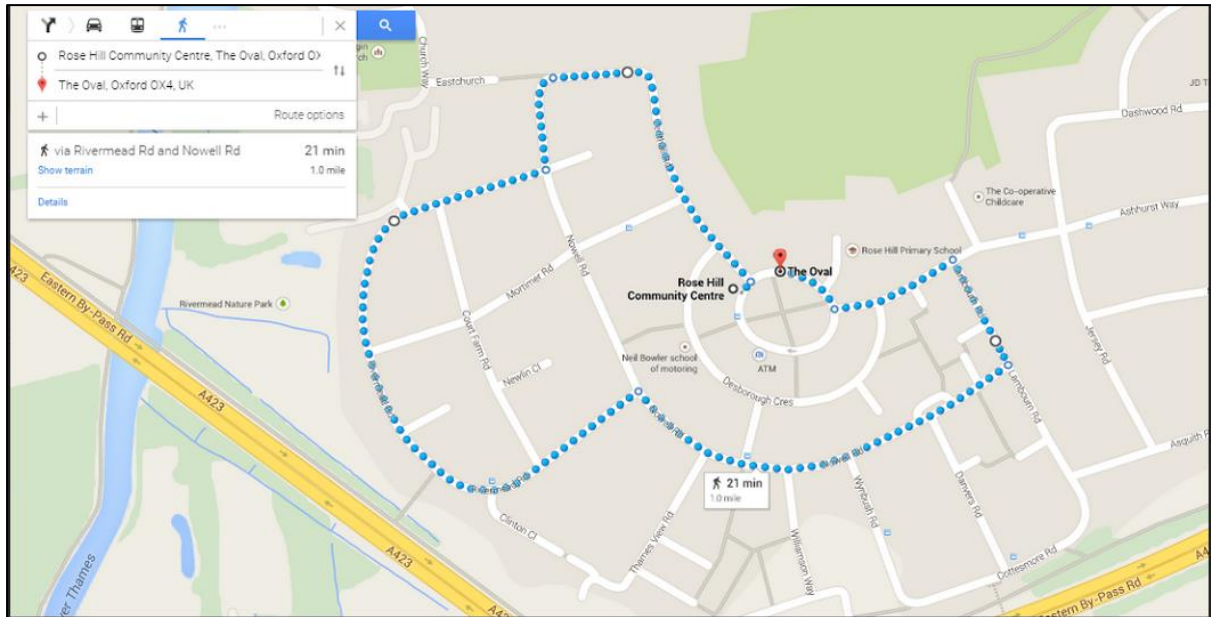


Rose Hill Runners – Route

1 mile laps



Overview

A nice route to run with beginners. The route was used for 'Beginners Monday' in January and February 2015 and worked well – allowing beginners/slower runners to break at the Oval after a lap and faster runners to run ahead (and, indeed, lap others!).

- Encourage people to run the first lap together.
- Works well with two facilitators – with one staying with slower runners, the other joining the faster group.
- If beginners can't complete the second/third lap – you can take a short cut and do a mini loop – either along Desborough Crescent, or along Lenthall Road/Mortimer Road (or another option, see map).

Directions

- Start at the Oval.
- Run along Lenthall Road, following the road round to the left and down the hill.
- Take the first right onto Rivermead Road and continue along Rivermead until reaching the T junction onto Nowell Road.
- Turn right onto Nowell Road and continue along until T junction with Lambourn Road. Turn left, and left again at T Junction with Ashhurst Way.
- Return to the Oval and repeat up to 3 times.

Safety issues

- Running on roads with a number of crossings, pay attention to cars etc. especially on Ashhurst Road/around the Oval where it is busier.
- Slight hill going down Lenthall Road – weather conditions may make slippery.