

Route 8

Part rural via Dalton Barracks and Shippon, the short run coming back via Faringdon Road, the medium run going out to the Gozzards Ford Road and back via Marcham Road and McDonalds, while the long run includes Caldecott Road & riverside run, before East St Helen Street.

All routes

Turn right into Dunmore Road. Along to roundabout, and right into Wootton Road, then turn left into Long Tow. Bear left past the Front gates to the barracks into Cholswell Rd which then becomes Faringdon Rd.

Very short run and short run

Carry on over the A34 bridge.

Very short run (5k)

Just after you cross over the A34 the bridge goes over Copenhagen Drive, just after the bridge, take the footpath down a slope onto Copenhagen Drive turn right and run straight over the large roundabout and back to TP.

Short run (6.0 km/ 3.75m)

Continue on Faringdon Road. Left at the roundabout into Wootton Road. At the large roundabout right into Dunmore Road.

Medium and long runs

Partway along Faringdon Rd before you cross the A34 turn right into Barrow Road. Pass the Prince of Wales pub and continue along to the end, passing the airfield, and turning left at the end onto Gozzards Ford Rd, Left again into Marcham Rd. Go under the Marcham Rd interchange and continue towards the town.

Medium run (8.7km/ 5.4 miles)

Turn left at McDonalds into Colwell Drive. At the top right into Copenhagen Drive to Wootton Rd roundabout, and into Dunmore Rd.

Long run (11.7 km/ 7.3 miles)

Continue to the double roundabouts at the start of Ock Street. Turn right into Drayton Road. Left into Caldecott Road, along to the corner with Wilsham Road, Straight on alongside the river, passing the Anchor Inn and through to East St Helens Street. Cross Bridge Street, under St Nicolas arch, immediately left, on Abbey Close passing Waitrose on your right and out to The Vineyard. Turn right and go over the roundabout into Oxford Rd. All the way up to the roundabout. Left into Dunmore Road and back to Tilsley Park.