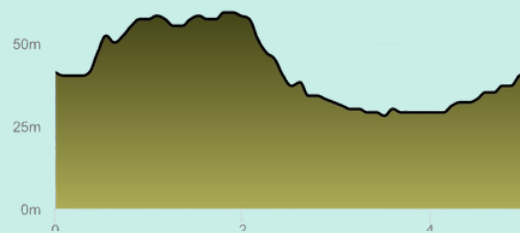
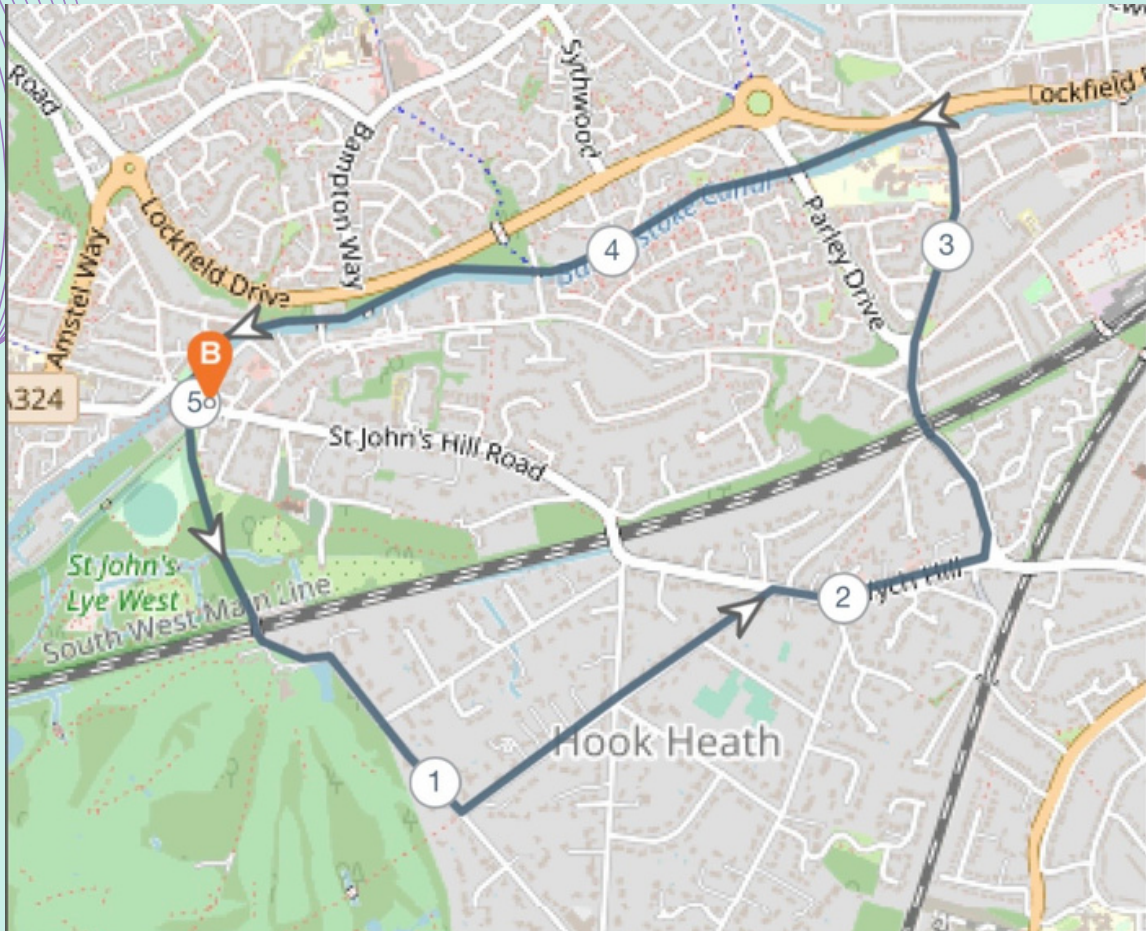


# HOOKED ON RUNNING



## Information:

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

**Distance:** Approximately 5km

**Terrain:** Mixed road/canal and path running, including pavements through local residential streets.

**Profile:** An initial fairly steep hill followed familiar undulations via road and canal paths.

**Suitability:** Ideal for most runners, including beginners and those returning from injury, as well as anyone wanting a relaxed social run without lots of hills.

# DIRECTIONS:

1

## START AT MY COMPLETE HEALTH

Start off at the clinic, turn left and head towards St John's Lye towards Woking Golf Course.



2

## TURN LEFT ONTO POND ROAD

Head straight over the bridge, and take the left hand path past the pond and onto Pond road.



3

## TURN LEFT ONTO MILE PATH ROAD

Go past Golf Club road and take the second left onto Mile Path road. Continue down Mile Path until you reach the end.



4

## TURN RIGHT ONTO WYCH HILL

Once at the end of Mile Path road, turn right onto Wych Hill. Head down the hill, keeping CO-OP on your left and continue down until you reach the roundabout.



5

## AT THE ROUNDABOUT TURN LEFT (FIRST EXIT)

At the bottom of Wych Hill, turn left (first exit) at the roundabout and down the road under the bridge



6

## TAKE THE THIRD EXIT ON THE ROUNDABOUT

Take the third exit on the roundabout onto Goldsworth Road. Follow the road down until you reach a set of traffic lights and cross over the road.



7

## TURN LEFT AT THE MINI ROUNDABOUT

At the mini roundabout, take the left (first exit) onto Bridge Barn Lane. Continue forward, keeping the primary school on your left-hand side and head towards the steps/ramp.



8

## DOWN THE STEPS/RAMP TOWARDS THE CANAL

Go down the stairs/ramp and take a left at the bottom to head right onto the canal path towards St John's.





# DIRECTIONS:

9

## **TURN RIGHT ONTO THE CANAL TOWARDS ST JOHN'S**

Once you take the right hand turn onto the canal follow the canal straight towards St John's.



10

## **CONTINUE ON THE CANAL UNTIL KILN BRIDGE**

Continue on the canal until the path ends at Kiln Bridge



11

## **TURN LEFT AT KILN BRIDGE AND ARRIVE AT THE CLINIC**

Once you reach the end of the canal path, come off the canal and turn left and head back towards My Complete Health clinic.



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