**Boothferry Fitmums Running Routes**

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| **Route 2A (Reverse) – HFRS Base** | |
| Exit base and turn R onto Hessle Rd, Caution: care when crossing road, L Tilbury Rd, R Campion Ave, L Burnham Ave, L APRS, L Tilbury Rd and onto APRS, L Hessle Rd and back to base. Caution when crossing road.  [BoothFM - Route 2A; 1mile. Mapometer.com running route #5489870](https://gb.mapometer.com/running/route_5489870.html) | 1 mile |
| Exit base and L onto Hessle Rd. Caution: cross road with care, straight onto Hull Rd. R First Lane, up to junction with Seaton Road, turn round, back down First Lane, R Belvedere Rd, L Glamis Rd, L Northolme Rd, R Hull Rd, L Itlings Lane. Caution: use crossing, L Windmill Way onto Green Lane, onto Sainsburys Way, L Priory Way, R Hessle Rd and back to base. Caution: use care crossing road.  [BoothFM - Route 2A; 2mile. Mapometer.com running route #5489873](https://gb.mapometer.com/running/route_5489873.html) | 2 miles |
| Exit base and L onto Hessle Rd. Caution: cross road with care, straight onto Hull Rd. R First Lane, L Cottesmore Rd, onto Sunningdale Rd, R Beverley Rd, L Boothferry Rd, L Swanland Rd, straight over to Northolme Rd. Caution; use crossing, L Hull Rd, onto Hessle Rd and back to base. Caution: use care crossing road.  [BoothFM - Route 2A; 3mile. Mapometer.com running route #5489875](https://gb.mapometer.com/running/route_5489875.html) | 3 miles |
| Exit base R Summergroves Way to The Groves, turn round, L Hessle Rd, Caution: cross road with care, onto Hull Road Caution: use crossing, R First Lane, L Cottesmore Rd, L Glamis Rd, R Northolme Rd, straight over to Swanland Rd, Caution: use crossing, L Barrow Lane, L Ferriby Rd, onto Prestongate, R Southgate. Caution: narrow paths, L Ferry Rd, L Buttfield Rd, R Hull Rd, R Itlings Lane, L Windmill Way onto Green Lane, onto Sainsburys Way. L Priory Way, R Hessle Rd and back to base. Caution: cross road with care.  [BoothFM - Route 2A; 4mile. Mapometer.com running route #5489878](https://gb.mapometer.com/running/route_5489878.html) | 4 miles |
| Exit base and turn L onto Hessle Rd, Caution: use care crossing road, onto Hull Road, R Northolme Rd, R Beverley Rd, R Sunningdale, onto Cottesmore Rd, L First Lane, L Seaton Rd onto Richmond Rd, R Beverley Rd, L Boothferry Rd, L Heads Lane, L Ferriby Rd, R South Lane. Caution: narrow paths, L Station Rd onto Ferry Rd, L Buttfield Rd, R Hull Rd, onto Hessle Rd and back to base. Caution: care when crossing road.  [BoothFM - Route 2A; 5mile. Mapometer.com running route #5489881](https://gb.mapometer.com/running/route_5489881.html) | 5 miles |
| Exit base and turn R onto Summergroves Way, run to santolina Way and turn round, L onto Hessle Rd onto Hull Rd, Caution: use care crossing road, R First Lane, L Boothferry Rd, straight, L Heads Lane, L Ferriby Rd, R Chestnut Ave, R Davenport Ave, L Woodfield Lane, L Southfield, follow road round to R, Caution: narrow paths and tree roots, L Station Rd, L Southgate Caution; narrow paths, R Hessle Square onto Hull Rd, onto Hessle Rd and back to base Caution: cross road with care.  [BoothFM - Route 2A; 6mile. Mapometer.com running route #5489883](https://gb.mapometer.com/running/route_5489883.html) | 6 miles |

**ROUTE 2A**

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