

Route 12

Rural run: Road to Whitecross, then off-road to Sunningwell for the short run, and up to Lincombe Lane, down to Bayworth for the medium run, then off road again to The Chandlings and back via Sunningwell on roads and then track for the long run.

All routes

Right out of Tilsley Park and along Dunmore Road. Right at the roundabout towards Wootton. Go along to Whitecross. At the end of the bungalows turn right along the bridleway to Sunningwell, via the school and Dark Lane. Turn left through the village.

Short run (5.96km/ 3.7 miles)

Take the footpath to the right before the church. Cross the stile at the top of the field, across the next two, then up the steps onto the farm track which crosses the A34. Turn right down towards Tilsley Park, and right again before Dunmore Road.

Medium and long run

At Sunningwell village hall turn left and into the field, up the hill to Lincombe Lane.

Medium run (9.1 km/ 5.7 miles)

Follow the road along to the end and round the bend to the right. At the next corner turn right, taking the paths down the fields coming out over a stile by the mobile home park in Bayworth.

Turn right and carry on round the bends. At the triangle take the left fork into Green Lane. At the end turn right, and then left at the next corner along the track down, and up over the A34. Turn right down towards Tilsley Park, and right again before on the path parallel to Dunmore Road.

Long run (12.5 km/ 7.7 miles)

Carry on to the end of Lincombe Lane, turn right into Foxcombe Road, and run past Bayworth Lane. Take the next footpath on your right. Run down the footpath through the woods. At the bottom turn right into the field. The path comes out at the bottom of Bayworth Hill. Turn left. After 200-300 yards turn left again, and take the path across past Chandlings, coming out on the old A34.

Turn right and go along for half a mile or so until you come to the turning for Sunningwell. Turn right and at the corner turn left into the track which eventually crosses the A34. Turn right down towards Tilsley Park, and right again before Dunmore Road.