

DIRECTIONS:

1

START AT MY COMPLETE HEALTH

Start off at the clinic, turn left and head towards Kiln Bride. Head straight over the roundabout down Robin Hood Road.



2

TURN RIGHT DOWN THE FOOTPATH

At the end of the road, turn right and head down the footpath. You will then come to a main road (Lockfield drive). Cross over the road safely.



3

CONTINUE STRAIGHT DOWN DENTON WAY

At the roundabout continue straight down Denton way.



4

PAST WAITROSE, TURN LEFT AT THE END OF THE ROAD

Continue down Denton way, past Waitrose and at the end of the road turn left on Bampton Way.



5

AT THE END OF THE ROAD, TURN LEFT

At the end of Bampton Way, turn left onto Sythwood and follow the road around past the school.



6

TURN LEFT AT THE PLAYGROUND/SALVATION ARMY

Turn left when you reach the playground and salvation army. At the end of the road, turn left again onto Bulbeggars Lane.



7

TURN RIGHT AT THE END OF THE ROAD

At the end of the road, turn right onto the high street. And continue running down through Horsell high street.



8

TURN RIGHT AT THE MINI ROUNDABOUT

At the mini roundabout, turn right onto Arthurs Bridge Road. Go past Pure Gym and head up until you reach the end of the road. At the end cross over and head towards the traffic lights.



DIRECTIONS:

9

CROSS OVER THE ROAD, HEAD UP THE RAMP

Cross over at the traffic lights and bear left up the ramp over the canal bridge. Continue straight past the Bridge Barn and school.



10

TURN RIGHT AT THE MINI ROUNDABOUT

At the end of the road turn right at the mini roundabout. Head down Goldsworth Road.



11

TAKE THE 3RD EXIT ON THE ROUNDABOUT

cross over Parley drive exit (Carefully!) and then head down St Johns Road. This is a busy junction - please cross sensibly!



12

CONTINUE DOWN ST JOHNS ROAD

Continue to run down St Johns Road.



13

TURN RIGHT AT MINI ROUNDABOUT

At the end of the road turn right at the mini roundabout. You will see the fish and chip shop on your right hand side.



14

RETURN BACK TO MY COMPLETE HEALTH

You will see My Complete Health Clinic on your left hand side.



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