**Boothferry Fitmums Running Routes**

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| **Route 7 – HFRS Base** | | |
| L Summergroves caution crossing road, R Hessle Rd, L Graham Ave 3rd road on right continue to end and then right back round to Graham Ave and back to Hessle Rd, R Hessle Rd caution crossing road, L Summergroves HQ  [BoothFM - Route 7; 1 mile . Mapometer.com running route #5506582](https://gb.mapometer.com/running/route_5506582.html) | 1 mile |
| L Summergroves, L Hessle Rd onto Hull Rd, L Buttfield Rd, R (Ferry) Station Road, R Southgate, R The Square onto Hull Rd onto Hessle Rd, R Summergroves to HQ  [BoothFM - Route 7; 2 miles. Mapometer.com running route #5506584](https://gb.mapometer.com/running/route_5506584.html) | 2 miles |
| L Summergroves, L Hessle Rd, continue onto Hull Rd, R First Lane, L Boothferry Rd, L Beverley Rd, L Northolme Rd, L Hull Rd onto Hessle Rd, R Summergroves, HQ  [BoothFM - Route 7; 3 miles.. Mapometer.com running route #5506585](https://gb.mapometer.com/running/route_5506585.html) | 3 miles |
| L Summergroves, R Hessle Rd, L Pickering Rd cross roundabout continue on Pickering Rd, L Park Rd East through snicket, R Park Rd East, L The Link, L Park Lane West, L APRN, L Boothferry Rd, R Pickering Rd, R Hessle Rd, L Summergroves, back to HQ  [BoothFM - Route 7; 4 miles.. Mapometer.com running route #5506588](https://gb.mapometer.com/running/route_5506588.html) | 4 miles |
| R Summergroves, L Hessle Road, R Pickering Rd cross roundabout continue on Pickering Rd, L Anlaby Rd, L Plantation Drive, L Woodland End, R Southern Drive, R Holme Close, L Park Lane West, L APRN cross bridge, L Boothferry Rd, R Pickering Rd, R Hessle Rd, L Summergroves to HQ  [BoothFM - Route 7; 5 miles. Mapometer.com running route #5506590](https://gb.mapometer.com/running/route_5506590.html) | 5 miles |
| R Summergroves, L Hessle Rd, R Pickering Rd cross roundabout continue on Pickering Rd, L Anlaby Rd, L Plantation Drive, L Woodland End, R Southern Drive, R Holme Close, R Park Lane West, L Coppice Side, L Mead Walk, R APRN, R Anlaby Rd, R Belgrave Drive, L Eastfield Rd, L Belgrave Rd, R Boothferry Rd cross roundabout, L Pickering Rd, L Hessle Rd, R Summergroves to HQ  [BoothFM - Route 7; 6 miles. Mapometer.com running route #5506593](https://gb.mapometer.com/running/route_5506593.html) | 6 miles |

**ROUTE 7**

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| **1** | A map of a city  Description automatically generated |
| **2** |  |
| **3** |  |
| **4** |  |
| **5** |  |
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