

1 Mile Run

This route takes in all of Farady Road and Newton Road and the two short central section of both Manor Royal and Fleming Way that run between these two roads.



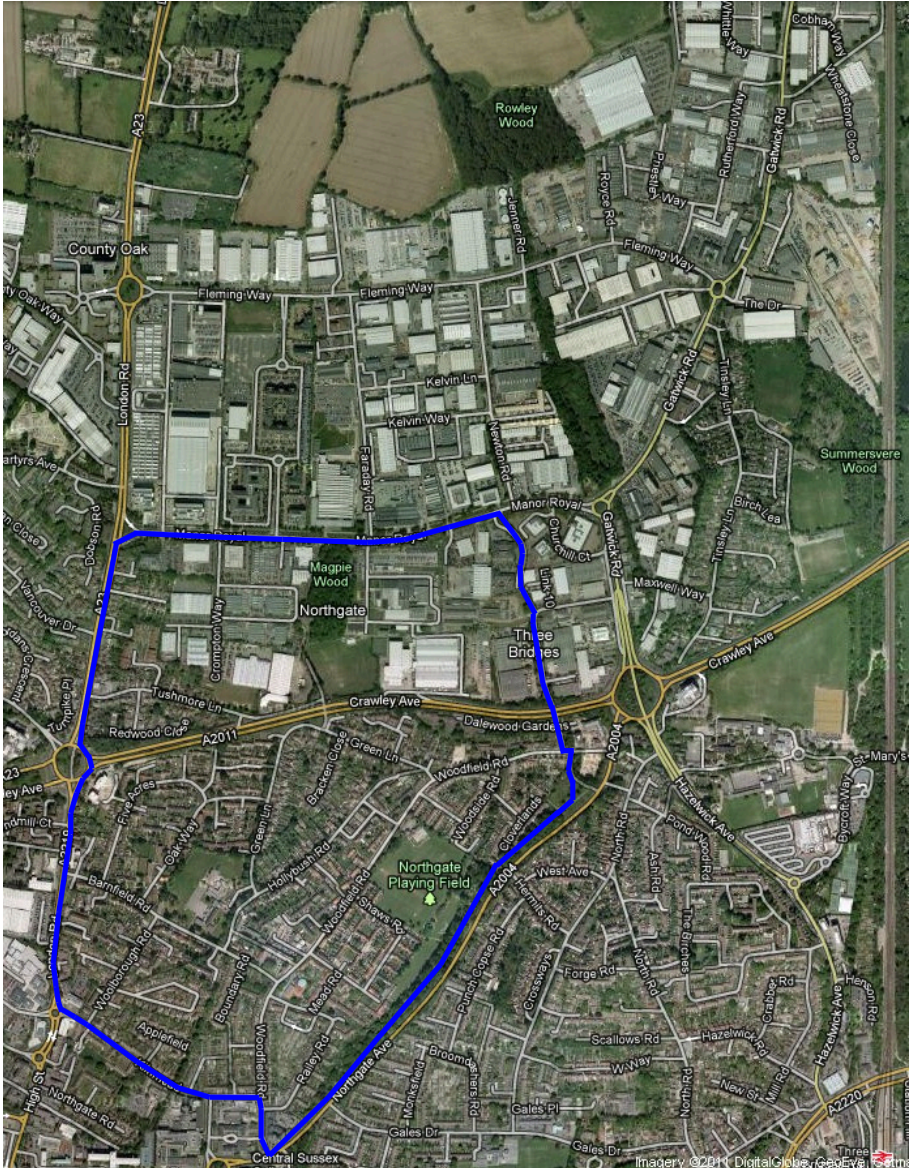
2.2 Mile Run

This route takes in all of Manor Royal and Fleming Way and the small sections of London Road and Gatwick Road that run between them



2.8 Mile Run

This route takes the section of Manor Royal from the footpath that leads to Woolborough Lane to London Road, the section of London Road that leads from Manor Royal to Kilmead in Northgate, all of Kilmead the section of Woodfield Road in Northgate that leads from Kilmead to Northgate Avenue, the section of Northgate Avenue from Woodfield Road to the grass area North East of Cloverfields that leads back into the North end of Woodfield Road, along Woolborough Lane through the footpath that leads into Manor Royal.



3 Mile Run

This route takes the section of Fleming Way from London Road to Priestly Way, the section of Priestly Way from Fleming Way to Rutherford Road, all of Rutherford Road, the section of Gatwick Road between Rutherford Road and Cobham Way, all of Cobham Way, the section of Tinsley Lane North from Cobham Way to Gatwick Road, the section of Gatwick Road from Cobham Way to Manor Royal, all of Manor Royal and the section of London Road that runs between Manor Royal and Fleming Way.

