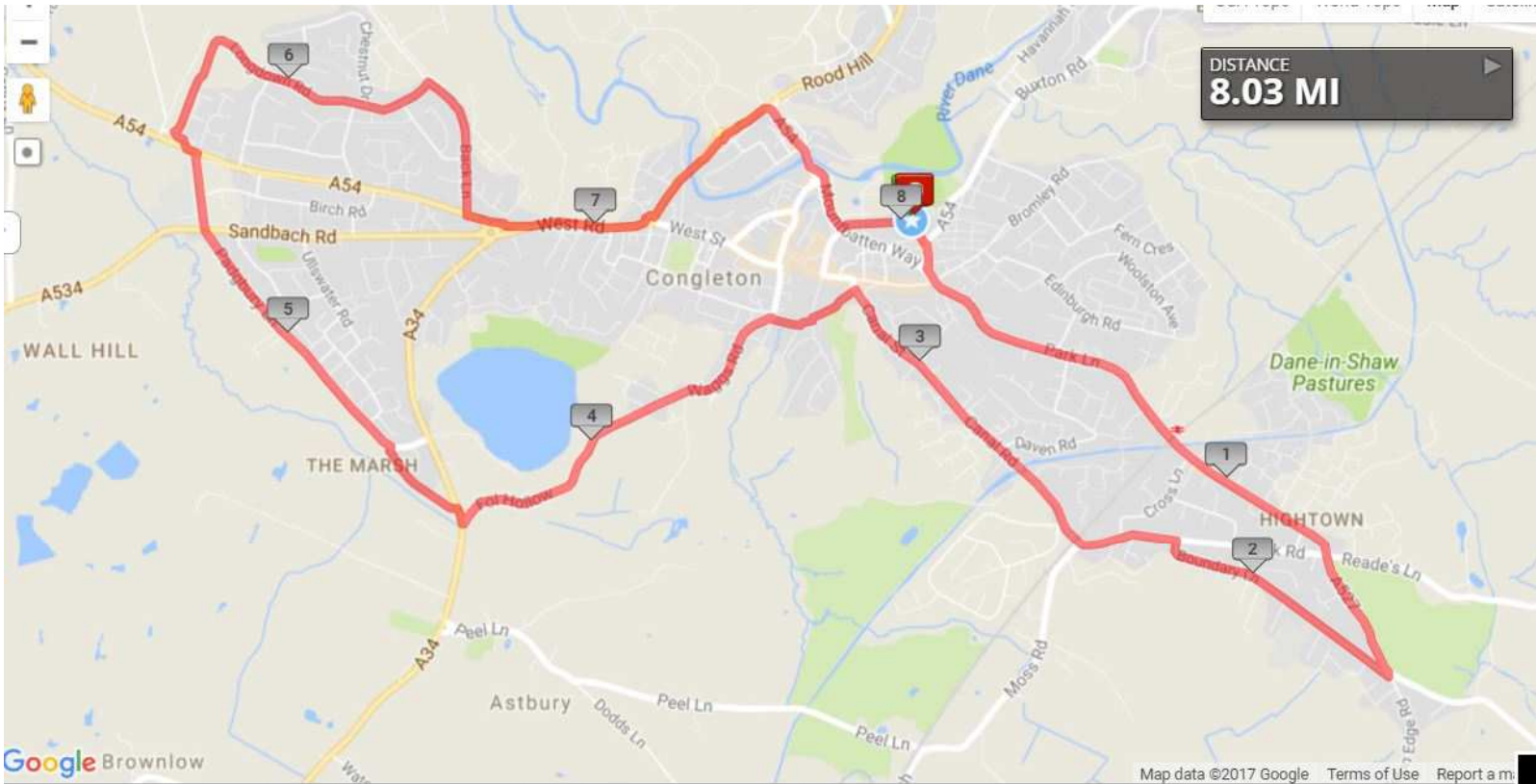


Reverse West Heath - Standard Route - approx. 8 miles

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| 1. Leisure Centre |
| 2. Foundry Bank |
| 3. Top of Foundry Bank and right onto Moor St, cross road and right towards Park Ln |
| 4. Continue up Park Lane, becomes Biddulph Rd to Boundary Ln |
| 5. Right onto Boundary Ln and continue to the end |
| 6. End of Boundary Ln and left onto Leek Rd |
| 7. Continue on Leek Rd, becomes Canal Rd becomes Canal St to Chapel St |
| 8. Turn left onto Chapel St and continue to the end |
| 9. Left onto Moody St and immediately right onto Priestly Fields and continue to Vale Walk |
| 10. Right onto Vale Walk and continue to the end |
| 11. Cross Swan St and turn left onto Waggs Rd |
| 12. Continue on Waggs Rd becomes Fol Hollow |
| 13. Continue to end of Fol Hollow to Newcastle Rd |
| 14. Cross road and head right before turning left through bollards onto Padgbury Ln |
| 15. Continue full length of Pagbury Ln |
| 16. Use pedestrian crossing to cross into Box Ln |
| 17. Continue full length of Box Ln |
| 18. Cross Holmes Chapel Rd using pedestrian crossing |
| 19. Cut across grass area to Longdown Rd |
| 20. Continue full length of Longdown Rd |
| 21. Turn right into Back Ln |
| 22. Continue to end of Back Ln turning left onto Holmes Chapel Rd |
| 23. Continue on Holmes Chapel Rd becomes West Rd |
| 24. Continue on West Rd reaching roundabout taking 2 nd left onto Clayton By-Pass |
| 25. Continue on Clayton By-Pass until junction with Rood Hill |
| 26. Use pedestrian crossing to cross into Rood Hill |
| 27. Continue down Rood Hill becomes River Dane |
| 28. Cross over onto left hand side of road near Aldi |
| 29. Continue along Mountbatten Way |
| 30. Turn left into Worrall Street |
| 31. Arrive back at Leisure Centre |



Support