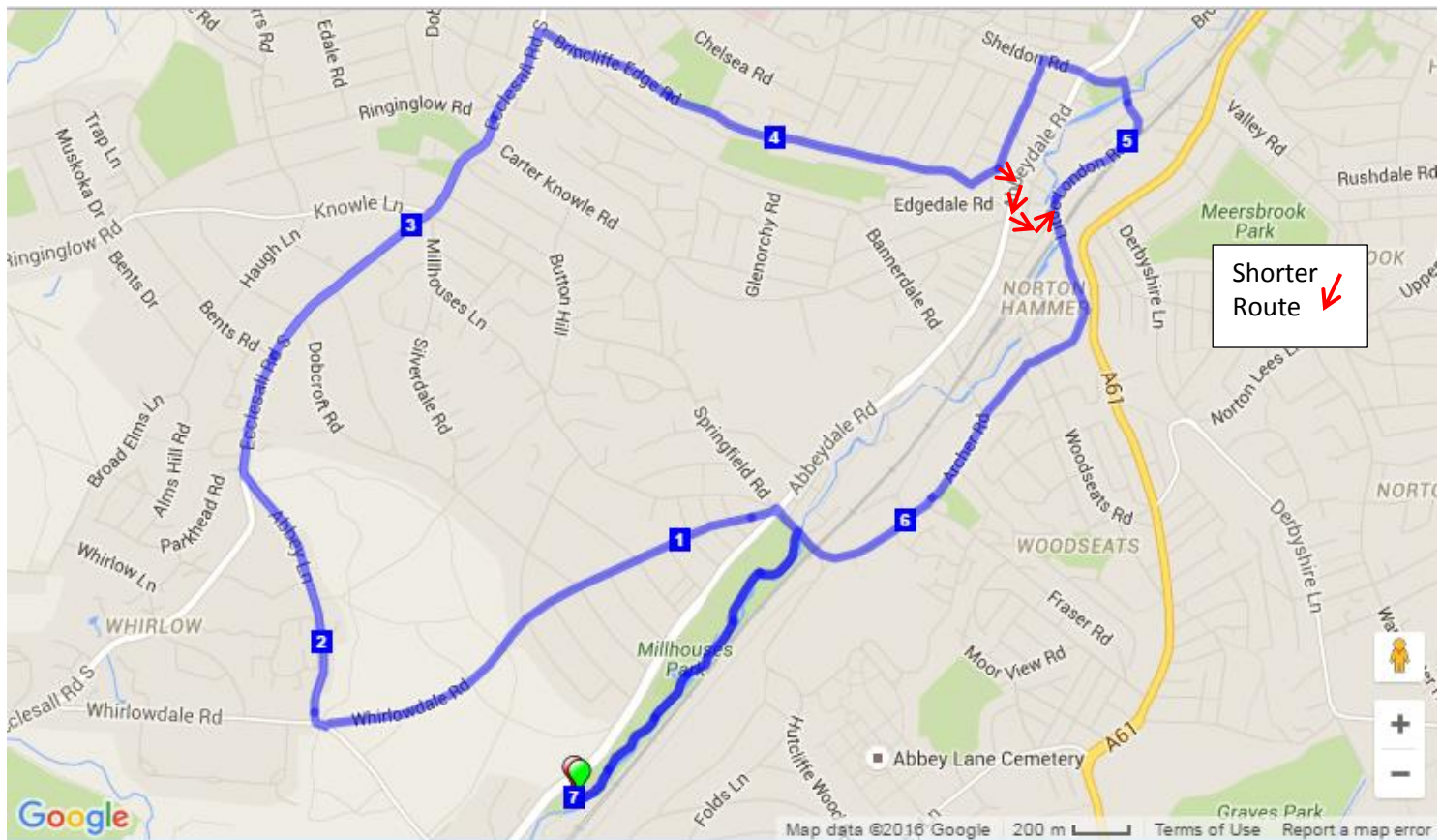


Millhouses Road Run

Groups 1 and 2: (6 to 7 miles)



<https://www.runningahead.com/logs/085a08b3a1624144bcb1b8487f8606a1/courses/186e5c76e10642d687124ddf8e26c5ff>

DIRECTIONS

- Warm up along the park to the crossing.
- Up Whirlowdale Road
- Turn right up Abbey Lane to Parkhead
- Right along Ecclesall Road South all the way to Banner Cross
- Right onto Brincliffe Edge
- Left to the road that goes up to Chelsea Park
- Past Chelsea and follow Sandford Grove Road down

Choice of route depending on time and group

EITHER....Shorter run (cuts off about a mile):

- Turn right off Sandford Grove Road and meet Abbeydale Road
- Cross Abbeydale Road and run towards Millhouses. Look out for Langdale Road
- Turn left in Langdale Road, then Left onto Rydale Road and meet Little London Road.

OR.....Longer Run:

- Keep going on Sandford Grove Road until it meets Sheldon Road
- Turn right and get to Abbeydale Road.
- Cross by the traffic lights and go directly opposite Broadfield Road
- After about 100m turn right into Broadfield Way which turns into Little London Road

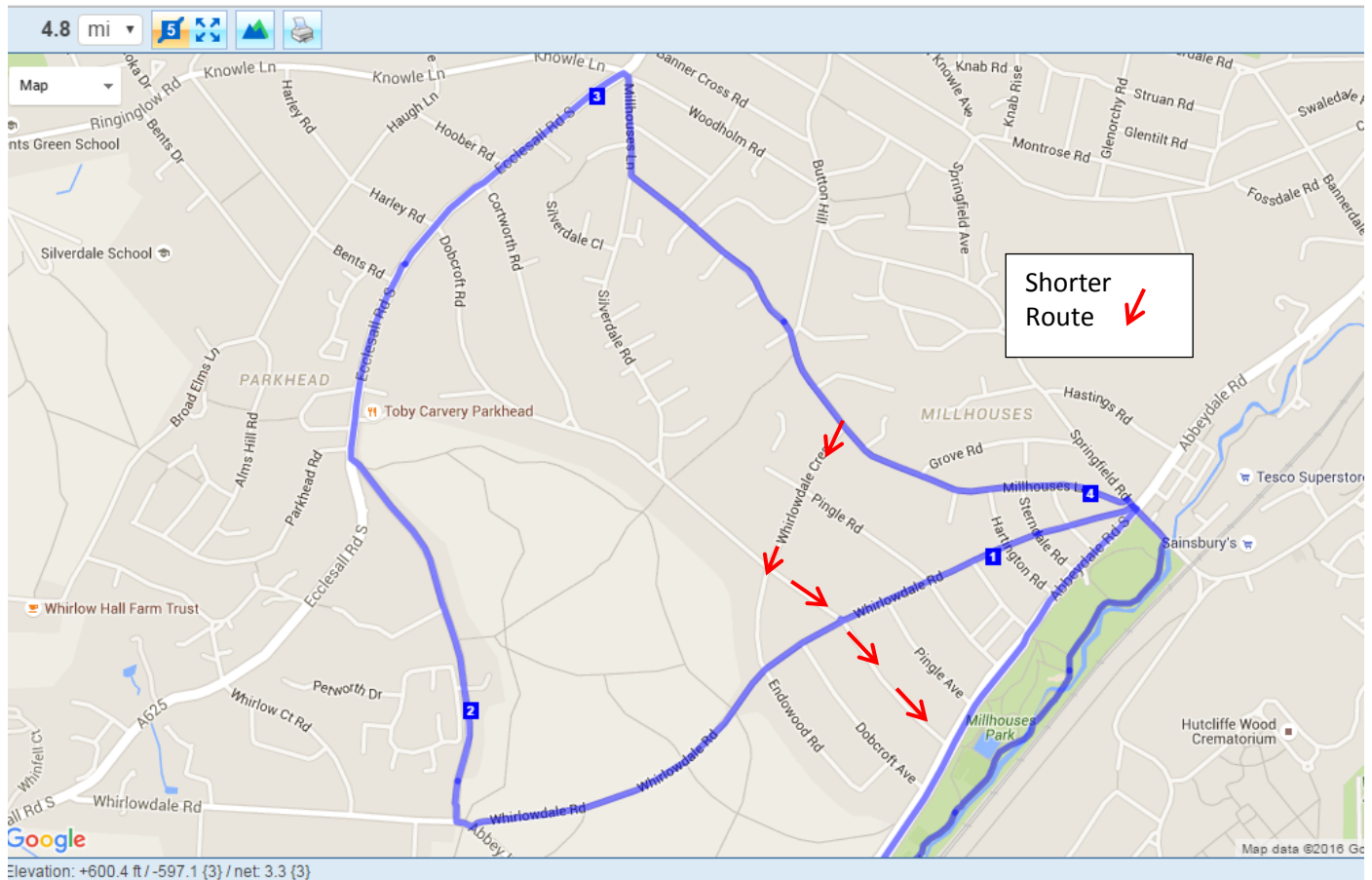
Both back together again:

- Turn right onto Little London Road and keep going.
- Little London Road > Aukley Road > Smithy Wood Road
- Cross Woodseats Road
- Go along Ulverston Road and into Archer Road
- Follow round Archer Road to Millhouses
- Back long park to the end.

FINISH!

Millhouses Road Run

Groups 3 and 4 (4 to 5 miles)



<https://www.runningahead.com/logs/085a08b3a1624144bcb1b8487f8606a1/courses/7f73acf996574b8aba926d1d10825f42>

DIRECTIONS

- Warm up along the park to the crossing.
- Up Whirlowdale Road
- Turn right up Abbey Lane to Parkhead
- Right along Ecclesall Road South to the Knowle Lane Junction
- Turn right down Millhouses Lane

Choice of route depending on time and group

EITHER....Shorter run (cuts off about a mile):

- Turn right onto Whirlowdale Crescent
- Turn left onto Dobcroft Road
- Follow this down to Abbeydale Road
- Go through the park back to the start

OR... Longer route

- Follow Millhouses Lane all the way down to the junction with Abbeydale Road
- Either go back through the park or along the road.

FINISH