



WINTER TRAINING ROUTE 6. FIELDS FARM 9

9.2 Miles (14.8 km) Ascent 95m, via Brookhill Street

8.7 Miles (14.0 km) Ascent 90m, via Station Road & Brookhill Street

7.9 Miles (12.7 km) Ascent 70m, via College Street

ROUTE

Down Bostocks Lane, over the Motorway junction and continue down Bostocks Lane, right along Longmoor Road and then along Petersham Road, straight across at Wilsthorpe island, along Wilsthorpe Road, straight across at Long Eaton station, along Fileds Farm Road, continue along Main Street in Long Eaton, straight on along Cross/Waverley Street, right along Nottingham Road to the Manor Hotel at Toton, left up Stapleford Lane and Toton Lane, left down Brookhill Street, left along Station road and Derby road to sports centre.