

Borderville - Stamford - Borderville - 2

Miles Leg Total Time	Group 10 - target pace 10:15 min miles 5.5 miles approx	Miles Leg Total Time	Group 9 - target pace 9:15 min miles 6.2 miles approx	Miles Leg Total Time	Group 8 - target pace 8:15 min miles 6.9 miles approx	Miles Leg Total Time	Group 7 - target pace 7:15 min miles 7.9 miles approx
	Start 4th Right out of Borderville Into town, past Hospital roudabout Straight over lights and down past Toby Noris		Start 3rd Right out of Borderville Up to Hospital roundabout Cross over and go down Pinfold Lane Right at the end Along St Leonards St Right at the end		Start 2nd Right out of Borderville Up to Hospital roundabout Cross over and go down Pinfold Lane Right at the end Left down Wharf Rd, right up Blackfriars St Right at Arts Centre - up Maiden Lane Right at High St		Start 1st Right out of Borderville Right up Drift Rd, 3rd right into Kesteven Rd 1st Left into Lindsey Rd, left at the top Right a Drift Rd, left at the top Down Conduit Rd, right at the main road. Left at Newgates, right at Broad St Left down Ironmongers St, left at the bottom.
1.20 1.20 12:17	Stop at start of pedestrian area by Wilcos	1.32 1.32 12:12	Stop at start of pedestrian area by Wilcos	1.50 1.50 12:22	Stop at end of pedestrian area by Wilcos	1.72 1.72 12:28	Stop at end of pedestrian area by Wilcos
	Start 4th Back up St Pauls, 1st left up Star Lane Along Broad St, Left down Ironmongers Right at High St, across Red Lion Square Alley past the Cosy Club & down Castle Dyke Right along Bath Row, up the cobbles Left, right & left along Rutland Terrace Up Tinwell Rd, Right up Roman Bank		Start 2nd Along High St and across red Lion Square Alley past the Cosy Club & down Castle Dyke Right along Bath Row, up the cobbles Straight across to alley - Foundry Lane Left at top, right by Jolly Brewer up Foundry Lane Left at the top - Empingham Rd Left at Roman Bank		Start 3rd Along St Pauls past toby Noris Left at the lights along East St then North St Over Lights into West St, past Waitrose Right just before Rdbt - up Queens Walk Cross Roman Bank		Start 1st Back along the High St, cross Red Lion Square Passage by Cosy Club, turn right up to Bus Stn Left along St Peters Hill into Austin St Right at the end, left into Rutland Terrace All the way up Tinwell Hill - right at Exeter Gdns Bear round to right
1.06 2.26 10:51	Stop on grass triangle at Exeter Gardens	1.19 2.51 11:00	Stop on grass triangle at Exeter Gardens	1.30 2.80 10:43	Stop on grass triangle at Exeter Gardens	1.51 3.23 10:56	Stop on grass triangle at Roman Bank
	Start 3rd Proceed along Exeter Gdns Bear right into Lonsdale Rd Turn right into Hambleton Rd Bear right into Lonsdale Rd, right at the end Cross and left into Sutherland Way LEFT PATH Right at the end, cross over Casterton Rd Left into service Rd		Start 2nd Proceed along Exeter Gdns Bear right - Lonsdale Rd then turn Right - Hambleton Bear right again into Lonsdale Rd, right at the end Cross and left into Sutherland Way RIGHT PATH Right into Highlands Wy, left at the end Left at the end, right at Sutherland Way Right at Casterton Rd cross over, left into service Rd		Start 1st Proceed along Exeter Gdns Bear right - Lonsdale Rd then turn Right - Hambleton Bear right again into Lonsdale Rd, right at the end Cross and left into Sutherland Way Left into Caithness Rd Right onto short pathway to Cromarty Rd Right at end, left at end, right at Casterton Rd At Sutherland Way cross Casterton Rd		Start 4th Left along Roman Bank, cross Empingham Left and right into Ermine Way First left up Highlands Way, right at the top Left up Caithness Rd, right at top - Perth Rd Right at Casterton Rd Down service road
1.02 3.28 10:27	Stop on grass between service and main roads	1.17 3.68 10:49	Stop on grass between service and main roads	1.37 4.17 11:18	Stop on grass between service and main roads	1.44 4.67 10:26	Stop on the grass at the end of the sevice road
	Start 4th Down Casterton Rd, left into Waverley Gdns Left at the end, right into Cambridge Rd Continue along Edinburgh Rd Right at the end - Green Lane 2nd Left into Christchurch Close At the end join footpath		Start 3rd Down Casterton Rd, left into Waverley Gdns Left at the end, right into Cambridge Rd Continue along Edinburgh Rd Left & right at the end - into Kesteven Rd Zig left, zag right and then turn right along footpath		Start 2nd Down Casterton Rd to lights. Cross Little Casterton Rd then turn up it Right at Radcliffe Rd Left along New Cross Road to top of Rec Left up Kings Rd Right at Alexandra Rd Left into small passage		Start 1st Down Casterton Rd, past BP Garage Left at lights up North St Left up Recreation Ground Road Right at the top of the Rec & left at the end Right down Drift Rd First left into Holland Rd, follow round to left Take narrow alley path on right
1.10 4.38 11:16	Stop at footpath	1.25 4.93 11:33	Stop after 100yds where path joins from right	1.31 5.48 10:48	Stop after 50yds where path joins from left	1.60 6.27 11:36	Stop after 50yds where path joins from left
	Start 4th Left along footpath Right at the end - Kesteven Rd Left into Lincoln Rd Straight over roundabout Left into Rutland Rd, right at the end Left at the main road		Start 3rd Continue along footpath, left at the end 1st Left into Irnham Rd, follow round to the end Right along Kesteven Rd, left down Drift Rd Left at the lights - Ryhall Rd		Start 2nd Continue along footpath, right at the end Follow Kesteven Rd round to right. Right up Irnham Rd, left at the end Holland Rd Left into Lindsey Rd, left at the end - Kesteven Rd Right down Lincoln Rd, strt over roundabout Left into Rutland Rd, right at the end Left at the main road		Start 1st Return along footpath - straight at end Down Conduit Rd Left at the bottom Left at the lights Left past hospital roundabout Follow Ryhall Rd
1.13 5.51 11:34	Stop at Borderville	1.27 6.20 11:44	Stop at Borderville	1.45 6.93 11:57	Stop at Borderville	1.60 7.87 11:34	Stop at Borderville

All 4 stops at the same places for all groups

Feel free to swap groups - run one or two legs or more with the group above or below

Route 35 - 11s - 4.4m

Right out of Borderville

Into town, past Hospital roundabout

Straight over lights and down past Toby Norris

Stop at start of pedestrian area by Wilcos

Continue down High St, across Red Lion Square

Horse Shoe Lane (Alley past the Cosy Club)

Right along Sheep Market, cross to left path

Along St Peter's Street

Continue along Rutland Terrace

Into Tinwell Rd, right up Roman Bank

Stop on grass triangle at Exeter Gardens

Cross into Queens Walk

Left into West Street

Through the crossroads into North St

Passed the carpark and into Chapel Yard

Continue into Recreation Ground

Stop on grass

Take the path across the Rec to Recreation Ground Road

Turn left then over the crossroads to Kings Road

Right into Princes Road

Left into Emlyns Street

Cross to the footpath on Holland Road

Follow footpath to bottom Christchurch Close

Stop at footpath

Back along the footpath

Left on Holland Road

1st left onto Irnham Road

Right onto Kesteven Road

2nd Left onto Lincoln Road

Straight over roundabout

Back to the main road

Stop at Borderville