

BEVERLEY FITMUMS & FRIENDS
PACED RUNS FROM BEVERLEY LEISURE CENTRE

PACED RUNS ROUTE 1P	MILES
ROUTE 1P LEISURE CENTRE 3 MILES	
<p>Map: https://www.mapometer.com/running/route_5315832</p> <p>Outward directions: L Flemingate – L Minster Yard South – L Long Lane – R through barriers to Sage Close – L Sage Close – R Sage Close – L Figham Springs Way – R Woodmansey Mile – L Lincoln Way – L Ripon Avenue – L Lincoln Way to roundabout at Minster Way.</p> <p>PACED SECTION: START at roundabout at Minster Way and go back down Lincoln Way on the LEFT HAND SIDE of the road – R Ripon Avenue – R Lincoln Way – R Woodmansey Mile - STOP at the junction of Woodmansey Mile and Figham Springs Way.</p> <p>Return directions: L Figham Springs Way – R Sage Close – L Sage Close – R through barriers to Long Lane – L Long Lane – R Minster Yard South – R Flemingate – R base.</p> <p>Cautions: Be aware of pedestrians on narrow footpaths especially on exit and return to leisure centre – instruct runners to go in single file. Use crossings.</p>	<p>1P 3 mi</p>
ROUTE 2P LEISURE CENTRE 3 MILES	
<p>Map: https://www.mapometer.com/running/route_5315834</p> <p>Outward directions: L Flemingate – R Armstrong Way – R Grovehill Road – L Cherry Tree Lane – Sample Avenue</p> <p>PACED SECTION: START – junction of Sample Avenue and Coltman Avenue – L Coltman Avenue – Sigston Road – Warton Avenue – STOP at junction of Warton Avenue and Grovehill Road.</p> <p>Return directions: L Grovehill Road – R Holme Church Lane – R through barriers – R St Nicholas Road – L Grovehill Road – L Armstrong Way – L Flemingate – R base.</p> <p>Cautions: Be aware of pedestrians on narrow footpaths especially on exit and return to leisure centre – instruct runners to go in single file. Use crossings.</p>	<p>2P 3 mi</p>
ROUTE 2P LEISURE CENTRE 2 MILES	
<p>Map: https://www.mapometer.com/running/route_5315841</p> <p>Directions: L Flemingate – R Armstrong Way R Grovehill Road – junction with Trinity Grove and Chantry Lane.</p> <p>PACED SECTION: START Grovehill Road (on left hand side) at junction with Trinity Grove and Chantry Lane – L Cherry Tree Lane – R Goths Lane – R Coltman Avenue – STOP at the junction of Coltman Avenue and Grovehill Road.</p> <p>Return directions: L Grovehill Road – R Beaver Road – R Holmechurch Lane – R through barriers – bear L – R Flemingate – R base.</p>	<p>2P 2 mi</p>

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