

# Metros Marathon Week

## Tuesday general points

There are two major road crossings without pedestrian lights at either end of Eastcote Lane, please be particularly careful at these crossings.

There are many, more minor crossings on this route. You are responsible for your safety, and as you will be tired, please take extra care. Please do not wear headphones as these will stop you hearing traffic.

## Tuesday Route

1. Start outside front entrance of tennis club on **Lowlands Road**.
2. Head east along Lowlands Road, continue into **Canonbury Avenue**.
3. Take 3<sup>rd</sup> left, **East Towers**
4. At top of East Towers, left into **Eastcote Road**, continue to roundabout.
5. At roundabout, turn left into **Field End Road**
6. Continue straight on Field End Road for over 3km past Eastcote tube station and straight on over the major roundabout (*do not go left here into Eastcote Lane, continue on Field End Road*).
7. Take first left after major roundabout, **Somervell Road**.
8. Straight on to end of Somervell then left into **Alexandra Avenue**.
9. Continue straight on Alexandra Avenue.
10. At Rayners Lane station, bear right into **Imperial Drive** (continuation of Alexandra Avenue). *Do not go down Rayners Lane*
11. Continue on Imperial Drive crossing over the junction with Village Way.
12. At next major crossroads, go left into **The Ridgeway**.
13. Follow the road which bears left to a 5 ways roundabout, take the 3<sup>rd</sup> exit, **Whittington Way**.
14. Continue to the end of Whittington Way, then turn left, **Eastcote Road**.
15. Go past the top of East Towers (you are now repeating the first part of the course), continue to the mini roundabout. Left into **Field End Road**.
16. Second left, after first block of shops, into **Abbotsbury Gardens**, then first right into **Devonshire Road**, and left into **Lowlands Road**.
17. Finish at front entrance of tennis club.

Route on mapometer [Tuesday Road Run](#)