



BR5 Shin Splints Route – 3.3 miles – Lawn Loop

- From Broome Manor, turn left along the access road. Just before the traffic lights, turn right up the old road and out onto Pipers Way.
- At the roundabout, keep right to go down Marlborough Road and cross immediately at the traffic lights to pick up Scotby Avenue opposite.
- Continue down Scotby Avenue and as the road bends away to the left, look for a footpath on your right.
- Follow this footpath as it emerges onto Farleigh Crescent and then keep straight ahead with Lawns on your left and houses on your right. (1 mile)
- As the road bends away to the right, keep straight ahead onto a footpath that leads across to Cycle track 45. Cross over this and keep straight ahead on the footpath through the trees.
- Turn sharp left and follow the main path up through Lawns. As the path flattens out, turn sharp left on the footpath (2 miles) and continue until you meet Old Mill lane road. Keep straight on the road but as the road bends sharp right stay straight ahead and uphill on the footpath through the trees.
- The path emerges onto Sandown Avenue, turn right here and follow the road into Scotby and out onto Marlborough Road.
- Cross at the traffic lights and retrace back down Pipers Way and left into the golf club.

https://www.mapometer.com/running/route_4908062.html

BR5 Shin Splints Route – 5 miles – Railway to the Garden

- From Broome Manor, turn left along the access road. Just before the traffic lights, turn right up the old road and out onto Pipers Way.
- Cross over the road when safe to do so and at the roundabout, keep left to follow Marlborough Road up towards Old Town.
- At the mini roundabout, turn left into Signal Way and continue through the Ind Est to pick up the footpath at the end onto the old railway track.
- Follow the railway for about $\frac{3}{4}$ mile until you see the concrete path below. Drop down onto this path bearing right and uphill onto Mill Lane.
- Turn right onto Mill Lane and continue into Westlecot Road. Look out for the entrance into Town Gardens on your left through iron gates. Take the main path through the gardens to come out onto Quarry Road.
- Turn left here and up hill onto Bath Road. Turn right and follow Bath Road all the way to the roundabout. Head straight across taking care when crossing the road into Wood Street.
- At the end of Wood Street (3 miles) turn right into High street, cross at the lights and turn left down Charlotte Mews footpath into Lawns.
- Continue down the main path and just before you emerge from the trees at the bottom, turn sharp right and follow the footpath to Cycle Route 45. Cross straight over to pick up the path ahead of you to join Farleigh Crescent.
- Continue along Farleigh Crescent and as the road bends away to the left, keep straight ahead on a uphill footpath through trees to emerge on Scotby Avenue. Turn left here and continue to Marlborough Road.
- Cross at the lights turn right and then bear left back down Pipers Way, turning left back to Broome Manor.
- Continue past the club House and keep on the footpath until the small hut where your devices should read 5 miles 🏃
- https://www.mapometer.com/running/route_4908101.html

BR5 Shin Splints Route – 10k Railway to Town onto Queens Lawn

- From Broome Manor, turn left along the access road. Just before the traffic lights, turn right up the old road and out onto Pipers Way.
- Cross over the road when safe to do so and at the roundabout, keep left to follow Marlborough Road up towards Old Town.
- At the mini roundabout, turn left into Signal Way and continue through the Ind Est to pick up the footpath at the end onto the old railway track.
- Follow the railway for about $\frac{3}{4}$ mile until you see the concrete path below. Drop down onto this path bearing right and uphill onto Mill Lane.
- Turn right onto Mill Lane and continue into Westlecot Road. Look out for the entrance into Town Gardens on your left through iron gates. Take the main path through the gardens to come out onto Quarry Road.
- Turn left here and uphill onto Bath Road. Turn right and follow Bath Road all the way to the roundabout. Turn left down Victoria Hill. At the bottom of the hill turn right into Durham Street.
- Continue straight ahead into Queens Park and follow the main path through to emerge onto Drove Road, turn right and then cross the road with care and turn left into Upham Road.
- Take the first turning on your right into Parklands Road and keep straight ahead to pick up the cycle track that goes uphill into the Lawns.
- At the top of the hill bear left to go down hill on the main path, continuing all the way to Queens Drive. Turn right here and right again into Windsor Road. Take the fifth turn on the right into Farleigh Crescent and follow the road as it bends around to the left. When the road turns left again, this time stay straight ahead onto a footpath through trees to emerge on Scotby Avenue. Turn left and follow Scotby until Marlborough Road.
- Cross at the lights turn right and then bear left back down Pipers Way, turning left back to Broome Manor.
- https://www.mapometer.com/running/route_4908109.html