

## **Storrington Tuesday Session – ST5**

### **Street Run – 3m, 4m and 5 mile options**

Choose route according to the distance you are able to run in the session time available

Head out to mini-roundabout and turn right into Pulborough Road  
left into Newtown Road  
left into Amberley Road  
right into Kithurst Park and run up and thru hedge into Kithurst Lane  
turn left opposite the Monastery  
left again into Fern Rd  
run to end and turn right onto Amberley road and head down to mini-roundabout at Tescos  
turn right up Monastery Lane to the Monastery and  
turn left into School Lane  
at the Church turn left into Church Street  
3 mile run turn right and left into North Street / Spierbridge

4 mile run turn right and run down the High Street to the mini roundabout  
turn left onto B2139, Thakeham Road  
turn left onto Fryern Road

5 mile runners do 1 mile loop of Wantley Lane / Downsview Avenue / Aldermoor Avenue / Greenfield Way / Downsview Avenue / Wantley Lane

4 and 5 mile runners continue down Fryern Road  
left into Merryfield Drive  
left into Hawthorn Way  
right into Old Mill Drive  
right into the High Street  
turn right into North Street / Spierbridge




All runners to do a loop of Hormare before returning to SLC

Aim to return to SLC by 7:55 p.m. for stretches.

For a 5.5 mile route add in a turn right into Browns Lane, continue down Meadowside to Manley's Hill, turn right then left into Nightingale Lane and at the end cross over and re-join 4/5 mile route

For a 6 mile route do a second lap of Hormare Crescent at the end.

# Storrington ST5

-  3 mile run
-  Add this for 4 mile run
-  Add this for 5 mile run

