

Route 2

Wootton Road, through town and back via Wootton Road again, the medium and long runs going down to the river, and the long one including Shippon.

All routes

Right out of Tilsley Park, along Dunmore Road. Left at the roundabout into Wootton Road, carrying on along Bath Street. Left into Stratton Way, and cross the road via the underpass through to the Precinct. Cross the Market Place, and into East St Helens Street.

Short Run (5.9km/ 3.7miles)

At the bottom by the Church turn right into West St Helens Street, then left into Ock Street, right into Stratton Way, and left into Bath Street, coming back along Wootton Road and right into Dunmore Road.

Medium and long run

From East St Helens Street, continue along by the river, turning left into Wlsham Rd, then right into Preston Road. Right again at Drayton Road, and over the double roundabouts into Spring Road.

Medium run (8.7km/ 5.4 miles)

Turn right at the end of Spring Road into Faringdon Road, then left into Wootton Road and right at the roundabout into Dunmore Road.

Long run (9.8km/ 6.1 miles)

Left at the end of Spring Road into Faringdon Road. Continue over the A34 bridge, carrying on around to the right, through Shippon and along past Dalton Barracks. Outside the front gates, right into Long Tow. At the end, turn right into Wootton Road, then left at roundabout into Dunmore Road.