

Route 3

Through the town to East St Helen Street. Short run back via Bath Street, medium run on to Preston and Drayton Roads, while the long run goes as far as the Rugby club, and loops back via Caldecott Road and the town centre again.

All routes

Turn right out of Tilsley, along Dunmore Road. Left at the roundabout into Wootton Road, carrying on along Bath Street to town. Left into Stratton Way then left into the Vineyard, right at the lights into Abbey Close and along past Waitrose, taking the right fork continuing on Abbey Close to the Guild Hall. Turn right in front of the Guild Hall, through St Nicolas archway and straight over into East St Helen Street.

Short Run (6.1km/ 3.8 miles)

At the end of East St Helen Street, turn right back up to town on West St Helen Street, left into Ock Street, right into Stratton Way, and left into Bath Street. Returning on the outward route up Wooton Rd, right at the roundabout into Dunmore Road to Tilsley Park

Medium and long run

At the end of East St Helen Street, bear left to the river and along past the Anchor Inn, and left into Wilsham Road, following the river.

Medium run (9.0km/ 5.6 miles)

Turn right at Preston Rd, and along to the end. Right again at Drayton Rd, Continuing straight over all roundabouts into Spring Rd. Right at the end of Spring Rd into Faringdon Rd, then left into Wootton Rd and right at the large roundabout into Dunmore Rd to Tilsley Park.

Long run (10.16k/ 6.35miles)

Carry on past Preston Road and carry straight along taking a path through to West Quay. Follow the Rd around past the Rugby Club, then coming back to Preston Rd turning Left. At the end turn right into Drayton Rd. At the second roundabout turn right again into Caldecott Road, along past the Anchor pub and into West St Helen Street, left into Ock Street, right into Stratton Way, and left into Bath Street. Then go back along Wootton Road and right at the roundabout into Dunmore Road.