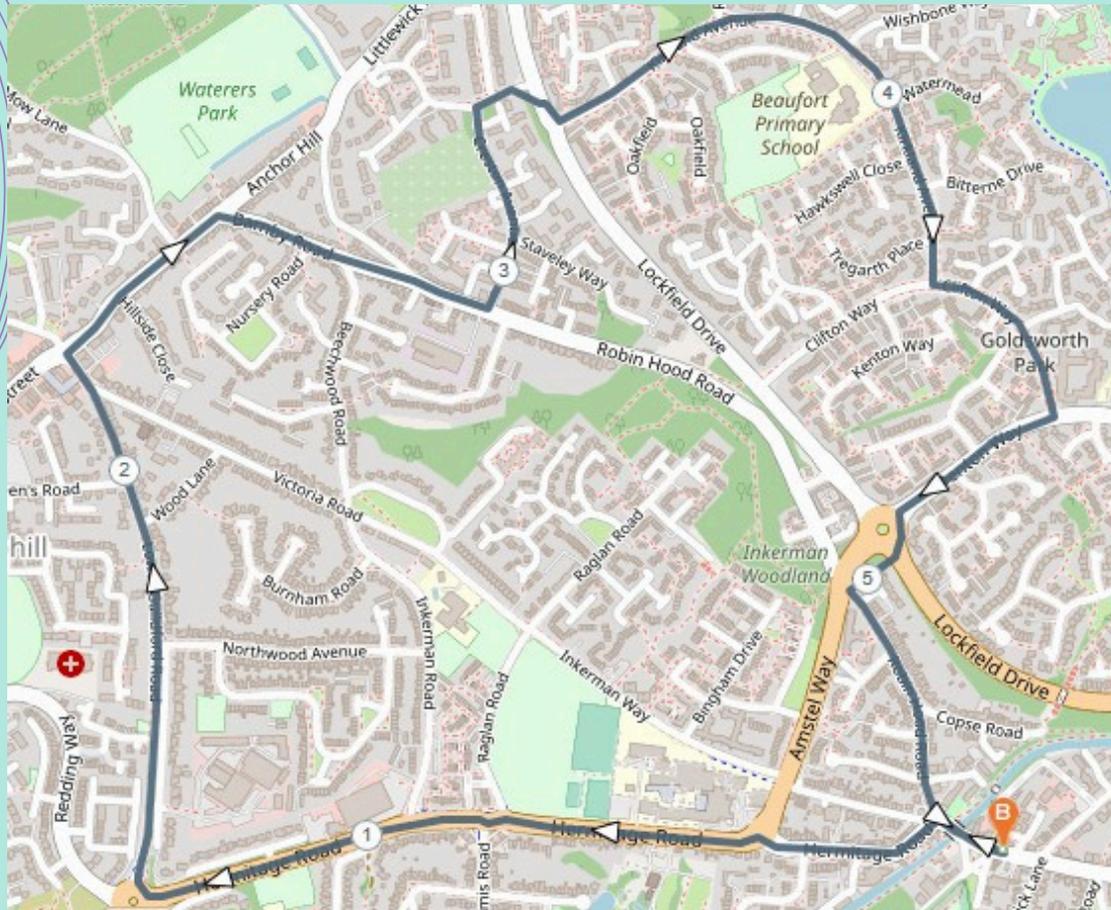


# THE 3 HILLS



## Information:

**Start/finish:** My Complete Health clinic, St John's, Woking

**Distance:** Approximately 5.5 km

**Terrain:** Road running on pavements with occasional road crossings

**Profile:** Hilly route with three distinct climbs, followed by a long, gradual descent and a short uphill section back to the finish.

**Suitability:** Suitable for most runners, including steady beginners, but be ready for a few short, punchy hills along the way for an extra challenge.



# DIRECTIONS:

1

## START AT MY COMPLETE HEALTH

Turn left and cross over the bridge and turn left at the mini roundabout heading towards (Winston) Churchill School.



2

## RUN UP HERMITAGE ROAD

At the roundabout, head straight on up the hill on Hermitage Road going past (Winston) Churchill School.



3

## CROSS HERMITAGE ROAD

Cross at the traffic lights at the top of Hermitage Road. Once you have crossed the lights continue down the road and over Raglan Road.



4

## GO PAST WICKES

Keep going straight, crossing the road, heading past Wickes on your right hand side. Be sure to take the pedestrian inside lane as there are cyclists along this route.



5

## RIGHT (3<sup>RD</sup> EXIT) TOWARDS KNAPHILL

Head straight down towards the roundabout going past the Surrey pub on your right hand side. Once at the roundabout, take a right (3rd exit) towards Knaphill (lower Guildford road).



6

## TURN RIGHT ONTO ANCHOR HILL

Keep going straight and head up the hill towards Knaphill. Once at the traffic lights, take a right onto Anchor Hill. Head down the hill in which you will pass Knaphill vets on your left-hand side.



7

## TURN RIGHT ONTO BARNBY ROAD

Once at the bottom of the hill, take the first right onto Barnby road. Once on Barnby road, be careful to cross over the road here onto the left-hand side.



8

## TURN LEFT ONTO CRESTON AVENUE

Continue past the Premier shop on your left-hand side. Shortly after take a left onto Creston Avenue. Follow Creston Avenue bend round, being mindful that you will have to cross the road here.



# DIRECTIONS:

9

## CROSS AT THE TRAFFIC LIGHTS

Once at the end of Creston Avenue. Cross over the road via the traffic lights and turn right. Just shortly after take a left on the mini roundabout heading down Kirkland Avenue.



10

## RUN PAST BEAUFORT PRIMARY SCHOOL

Keep following the road round going past Beaufort primary school on your right hand side.



11

## TURN LEFT ONTO CLIFTON WAY

Once at the end of Kirkland road, take a left onto Clifton Way and follow the road round.



12

## TURN RIGHT ONTO DENTON WAY

Once at the end of Clifton Way, take a right onto Denton Way heading towards the main roundabout.



13

## LEFT AT THE ROUNDABOUT TO FOOTPATH

Once at the roundabout, cross over the road to the left-hand side as if you are heading towards Woking (first exit). Be sure not to go too far as you are taking a crossing over the road (Lockfield Drive) to the small footpath.



14

## HEAD TOWARDS ST JOHN'S

Head down the footpath and take the left onto Robin Hood road heading up the final hill towards St John's.



15

## CONTINUE DOWN ROBIN HOOD ROAD

Keep running up Robin Hood Road. Until you reach the mini roundabout.



16

## STRAIGHT OVER THE ROUNDABOUT

At the mini roundabout go straight over, you will see the barbers straight ahead of you. Continue over the bridge, cross over the traffic lights and back to the My Complete Health Clinic.



**WE HOPE YOU ENJOY THE RUN! AS ALWAYS PLEASE BE CAREFUL OF TRAFFIC AND CROSS ROADS SAFELY.**