Hurdler. *RIGHT paths*				Follow New Cross Rd to end. *LEFT paths*				Follow New Cross Rd past Hurdler
			Turn RIGHT into Cliff Rd				Turn RIGHT into Recreation Ground Rd				Turn LEFT up Sussex Rd. RIGHT into Essex Rd
			Turn LEFT into North St ***cross at lights***				Down to North St				RIGHT into Kings Rd. Down Rec Ground Rd
			Turn RIGHT into Newgates				***cross North St with care!*** into Newgates				***cross North St with care!*** into Newgates
			Turn LEFT into Broad St. Follow into Star Lane				Turn RIGHT into Broad St. Down Ironmonger St				Turn RIGHT into Broad St. Down Red Lion St
			RIGHT into High St. LEFT into Cheyne Lane				LEFT into High St. RIGHT into Maiden Lane				Left into Red Lion Sq. Pass Cosy Club
			Cross St Mary's St. Cobbles behind Town Hall				RIGHT to St Mary's St. LEFT down Old Barn Pass				Cross Sheep Mkt. Down to Bath Row
			Cross to Adnams passage. Bath row. Meadows				Pass Morello. RIGHT Bath Row. Cross Meadows				Cross Meadows
1.02	4.47	11:28	**Stop at Cattle Market car park**	1.11	5.00	11:22	**Stop at Cattle Market car park**	1.28	5.61	11:50	**Stop at Cattle Market car park**

All 3 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

Suzannne Moon

Miles Leg	Total	Time	**8s - target pace 8:15 min miles** 6.2 miles approx	Miles Leg	Total	Time	**7s - target pace 7:15 min miles** 7.0 miles approx
			Start 2nd				**Start 1st**
			Up Wothorpe Road				Cross the meadows, up Castle Dyke
			LEFT into Kettering Road				Right at top of alley to High Street
			LEFT into High Street St Martins				Left up Ironmonger St
			Cross at Zebra				Right at Broad St
			RIGHT into Barnack Road				Left up Newgates
			LEFT into Water Street				Left and right up Rec Ground Road
			Cross Albert Bridge				Right at the top, left at the end
			Cross Wharf Road Cross fork LEFT to Arts Centre				Rigth down Drift Rd, to the bottom
			RIGHT up Maiden Lane				Right at the lights
			RIGHT at High Street				Left at Hospital Roaundabout
			Up St Pauls St pass Tobie Norris				Cross just after Pinfold Lane
			RIGHT down Brazenose Lane				
			LEFT into Priory Road				
			LEFT into Priory Gardens				
			Follow round to LEFT then stop on RIGHT				
1.48	1.48	16:38	**Stop on grassy area behind metal barriers**	1.70	1.70	17:25	**Stop on grassy area behind metal barriers**
			Start 2nd				**Start 1st**
			LEFT at roundabout towards Stamford School				Back to hospital Rdbt, bear left, cross when safe
			RIGHT at lights to East St. LEFT into Elm St				Right at lights
			RIGHT ***Cross North St*** up Rec Ground Rd				Right - up Conduit Rd
			2nd RIGHT Bentley St. Follow left to Emlyns Gdns				Straight t the top in to Emlyn St
			LEFT into Conduit Rd. RIGHT into Drift Rd				At far end right into Holland Rd
			1st LEFT Holland Rd. Follow into Alexandra Rd				1st left into Irnham Rd, right at the - Kesteven Rd
			1st RIGHT into Christ Church Cl. At end of close				2nd left down Lincoln Rd
			Join footpath and head LEFT. LEFT into Kesteven				Left at Roundabout into Masterton Rd.
			LEFT at Kesteven Rd. RIGHT at Green Lane				1st Left into Glen Crescent
							1st Left into Wiiloughby Rd
							Right at the top into Kesteven Rd
							At the end of Kesteven right into Green Lane
1.60	3.08	18:00	**Stop at entrance to Welland Academy**	1.78	3.48	18:14	**Stop at entrance to Welland Academy**
			Start 2nd				**Start 1st**
			Cross Churchill Rd and take path on LEFT				**About turn, back along Green Lane**
			Join Selwyn Rd. LEFT into Churchill Rd				Continue into King St and Rec Ground Rd
			RIGHT to Charles Rd. RIGHT into Cambridge Rd				**Right at the bottom - North St**
			LEFT at Little Casterton Rd				Over lights, past Waitrose
			RIGHT at Waverley Gdns				Right at the Jolly Brewer, up Foundary Rd
			LEFT down Casterton Rd				Right at the top down to the Clock House
			LEFT up Little Casterton Rd *keep right*				Left then right over crossing and left up Casterton Rd
			Sharp RIGHT into Radcliffe Rd				Right at lights up Little Cat Rd, Right into Radcliffe Rd
1.66	4.74	18:40	**Stop on grass verge opposite fire station**	1.85	5.33	18:57	**Stop on grass verge opposite fire station**
			Start 2nd				**Start 3rd**
			Follow New Cross Rd past Hurdler				Back up Radcliffe Rd, right at top past Cemetry
			Turn LEFT up Sussex Rd. RIGHT into Essex Rd				Left at Waverly Gdns
			RIGHT into Kings Rd. Cross Rec using path				Left down Casterton Rd
			Through North St car park. RIGHT to Scotgate.				Down to lights, right past Waitrose
			LEFT towards town. RIGHT to All Saints St				Take left alley opposite Jolley Brewer
			Take footpath passage by Raj of India				Cross into Kings mill Lane
			Cross Sheep Mkt. Down to Bath Row				Down cobbles
			Cross Meadows				Along Bath Row
1.45	6.19	16:18	**Stop at Cattle Market car park**	1.65	6.98	16:54	Cross Meadows

All 3 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

Suzannne Moon