

Route 17

This takes the perimeter road to the north west of Abingdon, then turning left into Willow Brook and Spring Gardens. The short run returns from here, while the others do a circuit of Albert Park before continuing through town, and the long run goes down to the river. All runs return via Faringdon Road and Wootton Road. This is suitable for after-dark running, with well-lit roads and paths all the way.

All routes

Turn right into Dunmore Road and cross over the road. Go along to the roundabout and straight over into Copenhagen Drive. Go under the Faringdon Rd. bridge and turn left along Colwell Drive, turning left at the roundabout into Willow Brook and fork left again into Anna Pavlova Close. Run between the bollards into Spring Gardens emerging onto Spring Road.

Short run (5.55 km/ 3.5miles)

At the end turn left into Spring Road and at the top right into Faringdon Road, then left at the roundabout into Wootton Road, passing school and college, and then right at the Wootton Road roundabout back into Dunmore Road and up to Tilsley Park.

Medium and long run

At the end of Spring Gardens turn right into Spring Road and then left through railings into Park Road. Take the second left into Park Crescent and run all the way round it, coming back to Park Road again. Cross straight over into Victoria Road and then turn left into Ock Street. Continue to the junction with Stratton Way.

Medium run (8.23km/ 5.1 miles)

Left into Stratton Way, and just before the junction with Bath Street, turn sharp left into Park Road again. Run along past the school and turn right into

Park Crescent. At the top turn right, into the approach to Faringdon Road, then right into Faringdon Road, left into Wootton Road, passing school and college, and then right at the Wootton Rd roundabout back into Dunmore Road, and up to Tilsley.

Long run (10.02 km/ 6.2 miles)

From Ock Street pass Stratton Way, and continue along Ock Street into the High Street. Turn right into West St Helen Street, go down to the end and along St Helens Wharf, passing the Old Anchor Inn. Then continue over the bridge into Caldecott Road, along to the end, and right into Drayton Road. Cross the roundabouts into Spring Road and continue to the top turning right into Faringdon Road. At the next roundabout go left into Wootton Road, passing the school and then college, and then right at the Wootton Rd roundabout back into Dunmore Road, and up to Tilsley.