

Route 15

The short run goes along leafy avenues to the north of the town, while the medium and long runs continuing into the centre, along Park Road and Ock Street, returning via Wootton Road. If you prefer an even longer run, after the town centre carry on around the perimeter roads - Audlett Drive, Twelve Acre Drive and back to Tilsley Park.

All routes

Cross Dunmore Road and go along the path between the houses, to Oxford Road. Turn right and go down Oxford Road and turn left into St John's Road.

Short run (5.9km/ 3.7 miles)

Turn left again, into Radley Road. Continue away from town along Radley Road, turning left into Kennet Road and run along to the end. At the cycle/footpath, go left towards town again, then right into Appleford Drive, and along to Oxford Road. Turn Rt and cross the road at the crossing and come back along the path you came out on between the houses back to Tilsley Park

Medium and long runs

From St John's Road, turn right into Radley Road, and then left into The Vineyard. At the junction with Stert Street, turn right into Stratton Way, and run along crossing Bath Street and then immediately right through the railings onto Park Road. Run the half mile along and at the end turn left into Spring Road, and then at the roundabouts left into Ock Street. Turn left into Stratton Way.

Medium run (7.6km/ 4.7 miles)

On Stratton Way, turn left into Bath Street, continuing into Wootton Road, turning right at the large roundabout into Dunmore Road and back to TP.

Long run (10.6km/ 6.6 miles)

On Stratton Way continue over Bath Street, then Left into The Vineyard, turning right at the mini-roundabout into Radley Road and then another right into Audlett Drive. Run all the way round, over the first roundabout into Twelve Acre Drive and straight over the next roundabout into Dunmore Road to TP.