

## ***Five Mile (Garmin says 6.1!) Running Route - Fartlek Session***

**Please note this route has not been safety checked. You run at your own risk**

From Applemore Recreation Centre

First right into Challenger Way

Left at The Mead

Left into Lanehays Road and, at the end

1st left into Dale Valley Rd

Bear right to Hollybank Road and down to Southampton Rd

Run right along the service road

Bear left onto Southampton Road

Uphill & left to Deer Leap and down to Rosebury Avenue

At the top go right into Frost Lane

Stop at the main road and turn right into Butts Ash Lane

1st right into Chaloner Crescent and on to Heatherstone Rd

Right into Corbould Rd

Straight across into Crete Lane

At the end turn right into Watermans Lane

Then left into Beaulieu Rd

Right down North Rd

Left into Nash Rd

Right into Roman Rd and back to the Recreation Centre

