

## JUST JOG ROUTE CHALLENGE

ROUTE # R4-4  
DISTANCE 4 MILE  
PROFILE Dark and hilly and on road



### DIRECTIONS

Exit school and run along Church Road onto Beckspool Road. Before the bend in the road cross over onto the grass and through the hedge, past the duck pond, straight on and exit onto the ring road cycle path, turning right.

Follow the cycle path round to the traffic lights, and cross over at the lights, going left onto the cycle path.

Leave the cycle path on the second footbridge and cross over onto Church Lane and follow this road until it reaches Bury Hill.

Turn left onto Bury Hill and follow it into Moorend Road and then when you reach the common, turn left into Worrells Lane and the left again into Whiteshill. Staying on this road and following round to the left comes back out at the Hambrook traffic lights. Go straight over, first left into Beckspool Road and back to school in front of the church.