**Boothferry Fitmums Running Routes**

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| **Route 9 – HFRS Base** | |
| L Summergroves, cross road, R Hessle Rd, L Graham Ave first road on the right follow then 2nd road, L Graham Ave, R Hessle Rd cross road, L Summergroves  [BoothFM - Route 9; 1 mile. Mapometer.com running route #5506719](https://gb.mapometer.com/running/route_5506719.html) | 1 mile |
| L Summergroves, L Hessle Rd, L Priory Way cross onto Sainsbury Way onto Green Lane onto Windmill Way, R Itlings Lane, L Hull Rd round to Square round to Southgate, R Swinegate onto Eastgate, L Hull Rd onto Hessle Rd, R Summergroves HQ  [BoothFM - Route 9; 2 miles. Mapometer.com running route #5506720](https://gb.mapometer.com/running/route_5506720.html) | 2 miles |
| L Summergroves, L Hessle Rd onto Hull Rd, R Northolme Rd, R Beverley Rd, R Boothferry Rd, R First Lane, L Hull Rd onto Hessle Rd, R Summergroves HQ  [BoothFM - Route 9; 3 miles.. Mapometer.com running route #5506721](https://gb.mapometer.com/running/route_5506721.html) | 3 miles |
| L Summegroves, R Hessle Rd cross road, L Pickering Rd, L Boothferry Rd, R APRN, R Park Lane West, R The Link, R Park Road East through snicket near end, R Pickering Rd cross roundabout straight on Pickering Rd, R Hessle Rd, L Summergroves HQ  [BoothFM - Route 9; 4 miles.. Mapometer.com running route #5506723](https://gb.mapometer.com/running/route_5506723.html) | 4 miles |
| L Summergroves, R Hessle Rd cross road, L Pickering Rd cross & continue on Pickering Rd, L St Joseph Drive follow round to R to Lexington Drive (do not take the 1st right on Lexington), L Pickering Rd, L Anlaby Rd, L Plantation Drive West, R Mead Walk, L Coppice Side, R Park Rd West, L Holme Close, L Southern Drive, L Woodland End, R Plantation Dr West, R Anlaby Rd, R Belgrave Dr, L Eastfield cross to Sunbeam Rd, L Pickering Rd cross roundabout onto Pickering Rd, R Hessle Rd, L Summergroves HQ  [BoothFM - Route 9; 5 miles.. Mapometer.com running route #5506725](https://gb.mapometer.com/running/route_5506725.html) | 5 miles |
| L Summergroves, L Hessle Rd onto Hull Rd, R First Lane, L Seaton Rd onto Richmond Rd, L Beverley Rd, L Northholme Rd, R Hull Rd, L Buttfield Rd, R Bon Accord Rd, R Station Rd, R Chestnut Ave, L Davenport Ave, R Heads Lane, R Tranby Ave, L Barrow Lane, R Swanland Rd, L Beverley Rd, R Boothferry Rd, R First Lane, L Hull Rd onto Hessle Rd, R Summergroves to HQ  [BoothFM - Route 9; 6 miles... Mapometer.com running route #5506727](https://gb.mapometer.com/running/route_5506727.html) | 6 miles |

**ROUTE 9**

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