**Cottingham Fitmums & Friends Running Routes**

**Blue Kangaroo Routes**

**Route 1**

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| **Route 1** | **Miles** |
| Base - R Finkle St – R onto West End Rd – L Harland Way – L Mill Lane – L thro’ cemetery – L Eppleworth Rd – R West End Rd – Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. | **1** |
| Base - L – Finkle St – R King St – L Newgate St – R Priory Rd – R Kingsway – R Link Rd – R The Garth – R Wake Ave – R Parkway – R South St – L King St – L Finkle St – Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. | **2** |
| Base - R Finkle St – R onto West End Rd – L Harland Way – L Mill Lane – L thro’ cemetery – R Eppleworth Rd – L Green Lane – L Castle Rd – R Burton Rd – L Parkway – R Wake Ave – L The Garth – L Link Rd – L Oakdene – R South St – L King St – L Finkle St – Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. | **3** |
| Base - R Finkle St – R onto West End Rd – L Harland Way – L Keldgate – L past Mill Bev Rd – across Eppleworth Rd up path to roundabout – L Castle Rd – R Burton Rd – L Parkway – L Baynard – Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. | **4** |
| Base – R Finkle St – West End Rd – L Harland Way – R Woodhill Way to Lazaat – over main road to Bev Rd – down hill and up past Mill – across Eppleworth Rd up path to roundabout – L Castle Rd – R Burton Rd – L Parkway – L Baynard – Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Be aware of major road crossing at Lazaat. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. | **5** |

**Route 2**

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| **Route 2** | **Miles** |
| Base – R Finkle St – West End Rd – L Harland Way – L Mill Lane – L thro cemetery – L Eppleworth Rd – R West End Rd – Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. | **1** |
| Base – L Finkle St – R King St – L Newgate St – R Snuff Mill Lane – R Hornbeam Walk – R Priory Road – L Kingsway – R Link Rd – R The Garth – R Bacon Garth Lane – L South St – R Baynard – Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. | **2** |
| Base - L Finkle St – R King St – L Newgate St – R Hull Rd – R Snuff Mill Lane – L Hornbeam Drive – R Priory Rd – L Kingsway – R Link Road – R Oakdene – R South St – L King St – R Finkle – Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. | **3**  |
| Base - L Finkle St – R King St – L Newgate St – R Hull Rd – R Snuff Mill Lane – L Hornbeam Drive – R Priory Rd – L Kingsway – R Link Road – R The Garth – R Wake Ave – L Parkway – R Burton Rd – R Southwood Rd – L Baynard Ave – Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. | **4** |
| Base - L Finkle St – R King St – L Newgate St – R Hull Rd – R Snuff Mill Lane – L Hornbeam Drive – R Priory Rd – L Kingsway – R Link Road – R The Garth – R Wake Ave – L Parkway – R Burton Rd – L Castle Rd – R Green Lane – R Eppleworth Rd – L thro cemetery – R Mill Lane onto Harland Way – R West End – Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. | **5**  |

**Route 3**

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| **Route 3** | **Miles** |
| Base – R Finkle St – West End Rd – L Harland Way – L Mill Lane – L thro cemetery – L Eppleworth Rd – R West End Rd – Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. | **1** |
| Base – L Finkle St – R King St – L Newgate – R Snuff Mill Lane – R Hornbeam Drive – R Priory Rd – L Kingsway – R Link Road – R The Garth – R Wake Ave – R Parkway – L Baynard Ave – Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. | **2** |
| Base – R Finkle St – L Baynard – L South St – Newgate St – Thwaite St – L New Village Rd – Northgate – L West End – R Eppleworth Rd – L Dene Rd – Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. Extra care crossing railway. | **3** |
| Base – L Finkle St – R King St – L Newgate St – R Snuff Mill Lane – across Hornbeam Drive to Snuff Mill Lane – R Wood Lane – L Priory Rd – R Wood Lane (footpath) – R Carr Lane – R over footbridge across fields to The Garth – R follow The Garth to Bacon Garth Lane – L South St – R Baynard Av – R Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. Off road sections – take care. | **4** |
| Base – R Finkle St – L Baynard Ave – R Southwood Rd – The Parkway – L Wake Ave – R The Garth – R Abbotts Walk – across field to Carr Lane – across Golf Course – L Willerby Rd – L Hotham Rd South – L Wold Rd – R Swinebank – L Priory Rd – L Newgate St – R King St – L Finkle St – Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. Off road sections – take care. | **5** |

**Route 4**

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| **Route 4** | **Miles** |
| Base – R Finkle St – R Hallgate – L George St – R Northgate – L into park – across to Park Lane exit – L Park Lane – L Northgate – R George St – R Hallgate – L to base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. Narrow entrance/exits to park. Caution re dogs off leads. | **1** |
| Base – R Finkle St – R Hallgate – L George St – L Northgate – R Park Lane - into park – around woodland track – out thro’ main entrance – R Northgate – L West End Rd – R Eppleworth Rd – L Dene Rd – West End Rd – Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. Narrow entrance/exits to park. Caution re dogs off leads. | **2** |
| Base – R Hallgate – L George St – R Northgate – L into Park – across park onto Park Lane – L Northgate – Harland Way – L Mill Lane – L thro cemetery – R Eppleworth Rd – L Green Lane – L Castle Rd – L St Margarets Ave – R Eppleworth Rd – R West End Rd – Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. Narrow entrance/exits to park. Caution re dogs off leads. | **3** |
| Base – R Finkle St – R West End R – L Harland Way – L Mill Lane – L thro cemetery – R Eppleworth Rd – L Green Lane – L Castle Rd – R Burton Road – R Canada Drive – R Burton Drive – L Parkway – R Wake Ave – L The Garth – L Link Rd – L Kingsway – R Priory Rd – L Hornbeam Dr – L Snuff Mill Lane – L Newgate St – R King St – L Finkle St – Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. | **4** |
| Base – R Finkle St – West End Rd – L Harland Way – R Woodhill Way – over Main Rd to Beverley Rd – down hill and up past the Mill – across Eppleworth Rd up path to roundabout (along side hospital) – straight on at roundabout towards Total Fitness – Willerby Low Road – R Southwood Rd – L Baynard Ave – Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Be aware of major road crossing at Lazaat. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. | **5** |

**Route 5**

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| Base – L Finkle St – L first snicket – L Hallgate – L Baynard Ave – L South St – L King St – L Finkle St – Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. | **1** |
| Base – L Finkle St – L first snicket – R Hallgate – L George St – L Northgate – Harland Way – L Mill Lane – L thro cemetary – R Eppleworth – L St Margarets Ave – L Churchill Ave – R Woodstock Close – R thro snicket – L Southwood Rd – L Baynard Ave – R Finkle St – Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. Narrow entrance/exits through snickets. | **2** |
| Base – R Finkle St – L West Ed Rd – L Eppleworth – L St Margarets Ave – L Churchill Ave – R Winston Drive – L Southwood Rd – R Parkway – L Wake Ave – R The Garth – R Link Rd – L Kingsway – R Priory Rd – L Hornbeam Drive – L Hornbeam Walk – L Hornbeam Drive – L Newgate St – R King St – L Finkle St – Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. | **3** |
| Base – R Finkle St – L West End Rd – L Dene Rd – L Eppleworth Rd – L St Margaret’s Ave – L Churchill Ave – R Winston Dr – L Southwood Ave – R Parkway – L Folkton Ave – L Ganton Ave – L Lea Cres – R The Garth – R Link Rd – L Kingsway – R Priory Rd – L Hornbeam Dr (thru snicket at end to railway line) – R Thwaite St over railway – L Station Walk – cross railway lines at gate – R Station Rd – L Northgate – L George St – R Hallgate – L West Green – L Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. Extra care crossing railway. Narrow entrance/exits through snickets. | **4** |
| Base – L Finkle St – L first snicket – R Hallgate – L George St – L Northgate – Harland Way – L Mill Lane – L thro cemetery – R Eppleworth Rd – L Green Lane – L The Wolds – L Cave Cres – L thro snicket – L Castle Rd – R Willerby Low Rd – R De La Pole Rd – past Total Fitness – R A164 – R Castle Rd – R South St – L King St – L Finkle St – Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. Narrow entrance/exits through snickets. | **5** |

**Route 6**

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| **Route 6** | **Miles** |
| Base – L Finkle St – R King St – R South St – R Baynard Ave – R Hallgate – R first snicket – R Finkle St – Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. Narrow entrance/exits through snickets. | **1** |
| Base – R West Green – R Hallgate – L George St – R Northgate – R Station Rd – L Beck Bank – R Thwaite St – R Kingtree Ave – thro snicket at end – L King St – R South St – R thro snicket to Finkle St – Base**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. Narrow entrance/exits through snickets. | **2** |
| Base – Finkle St – R West Green – R Hallgate – L George St – R Northgate – L Dunswell Rd – R North Moor Lane – R Middledyke Lane – straight ahead onto New Village Rd – Northgate – L George St – R Hallgate – L West Green – L – Base.**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. Extra care crossing railway. | **3** |
| Base – R Finkle St – L West End Rd – straight ahead Dene Rd – R Eppleworth Rd – L West End Rd – R Northgate – L Queens Drive – L Queens Way – R Mill Beck Lane – L Northgate – L Dunswell Rd – R North Moor Lane – R Middledyke Lane – L New Village Rd – R Thwaite St – Newgate St – L Oakdene – R Link Rd – R The Garth – R Wake Ave – R The Parkway – Southwood Rd – Baynard Ave – R West Green – Base.**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. Extra care crossing railway. | **4** |
| Base – R Finkle St – L Baynard – Southwood Rd – R Castle Rd – R St Margarets – R Eppleworth Rd – L West End Rd – R Northgate – L Dunswell Rd – R Northmoor Lane – R Middledyke Lane – L New Village Rd – R Thwaite St – L Longmans Lane – thro snicket – R Link Rd – R The Garth – R Wake Ave – R Parkway – R Southwood Rd – L Baynard – L Finkle St – Base.**Cautions:** Watch for traffic when crossing roads – use crossings where possible. Narrow paths – shout KEEP LEFT/RIGHT when approaching pedestrians. Extra care crossing railway. | **5** |