

Monday Shuffling Routes

ROUTE 1

Off road. School, bottom playing field, reverse parkrun into Scraggs, cross Bouldsdon Lane, through the gate and then the footpath and footbridge, into the orchard. Up to the top of the Orchard, along the sides of the fields and then down Stallion Hill.

Cross the Huntley Rd and then onto the footpath through the Moat Farm orchard. Turn right after the weigh bridge and then follow the track along its side. Pass through two hedges, over the stile and emerging at the bottom of Southend Lane.

Follow the track as it narrows and then runs alongside the crop fields, turning right into a small wooded copse (formerly known as the crack den) following the footpath through two field boundaries, and then up to the gate leading into Foley Road. Onto Foley Rd, past my house, through the alley into Culver St. Turn right. Onto pavement and then turn left at the footpath metal barrier. Down the slope, over the footbridge, turn right, and follow path to rear school gate. Run down the side of the school turning left to follow the front of the building, finishing at the car park.

This may also be run in reverse of course. Distance is approx. 4.5 miles.

ROUTE 2

Road. Left out of school gates, then right into Bradfords Lane. Up the hill, along the top of the lane then onto Ross Rd, via the access road.

Down the main road to the traffic lights at the top of the town. Cross when safe into the Lakeside estate. A circuit of the estate, and then onto the Lake footpath, picking up the Tri route.

Follow the tri route, but ignore the Watery Lane turn and carry on up to the traffic lights again. Turn left, back up the Ross Road and a reversal of the route back to the school to complete a circuit.

Distance = Approx. 5 miles.

ROUTE 3

Off Road. Dymock woods dirty circuit. 5-7 miles depending on time available and ground conditions. Best attempted in the summer.

We will drive to Queens Wood car park.

ROUTE 4

Road. School, Watery Lane, left opposite the surgery, and up to the traffic lights. Cross at the top of the road, and then cross the main road. Turn right after the fire station.

Follow the road, past Mr Miles's place and then turning right at the next junction. Follow the road to the crossroads at Hooks Lane. Go straight ahead.

Follow the road all the way, turning left at the junction. Then continue until reaching the village of Upleadon. Uphill to the phone box / library at the top. Turn left and follow the road all the way to a reversal of the route, completing a circuit back to the school. Distance = 8 miles.

ROUTE 5

Road. Based on the Newent 9, but will vary once the bottom of the Hill is reached at Anthony's Cross, and/or at the bottom of Onslow Road. Distance = 5/6 miles.

ROUTE 6

Road. School, Watery Lane, Glebe Road, onto Ross Road, down past Ladder and fencing to the church at Oxenhall. Turn right and follow Three Ashes Lane past the cricket club. Cross the main road

and then follow the lane until it reaches Strawberry Hill.

Up Strawberry Hill, turning right at the top. Follow the lane, turn left at Lancaster Terrace. Run down that Lane, emerging at the top of cardiac hill. Follow the road parallel with the lake, then down the alley until emerging at the lake car park. Cross the road, then down Watery Lane to the school.

Distance = approx. 5 miles.

ROUTE 7

Road. School, left down Watery Lane, then right into the Tythings. Proceed up to Bradfords Lane, turning left then down the hill to Watery Lane. Turn right. Then run towards Cliffords Mesne, taking a left turn into Bouldson Lane. Cross the road and head down the concrete path to Moat Farm. Turn left at the Moat Farm entrance and head back towards Anthony's Cross. Turn left and head back down Culver Street.

Into the town, turn into Watery Lane, and back to the school.

Distance = 5/6 miles.

These are UNCOACHED sessions. The pace of the run will be one which all present can handle regardless of ability. The quicker people may sprint up hills etc., but will always take their foot off the gas to allow the group to come back together. These are social runs, and the ability to indulge in gentle banter (or a knowledge of 1950's Hollywood musicals) will be more important than running ability. Hi-vis and head torches required in winter, trail shoes may be advised for off road.