**MARKET WEIGHTON 1 Mile routes**

**ROUTE A** <https://gb.mapometer.com/running/route_5265947>

Map

Description automatically generated

Turn R out of base down Cliffe Road, Turn R onto Princess Road

At junction on Princess Road bear left, Continue on Princess Road to Hawling Rd – turn L

Turn R onto Croft Close, Bear right onto path alongside Beck (don’t go over bridge) Follow Beck path until join Scotts Croft, At junction turn L onto Hawling Road

Turn R onto Southgate, Turn R onto Cliffe Road – back to base

Cautions - very uneven pavements along the route

**ROUTE B** [**https://gb.mapometer.com/running/route\_5265948.html**](https://gb.mapometer.com/running/route_5265948.html)

Map

Description automatically generated

Turn R out of base onto Cliffe Road, Turn R onto Princess Road

At junction bear R onto Princess Road

Turn R onto Southgate – continue (go past road back to base)

Turn L at Kings Court and do a lap of this cul de sac

Bear R back onto Southgate

Turn L onto Cliffe Road – back to base

Cautions - very uneven pavements along the route- use the pedestrian crossing on Southgate

**ROUTE C** [**https://gb.mapometer.com/running/route\_5265949.html**](https://gb.mapometer.com/running/route_5265949.html)

A picture containing map

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Turn L out of base onto Cliffe Road, Turn R onto Sancton Road

Turn L Langdale Road, Bear R Wold Avenue

Turn L Bedale Road, Turn L Lysander Drive

Turn L Beverley Road, Turn R Southgate

Turn R onto Cliffe Road – back to base

Cautions - very uneven pavements along the route- use the pedestrian crossing on Southgate

**ROUTE D** <https://gb.mapometer.com/running/route_5311545.html>

Map

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Turn **R** out of base into **Cliffe Rd**, Turn **R** onto **Shipman Rd**, continue the whole way along **Shipman Road** (**2x R** turns) until it becomes **Crompton Road.** Turn **L** to re-join **Shipman Road,** continue on **Shipman Road** (**L** turn) following route back to base, **L** turn onto **Cliffe Rd** and continue back down to base

Cautions - very uneven pavements.

**ROUTE E** <https://gb.mapometer.com/running/route_5311550.html>

Map

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Turn **L** out of base to the T-junction **cross the road** and turn **R** onto **Sancton Rd,** **cross over** Sancton Rd using the **zebra-crossing**. Turn **L** onto **Langdale Rd**, **cross over** the road turn **R** onto **Bedale Rd**. Continue to the top of the hill follow the road to the left and take the **L** turn onto **Wold Ave**, turn **L** to join back onto **Langdale Rd** and continue back down to **Sancton Rd**. Use the **zebra-crossing** to cross back over Sancton Rd, continue on Sancton Rd (take care **crossing over** the end of Cliffe Road T-junction) continue until **L** turn on **Princess Rd** turn **L** to continue on **Princess Rd** (past MW Infant School) follow the road to the left and turn **L** onto **Cliffe Rd** and continue back down to base.

(1 mile distance is reached as route joins Cliffe Rd therefore use route back to base for cool down if required)

Cautions - uneven pavements. Require to cross over roads

**ROUTE F -** 1 mile [MW FM 1 Mile route F . Mapometer.com running route #5396043](https://gb.mapometer.com/running/route_5396043.html)

Map

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Turn R out of base onto Cliffe Rd, to the end bear R onto Shipman Rd. At the T-Junction divides take R continue Shipman Rd. Take 2nd R onto Crumpton Rd, to T-junction R back onto Shipman Rd. Continue end on Shipman take the snicket path (caution low lighting) leave snicket path onto Princes Close continue straight. Turn L Princess Rd, T-junction R Hawling Rd, T-junction R Southgate, R on Cliffe Rd return to base.

Cautions - **very uneven pavements along the route**

**low lighting uneven ground on snicket path from Shipman Rd to Princes Close**

**caution cross over to LHS of road as pavement runs out on RHS**