

Thursday Evening Autumn/Winter Routes

The Club Coaching Team is keen that members know the autumn/winter Thursday evening routes. This is so that unnecessary time isn't taken up with explaining the routes in detail each time. Also, should anyone need to get back to Birley's, for example, through injury they can do so with confidence in knowing where they are!

It would therefore be helpful if members could get to know the main four routes as set out below. Many thanks - your Coaching Team

Route A - Old Dover Road Roundabout Run

Birleys - St Stephens Road - St Stephens Court - Footpath to St. Stephens Footpath - **Footpath across Beverly Meadow** - St. Stephens Road - **past Ye Olde Beverlie** - left into Beaconsfield Road - Forty Acres Road - Whitstable Road - London Road - **passing Pilgrims Hospice** - Underpass to Rheims Way - Rheims Way - **pass Aldi supermarket** - Underpass to Castle Street - Castle Row - City Wall - Pin Hill Footbridge to **Canterbury East Station** - **through kissing gate** along Footpath to Lansdown Road - Nunnery Fields - South Canterbury Road - **Hospital** - **through back of hospital** to Nackington Road - Junction with Old Dover Road - Up to top of Old Dover Road **roundabout** - down New Dover Road - St Augustines Road - **Footpath alongside Canterbury College** - Spring Lane - **Longport passing Christ Church University** - **cross A28 by crossing** - Burgate (Optional start last mile fast) **passing the Thomas Ingoldsby Wetherspoon pub** - Cathedral - **rear of Kings school** - - St Radigunds **passing The Dolphin public House** - The Causeway - Station Road West - **Under Railway Bridge** - Footpath to St. Stephens Court - St Stephens Road - Birleys (A = 7.35m approx).

Route B - Broad Oak/Hospital Run

Birleys - St. Stephens Road - **Broad Oak Road right hand side** - Vauxhall Road - Sturry Road - **cross Sturry Road** - Reed Avenue - Dickens Avenue - Shelley Avenue - Forrester Close - Brymore Road - Military Road - Council Offices - Chaucer Road - **Law Courts** - **alleyway into St Martins Road** - North Holmes Road - Littlebourne Road - Spring Lane - **Footpath alongside Canterbury College (Pilgrims walk)** - St Augustine Road - New Dover Road - **St Lawrence Road (Bat and ball PH)** - Up Old Dover Road - Nackington Road - Back of Cricket ground - **Through rear of Hospital** - South Canterbury Road - Nunnery Road - Oxford Road - Guildford Road Footpath to Hollowmede - **right into Hollow Lane** - Wincheap - **cross A28 into Cow Lane** - Simmonds Road - Wincheap - Underpass to Castle Street - Rosemary Lane - Stour Street (start optional last mile fast) - St Peters Street - St Peters Lane - Causeway - Station Road West - Under Railway Bridge - Footpath to St. Stephens Court - St Stephens Road - Birleys (B = 7.5m approx)

Route C - Old Prison Run

Birleys - St. Stephens Road - Pedestrian crossing - Footpath behind Kingsmead Pool = **Cross Sainsburys Car Park** - NorthGate - Footpath to Ring Road - Military Road - Chaucer Road - **Law Courts** - St Martins Road - **North Holmes Road (past old Prison)** - Littlebourne Road - Spring Lane - Pilgrims Rd - Pilgrims Way - Mount Road - New Dover Road - **To top New Dover Rd** - Down Old Dover Road - Nackington Road - **through rear of Hospital** - South Canterbury Road - Nunnery Fields - Lansdown Road - Footpath to East Station - **Pin Hill footbridge** - City Wall - Castle Row (optional start last mile fast) - Castle Street - St Margarets Street - Cathedral - St Radigunds - Causeway - Station Road West - Under Railway Bridge - Footpath to St. Stephens Court - St Stephens Road - Birleys (C = 6.5 miles approx)

Route D - Kent University Run

Birleys - St Stephens Road to St. Stephens Church - **Footpath alongside Birleys Field** - Farleigh Road - Tenterden Drive - The Terrace - Manwood Avenue - St. Stephens Hill - **Footpath STEPS to University Campus** - Darwin Road - Giles Lane - Parkwood **Road to University Sports Fields Pavilion** - Loop Round Parkwood Estate - Footpath to University Sports Centre - Giles Lane - Whitstable Road - Clifton Gardens - Harcourt Drive - Westgate Court Avenue - Whitgift Court - **Path Leading to Victoria Hotel/End of London Road** - Cross to path to Queens Avenue (Start option last mile fast) - Whitehall Railway Bridge - Whitehall Gardens - St. Dunstons - Kirby Lane - Station Road East - Under Railway Bridge - Footpath to St. Stephens Court - St. Stephens Road - Birleys (D = 6.5 miles approx)