

**East Hull Fitmums & Friends Routes**

**Week 1**

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| **Route** | **Miles** |
| From base, turn R onto Elm Ave, follow road R onto Village Rd then turn R onto Beech Ave. Turn L onto Lime Tree Ave, L onto Lilac Ave and R onto JRA. Turn R onto Laburnum Ave, R onto Lilac Ave, L onto Elm Ave and back to base.  <https://gb.mapometer.com/running/route_4740111.html> | **1** |
| From base, turn L onto Elm Ave, R onto JRA and L onto Chamberlain Rd. Turn L at rbt onto Stoneferry Rd, straight across rbt onto Mount Pleasant and turn L at next rbt onto JRA. Continue on JRA then turn R onto Elm Ave and back to base.  <https://gb.mapometer.com/running/route_4740033.html> | **2** |
| From base, turn L onto Elm Ave then R onto JRA. Continue on JRA across double rbt then turn L onto Lambwath Rd. Turn L onto Sutton Rd then L at TL onto Leads Rd. Take 1st exit at rbt onto Chamberlain Rd then R at rbt onto JRA.  Turn L onto Elm Ave and back to base.  <https://gb.mapometer.com/running/route_4741645.html> | **3** |
| From base turn L onto Elm Ave, turn R onto JRA then L at rbt onto Chamberlain Rd. At rbt turn R onto Stoneferry Rd, continue straight over next rbt then turn R at next rbt onto Leads Rd. Turn R onto Lambwath Ave then R onto JRA. Continue on JRA over double rbt then turn L onto Elm Ave and back to base.  <https://gb.mapometer.com/running/route_4742809.html> | **3W** |
| From base, turn L onto Elm Ave, L onto JRA, L onto Dansom Ln then L onto Courtney St. Cross Holderness Rd and turn R then L onto Mount Pleasant. At rbt turn R onto Old Hedon Rd then R onto Williamson St and L onto Holderness Rd and Witham.  Turn R onto Cleveland St, take 1st exit at rbt onto Stoneferry Rd then turn R onto Chamberlain Rd. At rbt turn R onto JRA then L onto Elm Ave and back to base.  <https://gb.mapometer.com/running/route_4741433.html> | **4** |
| From base, turn L onto Elm Ave, R onto JRA and continue on JRA across double rbt. At next rbt turn R onto Summergangs Rd, R onto Holderness Rd and at TL turn L onto Southcoates lane. At TL turn R and continue on Southcoates Ave then at rbt turn R onto Old Hedon Rd. At rbt turn R onto Mount Pleasant then straight thru 2 rbts onto Stoneferry Rd. At next rbt turn R onto Chamberlain Rd then R at rbt onto JRA. Turn L onto Elm then back to base.  <https://gb.mapometer.com/running/route_4741643.html> | **5** |
| From base turn L onto Elm Ave then R onto JRA and continue on JRA across double rbt. Turn L onto Lambwath Ave, L onto Sutton Rd, continue straight across next 2 rbts then at TL turn L onto Beverley Rd. At main TL turn L onto Clough Rd, R onto Stoneferry Rd then L onto Chamberlain Rd. Turn R at rbt onto JRA then L onto Elm Ave and back to base.  <https://gb.mapometer.com/running/route_4741425.html> | **6** |

**Week 2**

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| **Route** | **Miles** |
| From base, turn L onto Elm Ave, R onto JRA then at rbts, turn L onto Chamberlain Rd. Cross road at 1st Pelican Xing, turn R onto Rockford Ave, L onto Brendon Ave and L back onto Chamberlain Rd. At rbts turn R onto JRA then turn L onto Elm Ave and back to base.  <https://gb.mapometer.com/running/route_4742132.html> | **1** |
| From base, turn L onto Elm Ave then L onto JRA. At rbt turn R onto Mount Pleasant & straight across next rbt to Stoneferry Rd.  Immediately after overhead bridge turn R onto Woodhall St and at the bottom turn L onto Cycle Path. Turn R onto Chamberlain Rd and at rbts, turn R onto JRA. Turn L onto Elm Ave and back to base.  <https://gb.mapometer.com/running/route_4741427.html> | **2** |
| From base turn L onto Elm Ave then R onto JRA. Continue thru “3” rbts and turn L onto Birklands Dr. Turn R onto Ings Rd and at TL turn R onto Holderness Rd. Turn R onto Village Rd and L onto Elm Ave and back to base.  <https://gb.mapometer.com/running/route_4740024.html> | **3** |
| From base turn R onto Elm Ave and follow road R onto Village Rd then L onto Holderness Rd. Turn L onto Ings Rd, L onto Birklands Dr then R onto JRA. Straight thru “3” rbts then turn L onto Elm Ave and back to base.  <https://gb.mapometer.com/running/route_4744470.html> | **3W** |
| From base turn L onto Elm Ave then R onto JRA. Continue thru dbl rbt then turn R at next rbt onto Summergangs Rd. Turn R onto Holderness Rd and continue straight across Mount Pleasant rbt onto Witham. At TL turn R onto Cleveland St and at rbt turn R onto Mount Pleasant. Take 1st exit at next rbt onto JRA then turn R onto Elm Ave and back to base.  <https://gb.mapometer.com/running/route_4740266.html> | **4** |
| From base turn R onto Elm Ave and follow road R onto Village Rd then R onto Holderness Rd. At rbt turn L onto Mount Pleasant then at next rbt turn L onto Old Hedon Rd. At rbt turn L onto Southcoates Lane, straight across TL at Southcoates Ln / Preston Rd onto Southcoates Ave then turn R onto Holderness Rd. At TL turn L onto Ings Rd, L onto JRA and L onto Elm Ave and back to base.  <https://gb.mapometer.com/running/route_4740256.html> | **5** |
| From base, turn R onto Elm Ave and follow road R onto Village Rd then L onto Holderness Rd. At rbt turn L onto Saltshouse Rd and continue onto Robson Way. Straight across Wawne Rd rbt onto Leads Rd then turn L at TL onto Sutton Rd.  Go over Lambwath Hill then turn R onto Lambwath Rd, R onto JRA, L onto Elm Ave and back to base.  <https://gb.mapometer.com/running/route_4740098.html> | **6** |

**Week 3**

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| **Route** | **Miles** |
| From base, turn L onto Elm Ave then R onto JRA. Turn L at rbt onto Chamberlain Rd and continue until you reach Mayville Ave.  Then turn around and return to base.  [https://gb.mapometer.com/running/route\_4740107.htm](https://gb.mapometer.com/running/route_4740107.html) | **1** |
| From base, cross Elm Ave, go round The Oval and follow the road back onto Elm Ave then turning R onto Village Rd. Turn R onto Holderness Rd then R at rbt onto Mount Pleasant. At next rbt, turn R onto JRA, R onto Elm Ave and back to base.  <https://gb.mapometer.com/running/route_4740021.html> | **2** |
| From base, turn L onto Elm Ave then R onto JRA. Turn L at rbt onto Chamberlain Rd then L at rbt onto Stoneferry Rd and take 2nd exit onto Cleveland St at next rbt. Turn L onto St Marks St, R onto Dansom Ln and L onto Wilton St.  Turn L onto Holderness Rd then turn L onto Village Rd and Elm Ave and return to base.  <https://gb.mapometer.com/running/route_4741653.html> | **3** |
| From base, turn R onto Elm Ave , follow road onto Village Rd then R onto Holderness Rd. Straight on at Mount Pleasant rbt then R onto Wilton St. Turn R onto Dansom Ln, L onto St Marks St and R onto Cleveland St. At rbt, take 1st exit onto Stoneferry Rd and at next rbt turn R onto Chamberlain Rd. At rbts, turn R onto JRA, then L onto Elm Ave and return to base.  <https://gb.mapometer.com/running/route_4747727.html> | **3W** |
| From base, turn L onto Elm Ave then R onto JRA. Turn L at rbt onto Chamberlain Rd then R at rbt onto Stoneferry Rd. Turn R at next rbt onto Leads Rd, straight across Sutton Rd and Leads Rd rbt and turn R onto Church St. Turn R onto Potterill Ln, follow Ings Rd and Gillshill Rd and turn R onto Sutton Rd. Turn L onto Lambwath Rd, R onto JRA, L onto Elm Ave and return to base.  <https://gb.mapometer.com/running/route_4741647.html> | **4** |
| From base, turn L onto Elm Ave then L onto JRA. Straight across rbt onto Mount Pleasant (minor) then follow road R onto Chapman St then L onto Cleveland St. Turn R over North Bridge and onto Freetown Way then R onto Beverley Rd. Turn R onto Clough Rd, R onto Stoneferry Rd then L onto Chamberlain Rd. Turn R onto JRA, turn L onto Elm Ave and return to base.  <https://gb.mapometer.com/running/route_4750650.html> | **5** |
| From base, turn L onto Elm Ave then L onto JRA. At rbt, turn R onto Mount Pleasant and at rbt L onto Cleveland St. Turn R over North Bridge, continue onto Freetown Way and Turn L at TL onto Ferensway. At rbt, L onto Castle St, R onto Queen St, L onto Humber St, cross Millenium Bridge and round The Deep. Follow Vic Dock Path onto Plimsoll Way, R onto South Bridge Rd, cross A63 rbts (caution!) onto Mount Pleasant. Take 3rd exit at next rbt onto Holderness Rd, turn L onto Village Rd and Elm Ave and return to base.  <https://gb.mapometer.com/running/route_4751949.html> | **6** |

**Week 4**

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| **Route** | **Miles** |
| From base, turn R onto Elm Ave and turn R onto Village Rd. Turn R onto Holderness Rd, turning around at Mersey St and returning to base.  <https://gb.mapometer.com/running/route_4749417.html> | **1** |
| From base, turn L onto Elm Ave and R onto JRA. At rbt turn L onto Chamberlain Rd and L at next rbt onto Stoneferry Rd.  Keep on Stoneferry Rd until Foster St then turn around and retrace route back to base.  <https://gb.mapometer.com/running/route_4740227.html> | **2** |
| From base, cross over road and complete anticlockwise circuit of The Oval back onto Elm Ave. Turn R onto JRA and continue until you reach Ings Rd. Then turn around and retrace route back to Elm Ave and base.  <https://gb.mapometer.com/running/route_4740232.html> | **3** |
| From base, cross over road and complete anticlockwise circuit of The Oval back onto Elm Ave. Turn R onto JRA and continue until you reach Ings Rd. Then turn around and retrace route back to Elm Ave and base.  <https://gb.mapometer.com/running/route_4749440.html> | **3W** |
| From base, L onto Elm Ave then L onto JRA. Turn L onto Dansom Ln North then L onto Courtney St. Turn R onto Holderness R then immediately L onto Mount Pleasant. At rbt, L onto Old Hedon Rd then L onto Southcoates Ln at next rbt. Cross Preston Rd onto Southcoates Ave then L onto Holderness Rd. Turn R onto Village Rd, Elm Ave and back to base.  <https://gb.mapometer.com/running/route_4740042.html> | **4** |
| From base, L onto Elm Ave then R onto JRA. At rbt, L onto Chamberlain RD, L at next rbt onto Stoneferry Rd then straight across next 2 rbts onto Mount Pleasant. At rbt turn L onto Holderness Rd and Turn L onto Ings Rd. Turn L onto Birklands Dr, R onto JRA then L onto Elm Ave and back to base.  <https://gb.mapometer.com/running/route_4743548.html> | **5** |
| From base, L onto Elm Ave then R onto JRA. Straight across rbt following JRA then turn R at Ings Rd. At TL, R onto Holderness Rd then L onto Southcoates Ave. Cross Preston Rd onto Southcoates Ln then at rbt turn R onto Old Hedon Rd. Turn R at rbt onto Mount Pleasant, across TL and next 2 rbts onto Stoneferry Rd. Turn R onto Chamberlain Rd, R onto JRA then L onto Elm Ave and back to base.  <https://gb.mapometer.com/running/route_4741644.html> | **6** |

**Week 5**

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| **Route** | **Miles** |
| From base turn L onto Elm Ave, R onto Lilac Ave then immediately R back onto Elm Ave. Turn L onto The Oval and continue round clockwise rejoining Elm Ave then turn R onto Village Rd. Turn around at Holderness Rd and retrace steps via Village Rd and Elm Ave back to base.  <https://gb.mapometer.com/running/route_4751907.html> | **1** |
| From base cross onto The Oval and continue round clockwise rejoining Elm Ave then Village Rd. Continue on Village Rd then turn L onto Holderness Rd. Turn L onto Summergangs Rd and continue as far as East Park Entrance. Turn around and retrace steps back to base via Holderness Rd, Village Rd and Elm Ave.  <https://gb.mapometer.com/running/route_4751919.html> | **2** |
| From base R onto Elm Ave, follow road R onto Village Rd then L onto Holderness Rd. Turn L onto Summergangs Rd and straight across rbt onto Lambwath Rd. Turn L onto Hathersage Rd then R onto Burbage Ave and Corona Dr. Rejoin Hathersage Rd and turn R onto Lambwath Rd then R onto JRA. Continue on JRA then turn L onto Elm Ave and back to base.  <https://gb.mapometer.com/running/route_4751930.html> | **3** |
| From base L onto Elm Ave, R onto JRA and straight across rbt continuing on JRA. Turn L onto Lambwath Rd, L onto Hathersage Rd and Corona Dr which leads onto Burbage Ave. Turn L onto Lambwath Rd then straight across rbt onto Summergangs Rd.  Turn R onto Holderness Rd, R onto Village Rd then L onto Elm Ave and back to base.  <https://gb.mapometer.com/running/route_4751932.html> | **3W** |
| From base R onto Elm Ave, follow road R onto Village Rd then L onto Holderness Rd. Turn L onto Ings Rd, and continue until start of Sutton Rd then turn around. Retrace steps back to base via Ings Rd, Holderness Rd, Village Rd and Elm Ave.  <https://gb.mapometer.com/running/route_4750658.html> | **4** |
| From base L onto Elm Ave R onto JRA then straight across rbt continuing on JRA. Turn R onto Ings Rd and L at TL onto Holderness Rd. Continue on Holderness Rd and turn L onto path by the side of Holderness Drain. Turn L onto Saltshouse Rd, L onto Church St and L onto Potterill Ln. Continue on Ings Rd and Gillshill Rd, crossing Sutton Rd at TL then R onto JRA.  Continue along JRA then turn L onto Elm Ave and back to base.  <https://gb.mapometer.com/running/route_4750654.html> | **5** |
| From base L onto Elm Ave, R onto JRA and L at rbt onto Chamberlain Rd. Turn R at rbt onto Stoneferry Rd, straight across first rbt then 1st exit at next rbt onto West Carr Ln. Turn L onto Stockholm Rd then L at rbt onto Sutton Rd. Continue over Sutton Rd Bridge and straight across Beverley Rd TL. Turn L onto Cranbrook Ave, L onto Cottingham Rd and straight across Beverley Rd onto Clough Rd. Turn R at rbt onto Stoneferry Rd then L onto Chamberlain Rd. Turn R onto JRA then L onto Elm Ave and back to base.  <https://gb.mapometer.com/running/route_4741668.html> | **6** |