

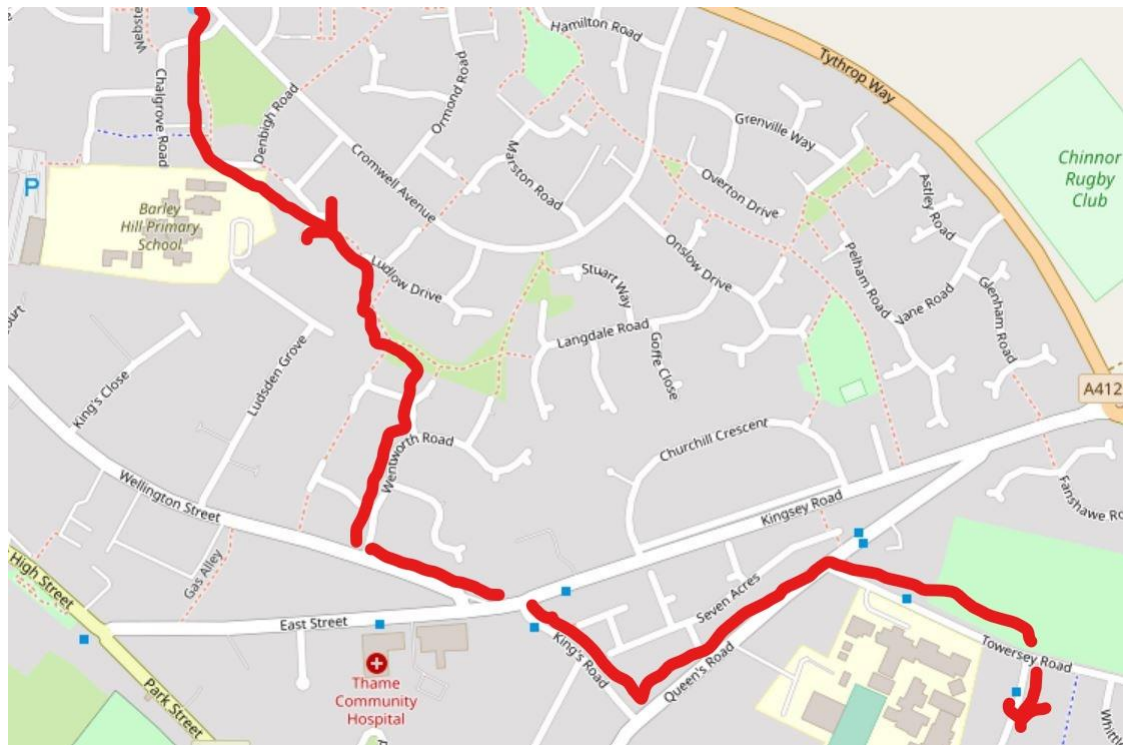
Thame Runners - Monday Night Winter Training Route

Description of route in 4 segments with 2 finish options – one for the longer route of 5 miles and the other for shorter route of 4 miles



Start

Leaving the car park of Racquets (P) the run follows the Aylesbury Road to just before the roundabout. Turn right on the pedestrian path to Edgehill Lane and then take a right turn going down Roundhead Drive. Turn right onto Cromwell Avenue until just before the park, follow the road and footpath going past Barley Hill Primary School.



On Ludlow Road, there is a pedestrian footpath on the right – easily missed unless you look carefully or know the route well. Follow the path to the left through a small park and turn right taking you to the bottom of Wentworth Road. At the top of Wentworth Road, turn left on Wellington Street to the roundabout by the curry house. Cross the road onto Kings Road and at the T junction at the end, turn left onto Queens Road. Turn left onto Towersey Road, going past Lord Williams’ Lower School, turning first left onto Towersey Drive.



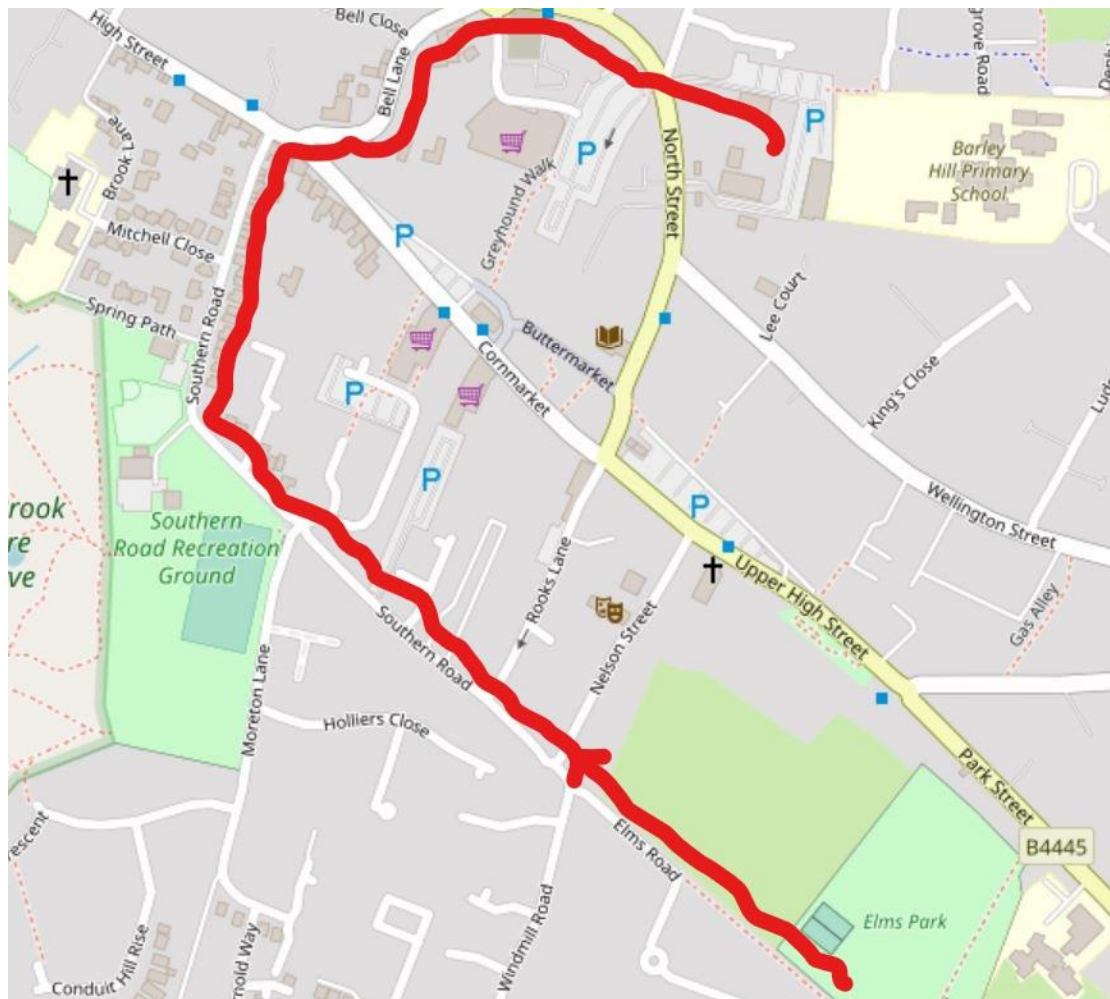
Follow Towersey Drive but not to the end, turning right just past the post box onto Cotmore. Take the first left down Cotmore, and follow the bend which takes you to Chinnor Road. It is a very sharp turn left going over the bridge. Take the first right on Chinnor Road past the bridge and that is Dormer Road (Kubota is on the corner). Follow Dormer Road to the T junction and turn right again along Wenman Road. At the end turn right going up Thame Park Road. On the other side of the bridge on this road, take the first left which is Chowns Close. We normally regroup here before going down the footpath which runs at the bottom of John Hampden Primary School and Elms Park.

Option 1 for Finish of Monday Night Run – 5 Mile Route



The footpath leads onto Elms Road and continue along Southern Road heading towards Southern Recreation Ground. Follow the bend round to the right which takes you the corner with the Rising Sun Pub. For the longer route, turn left here and follow the High Street to the corner where you turn left up the Oxford Road. Follow the road up the hill to the turning for Thame Leisure Centre – at this point turn around and follow the route back to the Rising Sun pub. At the roundabouts by the pub, turn left down Bell Lane and follow the road back to Racquets.

Option 2 for Finish of Monday Night Run – 4 Mile Route



The footpath leads onto Elms Road and continue along Southern Road heading towards Southern Recreation Ground. Follow the bend round to the right which takes you the corner with the Rising Sun Pub. Cross the road onto Bell Lane and follow the road round back to Racquets Car Park.