

Woolston Park 5m



Directions

Just like running on an oversized track, this is a very straightforward route.

Start on Green Lane with your back to the road, at the point where it meets the right hand of the two park footpaths.

Follow the obvious footpath, keeping the brook on your left.

Pass the footbridge on the left and the bandstand on the right, at the end you will come out onto Grosvenor Grange.

Turn left, after a few meters turn left again, back onto the park onto the footpath on the other side of the brook.

Follow this footpath keeping the brook on your right until you return to Green Lane.

Repeat until you have covered the 5 miles, this will be part way through your 6th lap.