**Boothferry Fitmums Running Routes**

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| **Route 6 – HFRS Base** | |
|  | 1 mile |
| Exit base, L onto Hessle Rd, onto Hull Rd, caution use care crossing road, R onto First Lane, L Belvedere Rd, R Glamis Rd, L Sunningdale Rd, R Beverley Rd, R Richmond Rd, onto Seaton Rd, R First Lane, L Hull Rd, onto Hessle Rd, and back to base caution crossing road  [BoothFM - Route 6; 2 miles. Mapometer.com running route #5499739](https://gb.mapometer.com/running/route_5499739.html) | 2 miles |
| Exit base, L onto Hessle Rd, onto Hull Rd, caution use care crossing road, R onto First Lane, L Belvedere Rd, R Glamis Rd, L Sunningdale Rd, R Beverley Rd, R Richmond Rd, L Penshurst Ave, L Cambridge Rd, R Astral Rd, through snicket onto Boothferry Rd, turn R, R First Lane, L Hull Rd, onto Hessle Rd, and back to base caution crossing road  [BoothFM - Route 6; 3 miles. Mapometer.com running route #5499761](https://gb.mapometer.com/running/route_5499761.html) | 3 miles |
| Exit base, L onto Hessle Rd, onto Hull Rd, caution use care crossing road, R onto Northolme Rd, onto Swanland Rd, L Mount Ave, L Barrow Lane, cross road, R Tranby Ave, R Heads Lane, R Boothferry Rd, straight on at Darleys roundabout, R snicket opposite pedestrian crossing, onto Astral Rd, L Cambridge Rd, R Penshurst Rd, L Seaton Ave, R First Lane, R Cottesmore Rd, L Glamis Rd, L Belvedere Rd, R First Lane, L Hull Rd, onto Hessle Rd, and back to base caution crossing road  [BoothFM - Route 6; 4 miles. Mapometer.com running route #5499738](https://gb.mapometer.com/running/route_5499738.html) | 4 miles |
| Exit base, L onto Hessle Rd, onto Hull Rd, caution use care crossing road, straight onto Hessle Sq, R Southgate, L Swinegate, R Northgate, L Trinity Grove, R Brunswick Grove, L Westbourne Gr, R Barrow Lane, L Swanland Rd, R Boothferry Rd, caution cross with care, L Holly Drive, R Holly Drive, L Cherry Ave and round back to Holly Drive, L Boothferry Rd, caution use flyover, R snicket onto Astral Rd, L Cambridge Rd, R Penshurst Rd, L Seaton Rd, R First Lane, R Cottesmore Rd, L Glamis Rd, L Northolme Rd, R Hull Rd, L Itlings Lane, L Windmill Way onto Green Lane and Sainsbury Way, L Priory Way, R Hessle Rd, and back to base caution crossing road  [BoothFM - Route 6; 5 mile. Mapometer.com running route #5499737](https://gb.mapometer.com/running/route_5499737.html) | 5 miles |
| Exit base, L onto Hessle Rd, onto Hull Rd, caution use care crossing road, straight onto Hessle Sq, up Prestongate, L The Weir, R Ferriby Rd, R Heads Lane, R Tranby Ave, L Barrow Lane, L Swanland Rd, R Boothferry Rd, R snicket onto Astral Rd, R Cambridge Rd, L Crossfield Rd, L Northfield Ave, R Hillman Rd, L Richmond Rd onto Seaton Rd, R First Lane, R Cottesmore Rd, onto Sunningdale Rd, L Beverley Rd, L Northolme Rd, R Hull Rd, L Itlings Lane, L Windmill Way onto Green Lane and Sainsbury Way, L Priory Way, R Hessle Rd, and back to base caution crossing road  [BoothFM - Route 6; 6miles. Mapometer.com running route #5499736](https://gb.mapometer.com/running/route_5499736.html) | 6 miles |

**ROUTE 6**

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| **1** |  |
| **2** |  |
| **3** |  |
| **4** |  |
| **5** |  |
| **6** |  |