

# Route 7

Part rural, along paths and lanes, and some town. Four distances all outward via Copenhagen Drive, and then choose between Spring Road and the Park for the short run, via paths to Drayton for the medium or further via Peep o'Day Lane for the longest run.

## All routes

Turn right into Dunmore Rd. Straight over at the roundabout and along Copenhagen Drive. Follow it round to Colwell Drive.

### Short run (5.9km/ 3.3 miles)

Turn first left into Anna Pavlova Close, through to Spring Gardens and out onto Spring Rd. Turn left on Spring Rd up to the roundabout, Right onto Faringdon Rd. At the end turn left into Wootton Rd, then at the roundabout right into Dunmore Rd.

### Medium and long run

Along to the end of Colwell Drive turn right and along towards Tesco, take the access road to Tesco and pick up the footpath through the trees just before the roundabout which goes beside the river Ock, run along to and cross via the wooden bridge going through the hedge to the tarmac road - Mill lane.

### Medium run (8.25km/ 5.1 miles)

Turn left after the bridge along Mill Lane, which becomes Mill Rd. At the end of Mill Rd, turn left into Drayton Rd. Then at the double roundabouts take Spring Rd ahead. Take the third right(through railings) into Park Rd, left into Park Crescent, round to the top, left and out into Faringdon Rd. Turn right, and at the roundabout left into Wootton Rd, then after half a mile right into Dunmore Rd.

## **Long run (11.6km/ 7.23 miles)**

After the Wooden bridge turn right, passing the houses on your right. Follow the path round sharp left and then sharp right then continue straight towards the A34. Carry on alongside and above the A34 for about 500m. When you reach a hard farm road turn left, and run along it into Drayton. Turn left on Abingdon Rd and come back towards Abingdon, picking up the same route as the medium run, Over the Mini roundabouts into Spring Rd, 3<sup>rd</sup> right through railings into Park Rd, left into Park Crescent, round to the top, left and out onto Faringdon Rd. Turn rt then left at the roundabout onto Wootton Rd and right at the large roundabout into Dunmore Rd.

## **Longest run (15.4km/ 9.6 miles)**

As you come out of Drayton village towards Abingdon, turn right down Stonehill Lane / Oday Hill, round a few bends and then turn left into Peep o'Day Lane, coming back via West Quay, Wilsham Rd, then left into Caldecott Road, right into Drayton Rd, Straight over roundabouts into Spring Road, 3<sup>rd</sup> right into Park Rd, left into Park Crescent, round to the top, left and out onto Faringdon Rd. Turn rt then left at the roundabout onto Wootton Rd and right at the large roundabout into Dunmore Rd.