

LB 20mile training run - Directions

- > Start at Parsons Park onto Grove Rd
- > Turn left up the hill past LB theatre and carpark (on the left) to the zebra crossing
- > Turn right over the crossing just before the roundabout onto Hockcliffe St **(Marshal Point 1)**
- > Continue past the Whitehouse on your left
- > Left onto Beaudesert (at mini roundabout) then first right onto Vandyke Rd **(Marshal Point 2)**
- > Continue straight along Vandyke Rd past Vandyke School
- > Past through width restriction point then on to Miletree Rd for approx. 2 mile to T- junction
- > Turn left at T-junction onto Eastern Way
- > Turn right onto Overend Green Lane
- > After approx. 1/2 mile take left fork and down the hill
- > At Heath Inn pub turn right **(Marshal Point 3)**
- > Cross over Woburn Rd then turn left onto Brickhill Rd towards Stockgrove Park.
- > Continue along Brickhill Rd then Heath Rd to Great Brickhill (approx. mile 6)
- > Opposite the Old Red Lion pub bear left onto Ivy Lane
- > At approx. mile 7 turn left down Bragenham Lane
- > At bottom of lane just past mile 8 cross road diagonally right up wooden step into woodland turn right. **(Marshal Point 4)**
- > Run parallel to Old Linslade Rd (mind the roots!)
- > Come out of woods keeping road on right
- > Follow footpath close to hedge to kissing gate
- > Turn left onto road for approx. 1/2 mile turn right and join canal tow path
- > Turn left onto tow path heading south (approx. mile 9)
- > Continue along canal for 1 miles to the Globe Inn (to **first Water Station – approx. mile 10**)
- > Continue on long tow path up to road after Tesco's (approx. mile 11)
- > Exit tow path on rising path to left just past Tesco, over zebra cross turn right
- > Take first exit off the roundabout and right hand road at the traffic light up Wing Rd **(Marshal Point 5)**
- > Continue up Wing Rd for approx. 1mile (approx. mile 12)
- > Safely cross bypass at roundabout **(be careful of fast traffic!!)**
- > Continue to follow the footpath to Wing Village (approx. mile 13)
- > Over roundabout to sharp left turn (Nisa village shop on right) **(Marshal Point 6)**
- > Follow sharp left turn just after The Dove Indian Restaurant safely cross road onto **(Marshal Point 7)**
- > Park Gate downhill to cross roads (to approx. mile 15)
- > Go straight toward Mentmore village – follow road around at slight left hand bend and uphill
- > Uphill past mile 16 into village then opposite gates at Mentmore Hall turn left with village green on right - **2nd water station**
- > Follow road downhill towards Ledburn
- > At junction turn right past buildings on your left (approx. mile 18) **(Caution running round the bend and fast moving traffic)**
- > Continue along road to T-junction (approx. mile 19) **(Marshal Point 8)**
- > Cross diagonally over to right onto footpath) **(Caution running over the road - fast moving traffic)**
- > Follow footpath under bypass towards Tiddenfoot Leisure Centre (on right)
- > Turn right onto Mentmore Gardens onto old Railway path
- > At the end of the Railway path turn left onto Grovebury Rd to bend turn left and then left to club house – **Well done you've just completed 20 MILES 😊**