



## WINTER TRAINING ROUTE 7. BROOKHILL 10

9.5 Miles (15.3 km) Ascent 105m

8.1 Miles (13.0 km) Ascent 100m, via Derby Road, Long Eaton

### ROUTE

Down Derby Road, along Station Road and up Brookhill Street, right down Toton Lane and Stapleford Lane, right at Manor Hotel along Nottingham Road (A6005), turn left at Long Eaton Market Place and continue along Tamworth Road, at Long Eaton station, turn right along Wilsthorpe Road, straight on at Wilsthorpe island, along Petersham Road, continue along Longmoor Lane to the traffic lights at Sandiacre, left up the hill back to the centre.