

Route 1

All routes through to Radley Rd, short returns via Northcourt, Medium and long out to Audlett Drive, then back via Boxhill for medium or Radley Road, & twelve Acre drive for the long.

All routes

Cross Dunmore Rd, take the path between the houses, passing school and Long Furlong medical centre. At Oxford Rd turn right, and then left into Appleford Drive. Follow the road round and turn left just past the playground on the left onto another footpath, crossing Hedgemede Avenue and continuing to Radley Rd.

Short run (6km/ 3.7miles)

Turn right into Radley Rd, run along to and turn right into Norman Avenue, then right, up Oxford Road. Turn left into Northcourt Rd, right into Sellwood Rd and then fork left through bollards to Farm Rd. At the end turn right into Dunmore Rd to Tilsley Park.

Medium run and long runs

At Radley Rd turn left, and then right at the roundabout into Audlett Drive. Run along its length to the junction with Radley Rd and turn right.

Medium run: (7.7km/ 4.8 miles)

Left into St John's Rd, and straight over Oxford Rd into Boxhill Rd. At the end take the path across the stream continuing into Boxhill Walk. At Wootton Rd, turn right up to the large roundabout then right into Dunmore Road back to Tilsley Park.

Long run (10.5km/ 6.5 miles)

Carry on along Radley Rd all the way back to the roundabout. Turn left into Twelve Acre Drive. At the roundabout turn left down Oxford Road to the traffic lights at Northcourt Rd. Turn right, then right again into Sellwood Rd, forking left through the bollards to Farm Rd which brings you out on Dunmore Rd turning right back to Tilsley Pk.