



WINTER TRAINING ROUTE 3. THORESBY 8

7.9 Miles (12.7 km) Ascent 125m, using footpath past golf course.

7.5 Miles (12.1km) Ascent 110m, using Balmoral Drive.

ROUTE

Down Derby Road, through Sandiacre and Stapleford to Sherwin Arms, continue down Derby Road, then first left along Longmoor Lane, continue through the cutting and turn right along footpath (near Bramcote Manor pub on left), follow footpath and continue along Deddington Lane, turn left off Deddington lane along short footpath by golf course hut, turn right up Thoresby Road, turn right at Derby road up to The Sherwin Arms, return to sports centre by the same route used on the way out.