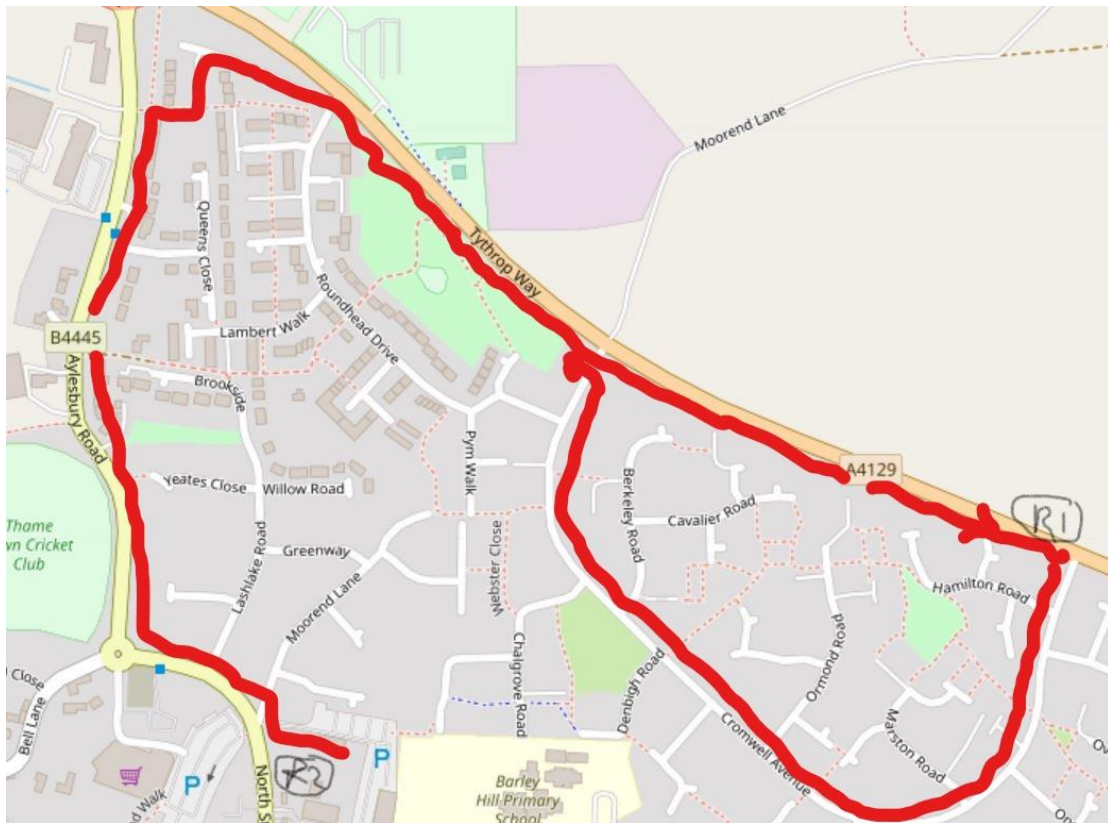
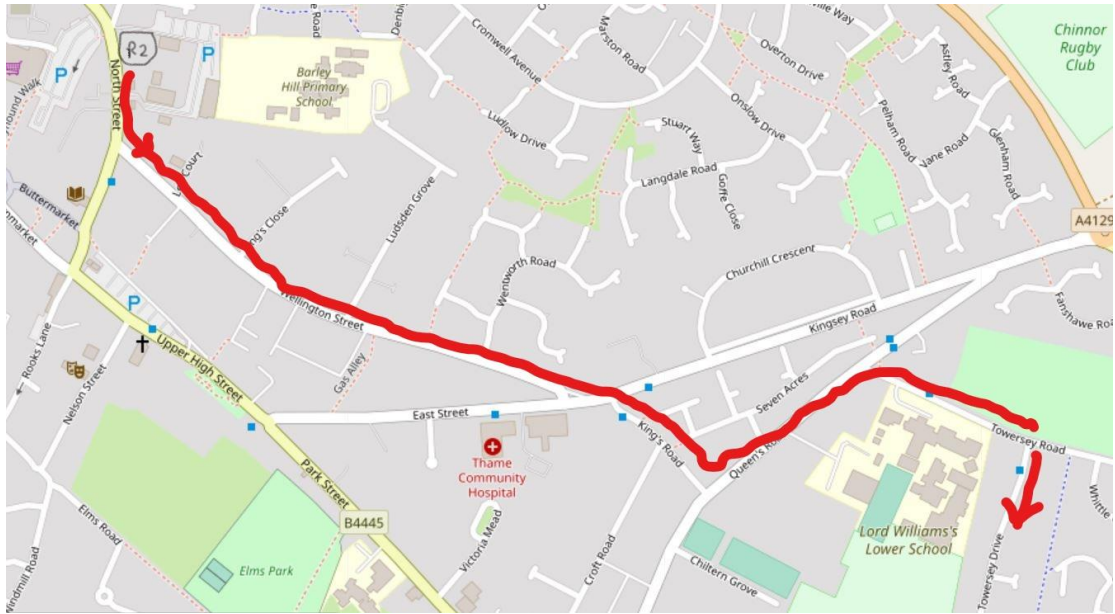


Wednesday Night Winter Route 5-7 Miles

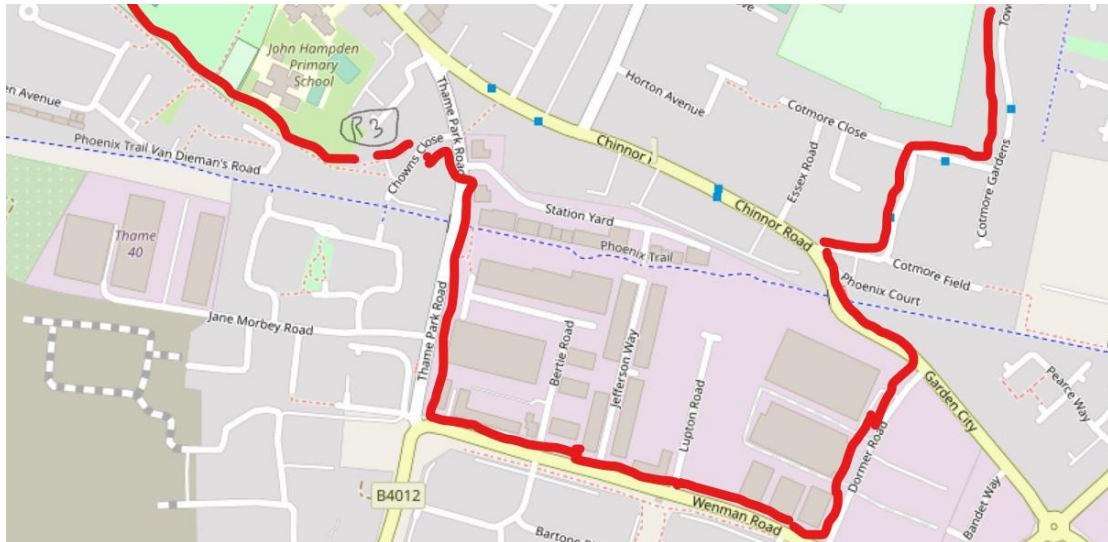


The Wednesday Night winter route starts from Racquets Car Park, heads onto North Street at the Waitrose roundabout, heads north along Aylesbury Road. Just before the main ring road roundabout, there is a footpath to the right. Go up this footpath past the first road of houses, and then turn left on the road between the garages and houses. At the bottom turn right onto Elgin Road and follow the ring road on the grass verge all the way to the top by the second turning of Cromwell Avenue. This is normally a first regroup point.

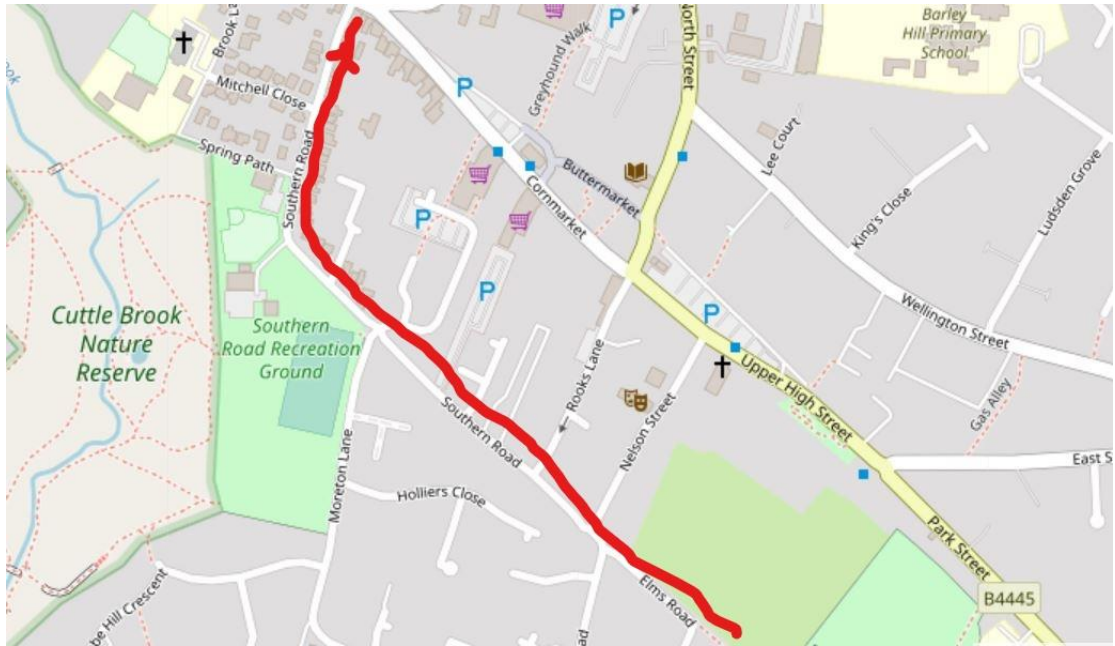
Once regrouped, go down Cromwell Avenue and run to the other end's junction with the ring road. At this point, follow the outbound route back to public toilets on North Street by Racquets/Cattle Market for second regroup.



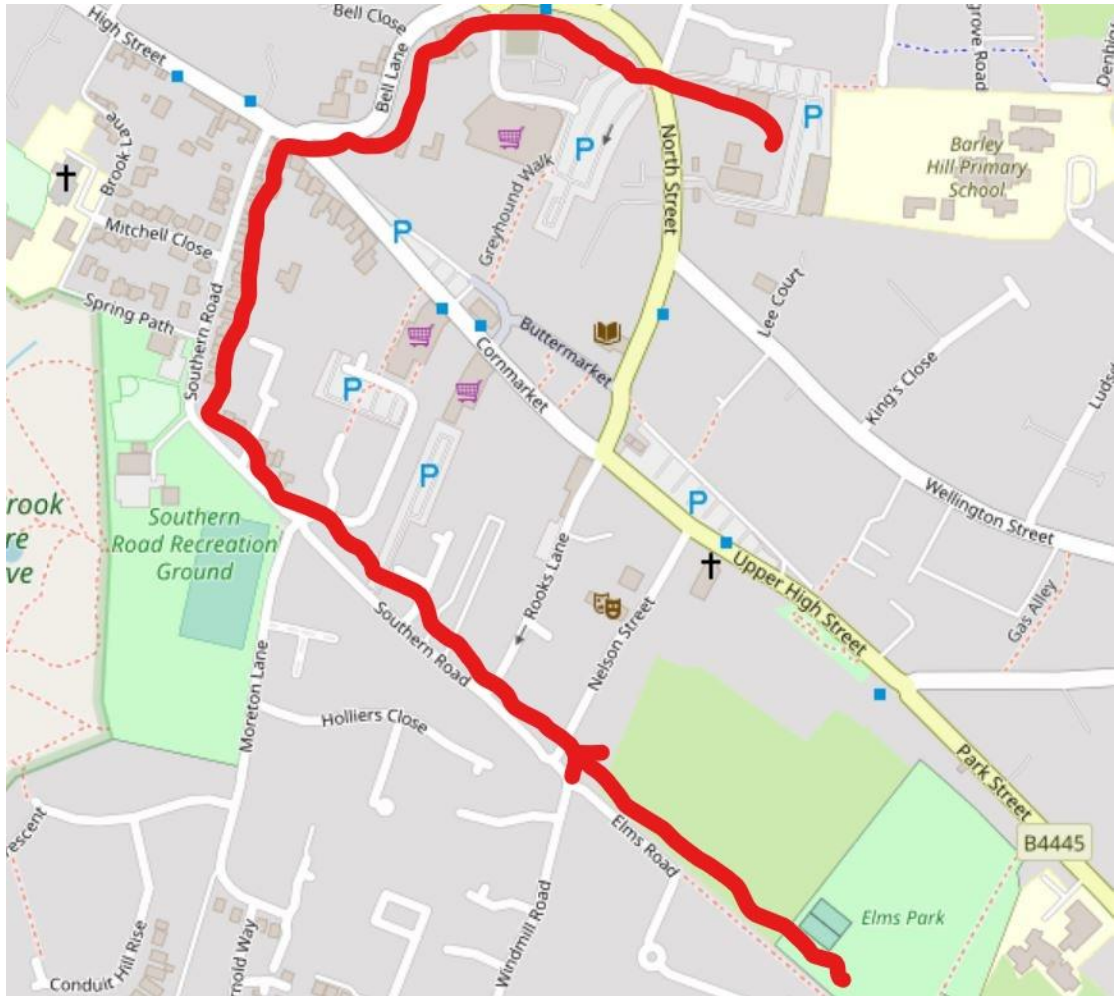
From this second regroup by the Cattle Market, go down Wellington Street, crossing the roundabout at the end by the curry house, taking you onto King's Road. At the end of King's Road, turn left onto Queen's Road until you get to Towersey Road and then turn left onto Towersey Drive running past the entrance to Lord Williams's Lower School. There are speed bumps on both Queen's and Towersey Road. First turning right after the Lower School is Towersey Drive.



Follow Towersey Drive down but not quite to the bottom – the first right turn near the end is Cotmore Close. Turn right into Cotmore Close and then take the first left, following this road to the bottom where it curves naturally to the right. This will take you to the junction with Chinnor Road where you take a very sharp left onto the pavement of Chinnor Road, going over the old railway bridge. On the other downside of the railway bridge, take your first right onto Dormer Road (the Kubota Building is on this corner). At the bottom of Dormer Road, turn right on Wenman Road and follow this to the end – turn right here up Thame Park Road where you go over the other old railway bridge. On the other downside of the bridge, take the first left onto Chowns Close and follow this to the grassy bit on the right. This is normally our third and final regrouping before the club heads down the footpath that runs behind John Hampden Primary School and Elms Park.



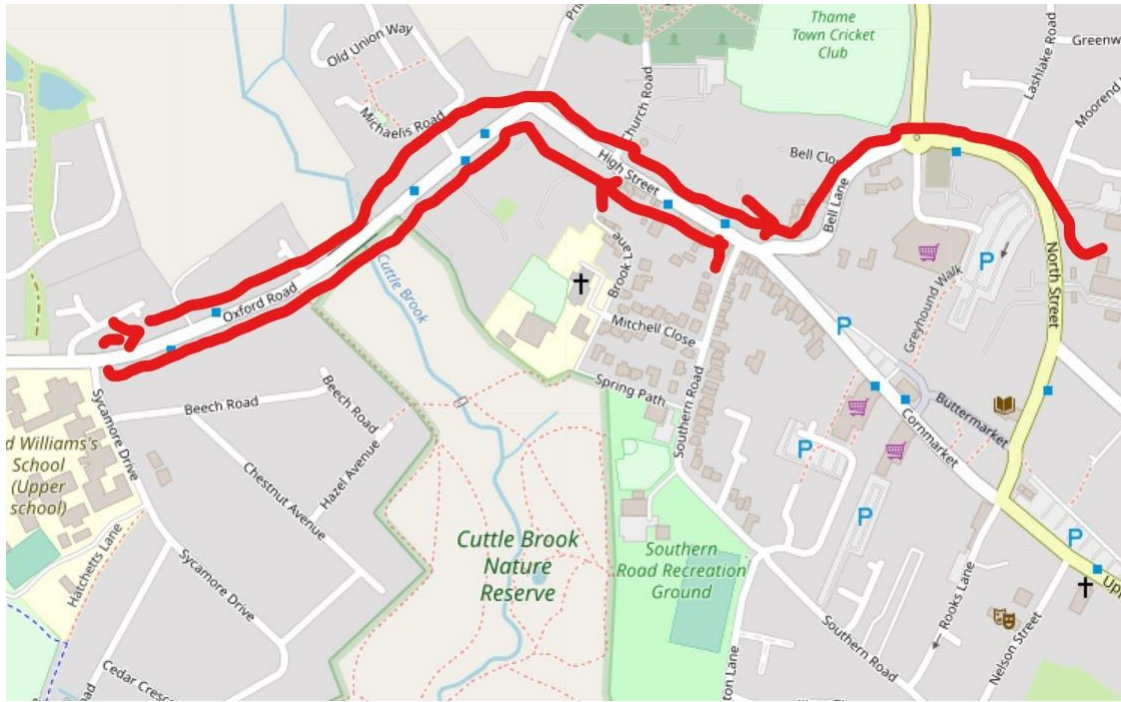
The footpath eventually comes onto Elms Road which you follow straight onto Southern Road. By the Southern Recreation Ground, follow the curve of the road right to take it to the roundabouts by the Rising Sun pub where you have the luxury of 3 finish options.



Option 1 – shortest route back

Cross the road from the Rising Sun pub to go down Bell Lane. Follow the road round past the Waitrose Roundabout and head back to Raquets.

This route is approximately 5 miles in total



Option 2 – Medium Distance Route

From the Rising Sun, turn left down the High Street past the Thatch and Six Bells pubs, turning left onto the Oxford Road at the end. Follow the Oxford Road up the hill to the junction with Sycamore Road (just by the start of Lord Williams's Upper School). Turn back on yourself here, following the Oxford Road and High Street back to roundabouts by the Rising Sun. Turn left onto Bell Lane and follow the road back to Racquets.

This route is approximately 6 miles in total

