



## **BWR1 Shin Splints Route – 7 miles (11.4km) REVERSE**

- From Broome Manor, turn left along the access road. At the traffic lights turn right up the old road and continue up Pipers Way bearing right at the top onto Marlborough Road.
- At the traffic lights just after 1 mile cross the road with care and pick up the cut through footpath out onto Windsor road.
- Turn left and follow Windsor Road all the way down until Sandringham Road (5<sup>th</sup> turn on the right).
- Continue up Sandringham Road all the way back to Marlborough Road. Turn left and follow the footpath as it bends left into Queens Drive.
- Go along Queens Drive all the way to the magic roundabout and turn left onto Drove Road
- Follow Drove Road back up to Old Town and stay straight ahead along the High Street. Cross over at the lights to turn right down Newport Street and then left onto Croft Road.
- At the bottom of Croft road, at the lights, bear left onto and up Pipers Way.
- Cross over the road with care to take the right turn back down to Broome Manor Golf club.

[https://www.mapometer.com/running/route\\_4968991.html](https://www.mapometer.com/running/route_4968991.html)



## **BWR1 Shin Splints Route – 5.6 miles (9km)**

### **REVERSE**

- From Broome Manor, turn left along the access road. At the traffic lights turn right up the old road and continue up Pipers Way bearing right at the top onto Marlborough Road.
- At the traffic lights just after 1 mile cross the road with care and pick up the cut through footpath out onto Windsor road.
- Turn left and follow Windsor Road all the way down to Queens Drive and turn left.
- Go along Queens Drive all the way to the magic roundabout and turn left onto Drove Road
- Follow Drove Road back up to Old Town and stay straight ahead along the High Street. Cross over at the lights to turn right down Newport Street and then left onto Croft Road.
- At the bottom of Croft road, at the lights, bear left onto and up Pipers Way.
- Cross over the road with care to take the right turn back down to Broome Manor Golf club.

[https://www.mapometer.com/running/route\\_4968996.html](https://www.mapometer.com/running/route_4968996.html)



### **BWR1 Shin Splints Route – 3.1 Miles (5km) REVERSE**

- From Broome Manor, turn left along the access road. At the traffic lights turn right up the old road and continue up Pipers Way bearing right at the top onto Marlborough Road.
- Immediately cross the road at the traffic lights, bear slightly left and then right onto Scotby Avenue, following the road round to the left into Sandown Avenue.
- Take the left hand turn into Carlisle Avenue and then turn right onto Marlborough Road.
- Continue up to Old Town, cross with care and turn left onto Newport Street and then left onto Croft Road.
- At the bottom of Croft road, at the lights, bear left onto and up Pipers Way.
- Cross over the road with care to take the right turn back down to Broome Manor Golf club.

[https://www.mapometer.com/running/route\\_4969004.html](https://www.mapometer.com/running/route_4969004.html)