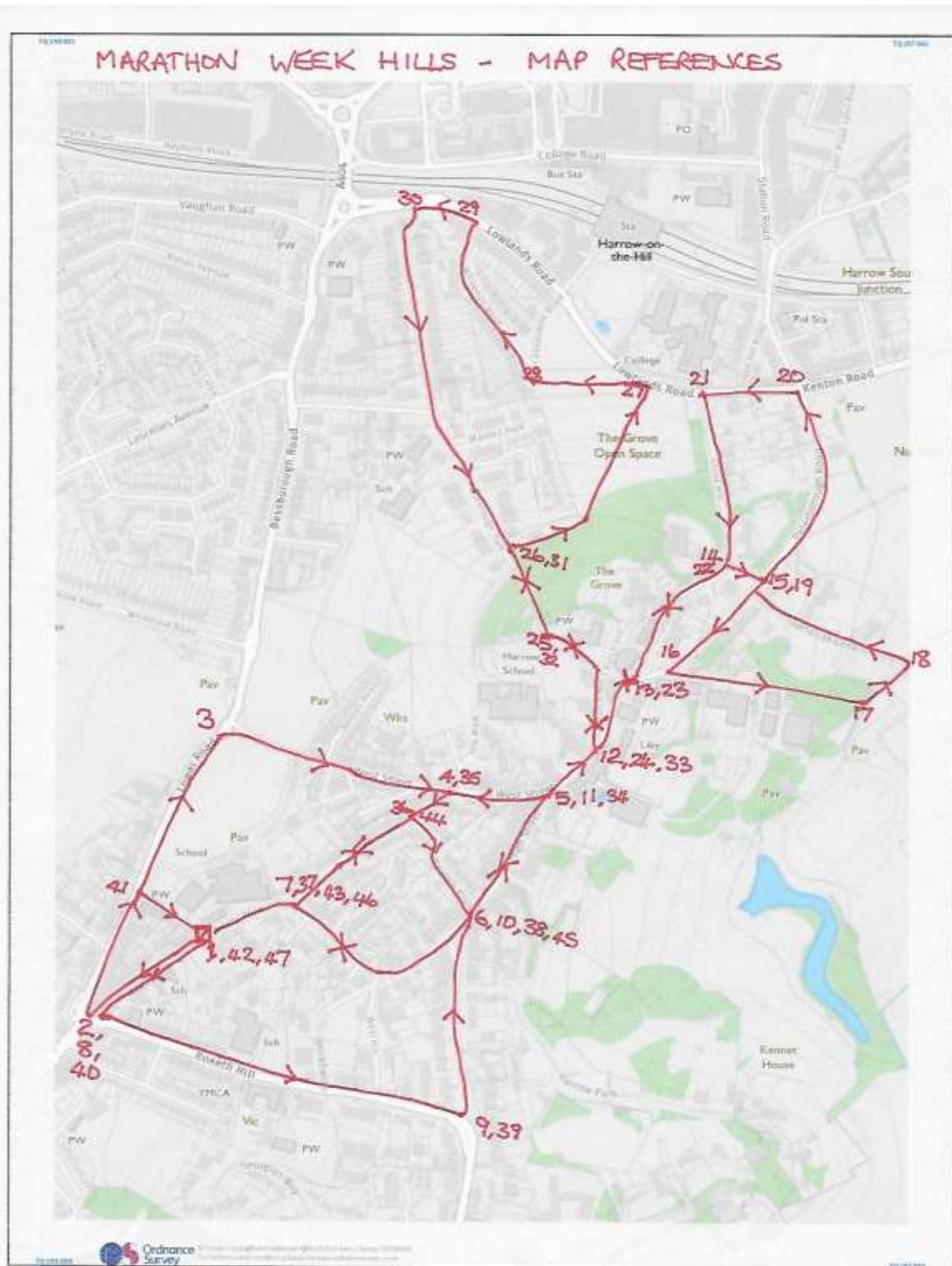


## Metros Marathon Week – Friday Route Description

This route is in a much more compact area than the old route. We start and finish on Middle Road, near the White Horse, at the top of Middle path. The only major road crossed is Peterborough Road.

We do NOT go to the Sudbury side of the hill, and the only area that is not tarmac is the path from Roxborough Park to the Grove Open Space. So, if you find yourself heading towards Northwick Park, or anywhere near Sudbury Court Drive or South Harrow or crossing grass or going up steps – you are lost! We aim to have 17 marshals out but in case arrangements go awry, please learn the route and/or take these instructions with you. The junctions unlikely to be marshalled are highlighted.

KM	TURN		STREET	Section	Ref
0.00			Junction of Middle Road and Middle Path	1	1
0.20	R	Along	Lower Road	1	2
0.65	R	Up	West Street	1	3
1.10	R	Along	High Street	1	5
1.35	R (fork)	Down	Byron Hill Road	1	6
1.65	L	Down	Middle Road ( <i>past the start</i> )	1	7
1.95	L	Up	Roxeth Hill	1	8
2.50	L	Along	London Road / High Street	1	9
3.15	L (fork)	Down	Grove Hill	2	13
3.40	R	Along	Davidson Lane	2	14
3.45	R	Up	Peterborough Road ( <i>cross at island</i> )	2	15
3.60	L	Down	Football Lane ( <i>becomes Music Hill</i> )	2	16
3.85	L		<i>At bottom</i>	2	17
3.90	L	Up	Garlands Lane ( <i>signed Private Road</i> )	2	18
4.15	R	Down	Peterborough Road	2	19
4.45	L	Along	Tyburn Lane ( <i>main road</i> )	2	20
4.50	L	Up	Grove Hill	2	21
5.15	R (sharp)	Up	Church Hill then follow path through churchyard	2	24
5.30		Down	Path with graveyard on left	2	25
5.50	R	Along	Path ( <i>path is just after road starts</i> ) follow path across Grove open space	2	26
5.80	L (sharp)	Up	Next Path back across Grove Open Space	2	27
6.00	R	Down	Whitehall Road	2	28
6.20	L	Along	Lowlands Road ( <i>main road</i> )	2	29
6.30	L	Up	Roxborough Park to churchyard	2	30
6.90		Along	Path through churchyard	2	32
7.10		Down	Church Hill straight on into High Street	2	33
7.20	R	Down	West Street ( <i>to Castle</i> )	3	34
7.35	L	Along	Crown Street	3	35
7.60	L	Up	Byron Hill Road	3	37
7.90	R	Along	High Street / London Road	3	38
8.20	R	Down	Roxeth Hill	3	39
8.75	R	Along	Lower Road	3	40
8.90	R	Up	Middle Path	3	41
9.00	L	Up	Middle Road	4	42
9.15	L	Along	Crown Street	4	43
9.35	R	Up	Waldron Road	4	44
9.55	R (fork)	Down	Byron Hill Road	4	45
9.80	L	Down	Middle Road	4	46
10.00			Finish at start point	4	47



This route is on Mapometer in full, and in sections, here are the links

- Full route [https://gb.mapometer.com/running/route\\_4734356.html](https://gb.mapometer.com/running/route_4734356.html)
- Section1 [https://gb.mapometer.com/running/route\\_4734154.html](https://gb.mapometer.com/running/route_4734154.html)
- Section 2 [https://gb.mapometer.com/running/route\\_4734151.html](https://gb.mapometer.com/running/route_4734151.html)
- Section 3 [https://gb.mapometer.com/running/route\\_4734173.html](https://gb.mapometer.com/running/route_4734173.html)
- Section 4 [https://gb.mapometer.com/running/route\\_4734758.html](https://gb.mapometer.com/running/route_4734758.html)