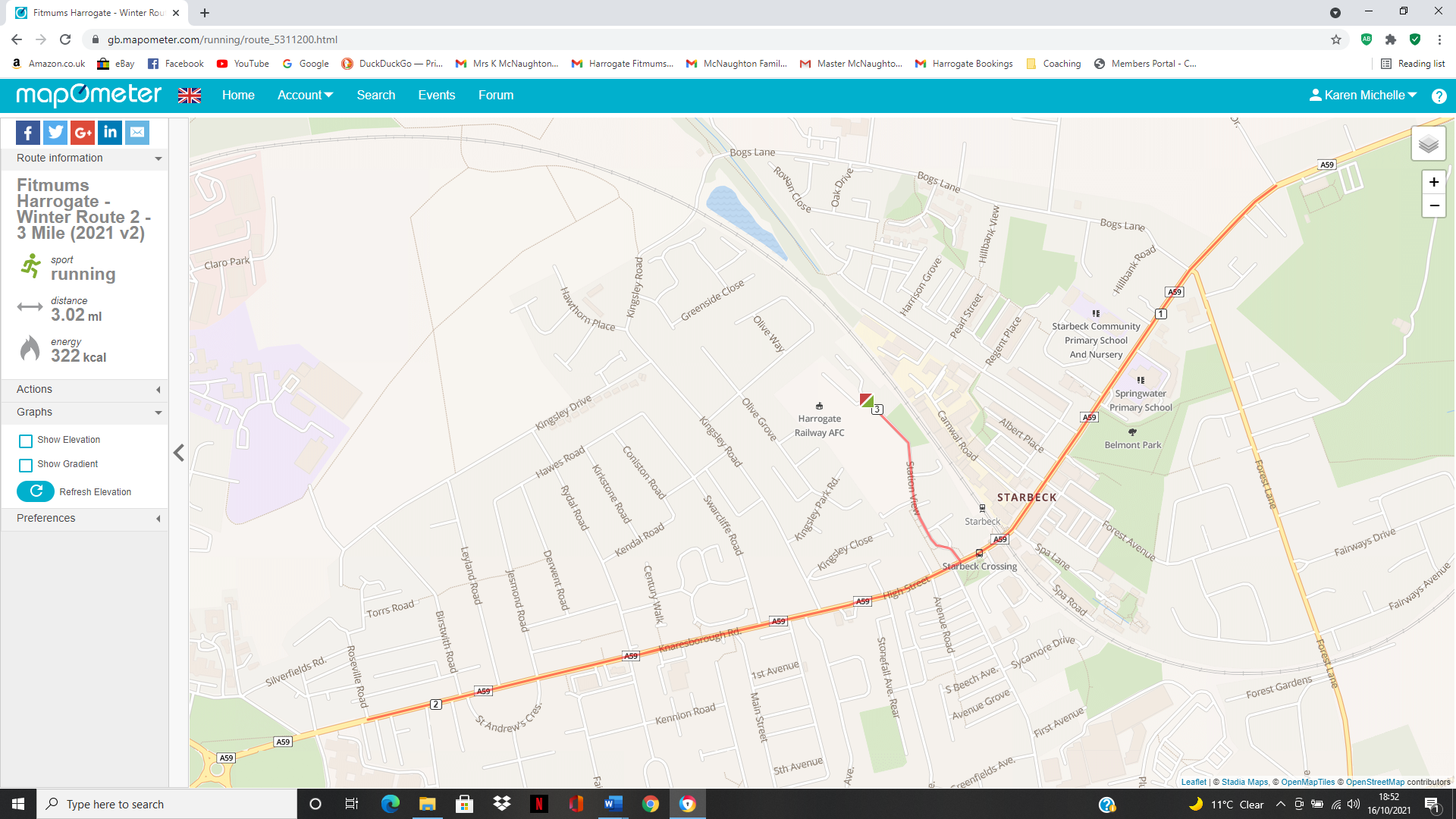
**TIMED ROUTE – 3 MILE (2021 v2)**

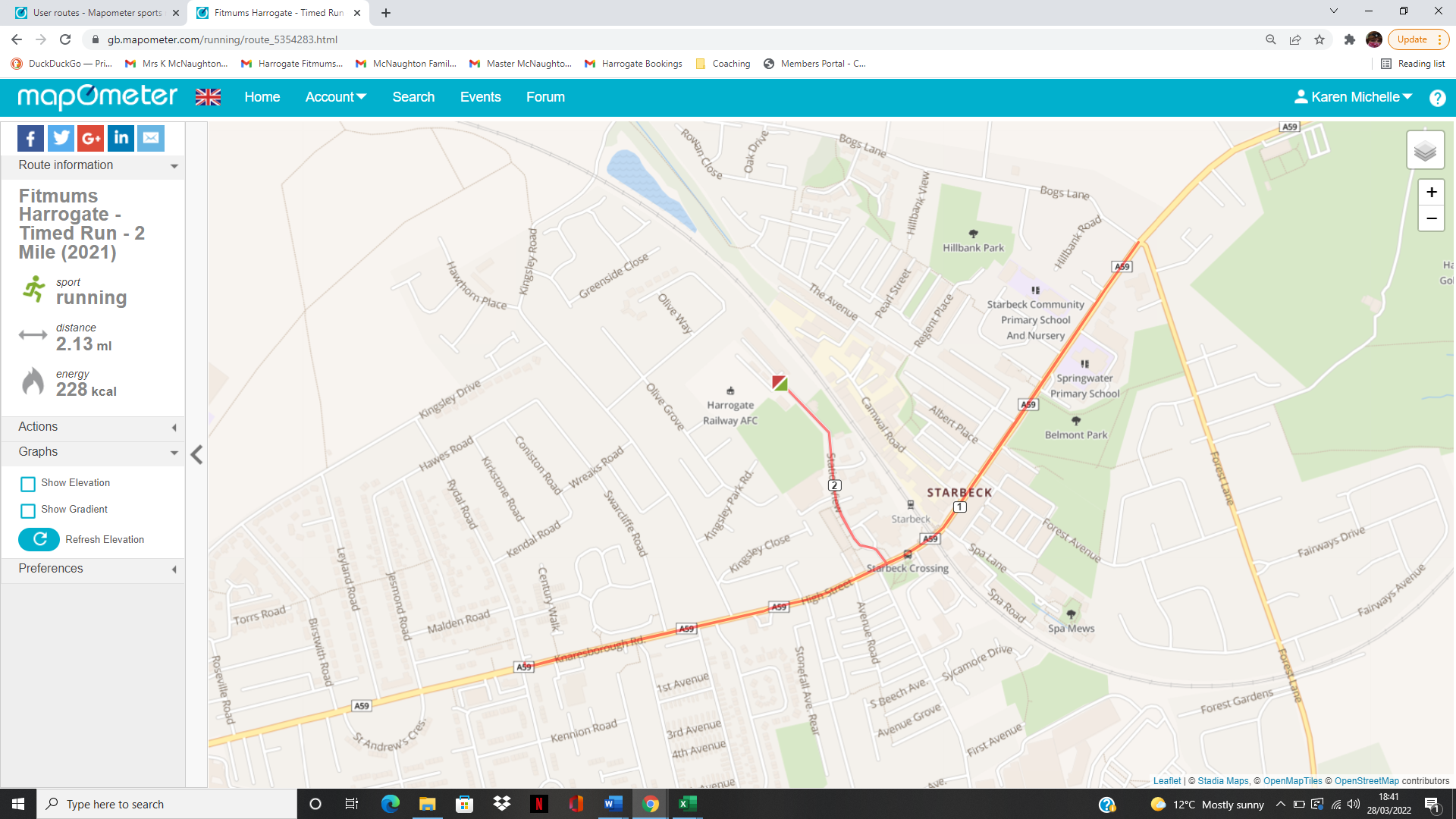
<https://gb.mapometer.com/running/route_5311200.html>



R – down Station View – L onto High Street – through subway – watch head as you go through – watch for bollards as you come out continue up High Street – cross over Bogs Lane onto Forest Lane Head – turn around at Bilton Hall Drive – head back way you came – continue past Station View – up High Street onto Knaresborough Road – turn around at Roseville Road – head back way you came – take care crossing side roads – L onto Station View and back to base.

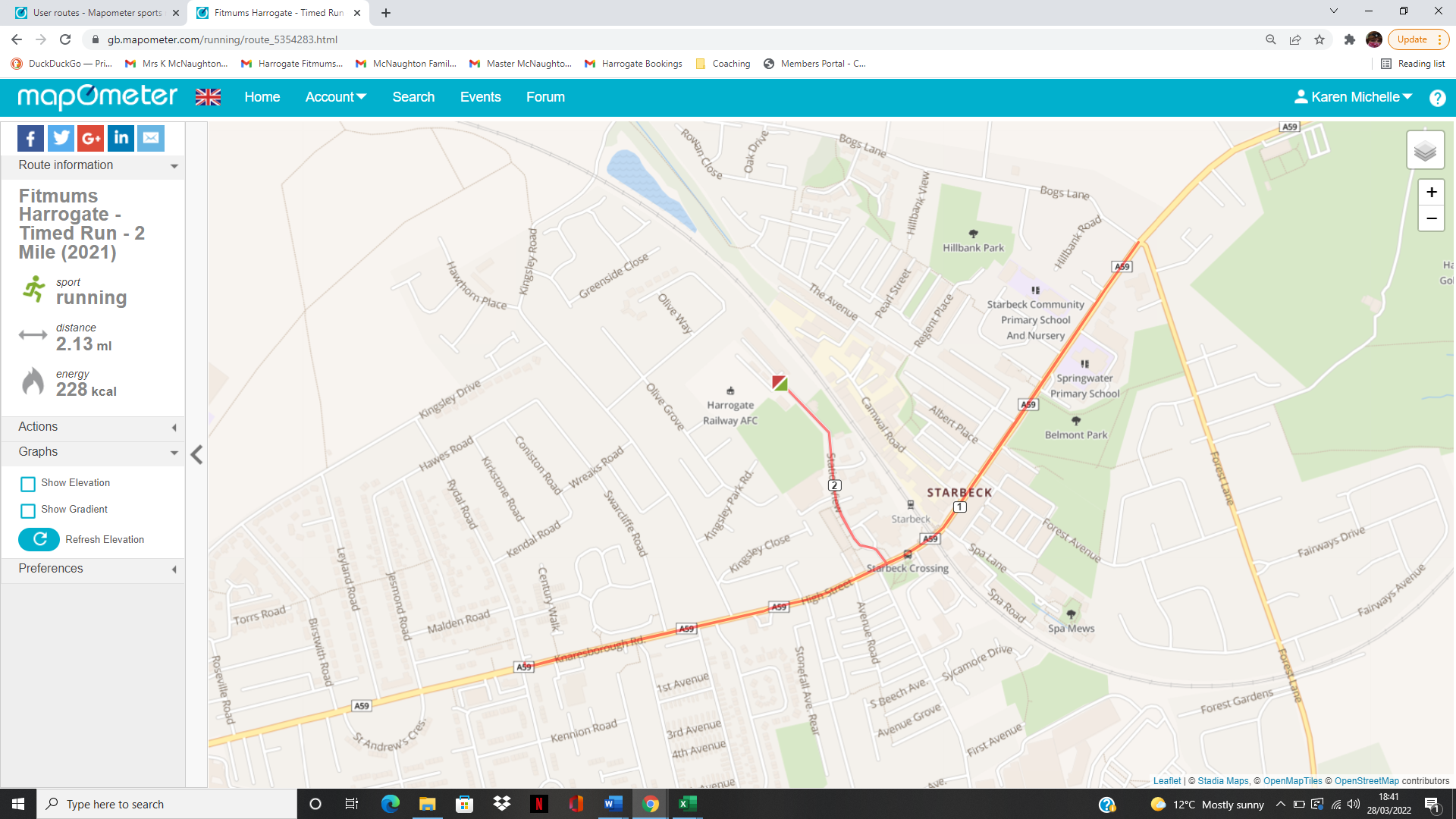
**TIMED ROUTE – 2 MILE (2021)**

https://gb.mapometer.com/running/route\_5354283.html



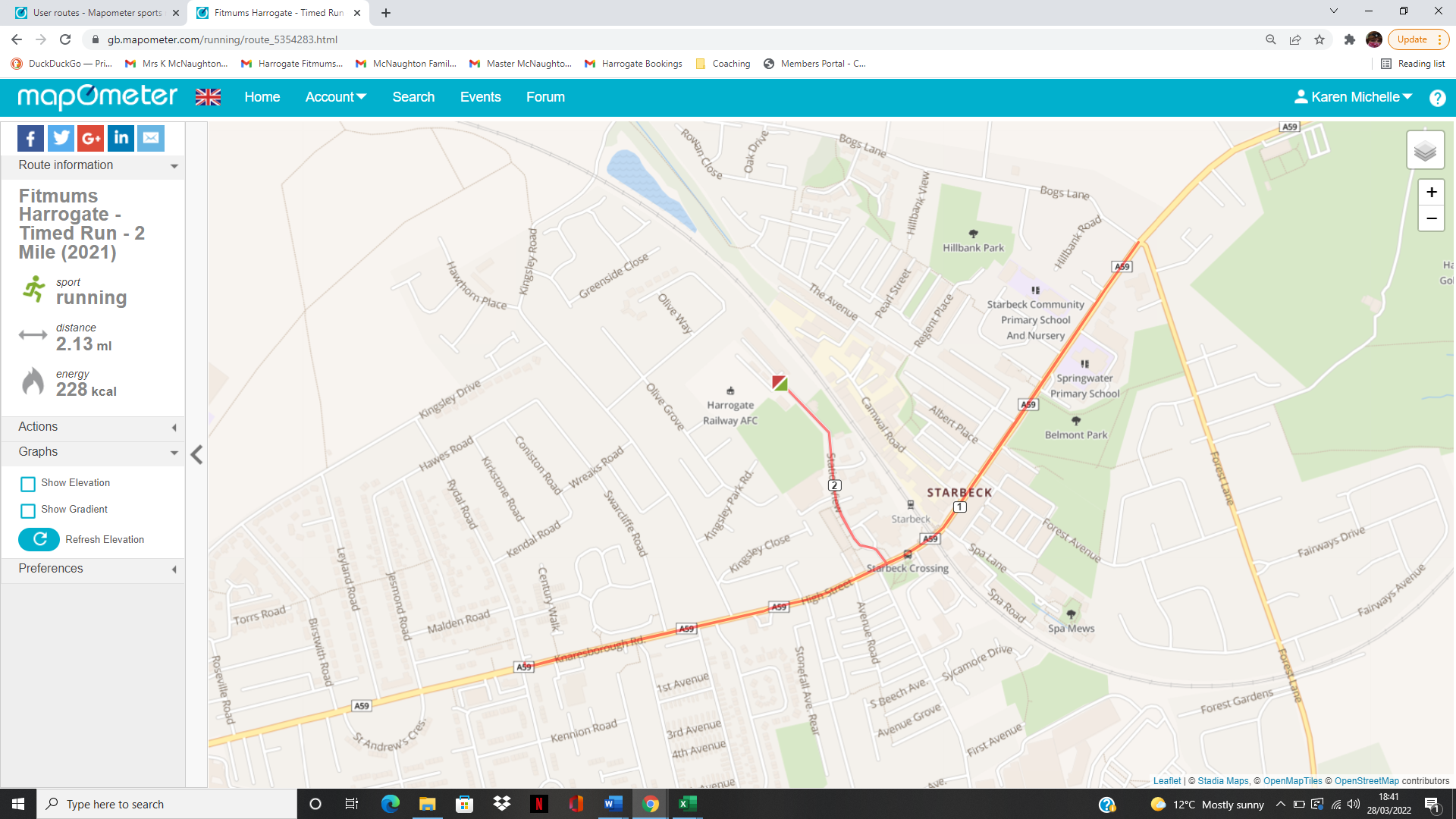
R – down Station View – L onto High Street – through subway – watch head as you go through – watch for bollards as you come out continue up High Street – turn around at crossroad with Forest Lane – head back way you came – continue past Station View – up High Street onto Knaresborough Road – turn around at Rydal Road – head back way you came – take care crossing side roads – L onto Station View and back to base

**2 MILE**



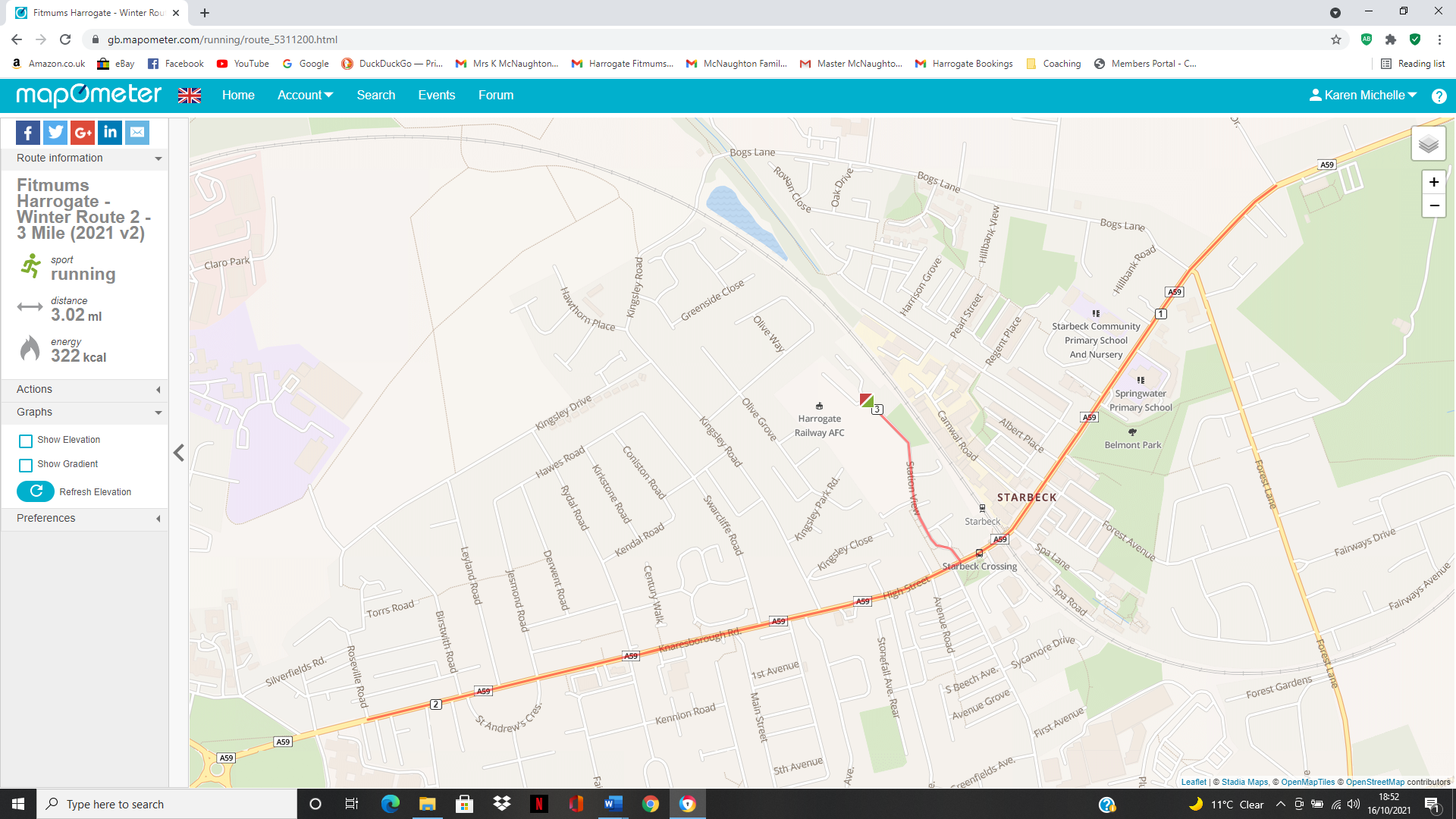
R – down Station View – L onto High Street – through subway – watch head as you go through – watch for bollards as you come out continue up High Street – turn around at crossroad with Forest Lane – head back way you came – continue past Station View – up High Street onto Knaresborough Road – turn around at Rydal Road – head back way you came – take care crossing side roads – L onto Station View and back to base

**2 MILE**



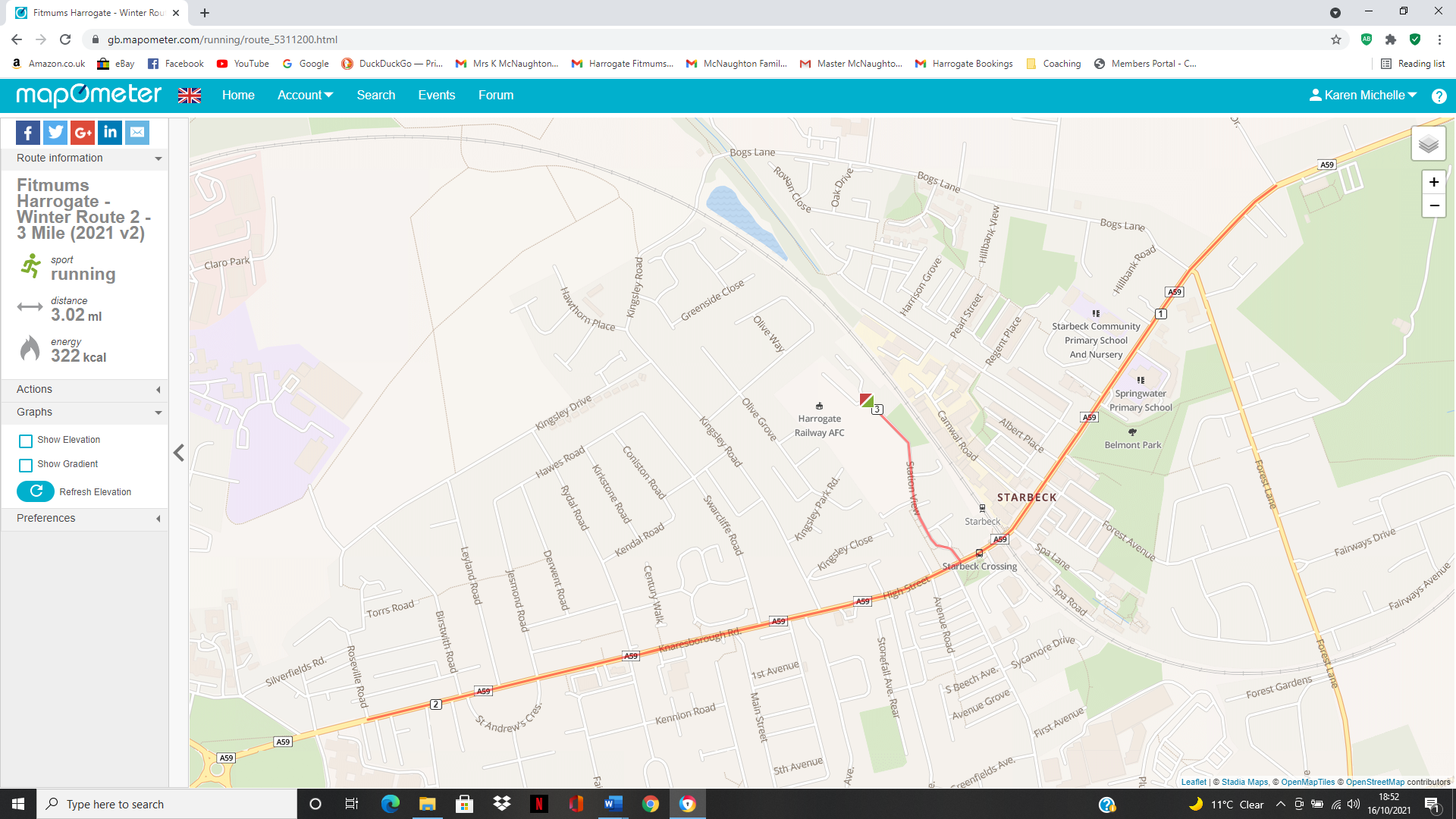
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**3 MILE**



R – down Station View – L onto High Street – through subway – watch head as you go through – watch for bollards as you come out continue up High Street – cross over Bogs Lane onto Forest Lane Head – turn around at Bilton Hall Drive – head back way you came – continue past Station View – up High Street onto Knaresborough Road – turn around at Roseville Road – head back way you came – take care crossing side roads – L onto Station View and back to base.

**3 MILE**



R – down Station View – L onto High Street – through subway – watch head as you go through – watch for bollards as you come out continue up High Street – cross over Bogs Lane onto Forest Lane Head – turn around at Bilton Hall Drive – head back way you came – continue past Station View – up High Street onto Knaresborough Road – turn around at Roseville Road – head back way you came – take care crossing side roads – L onto Station View and back to base.