



WINTER TRAINING ROUTE 5. LONG EATON STATION 9

9.0 Miles (14.5 km) Ascent 85m

7.2 Miles (11.6 km) Ascent 75m, via Petersham Road

ROUTE

Down Bostocks Lane, round Motorway island and continue down Bostocks Lane, right along Longmoor Road, right again along Longmoor Lane (under Motorway), straight across Risley Lane, along Stevens Lane, left at the main road, right at Wilsthorpe island, along Wilsthorpe Road, left at Long Eaton station, along Tamworth Road, left after the Market Place along Derby Road, right up College Street, right along Longmoor Lane, left up the hill.