

Route Location	Start Mile	Finish Mile	Road Closed	*Runners through	Road Re-open
Wood Hill	0.1	0.1	9	9:30-9:45	10
Bridge Street	0.1	0.5	9	09:30-9:50	10
London Road (St Leonards to South bridge)	0.5	0.7	09:30	9:33 - 9:40	09:45
St Leonards Road	0.7	1	09:30	9:35-9:45	09:50
Main Road	1.1	1.4	09:30	9:36 - 9:50	09:55
Ringway	1.5	1.7	09:30	9:38-9:55	10:00
Walter Tull Way	3.4	3.5	09:00	9:48 - 10:18	10:30
Weedon Road (service road)	3.6	3.7	09:30	9:50 - 10:20	10:30
Ross Road	3.7	4	09:30	9:51 - 10:25	10:30
Weedon Road (service road)	4.5	4.6	09:30	9:54 - 10:33	10:30
Sprencer Bridge Road	4.6	5.2	09:30	9:55 - 10:42	10:50
Grafton Street	5.2	5.5	09:30	9:58 - 10:46	10:50
Barrack Road	5.5	5.7	09:30	10 - 10:48	10:50
Kettering Road	7	7.1	10:00	10:08 - 11:07	11:10
Abington Avenue	7.1	7.5	10:00	10:09 - 11:13	11:20
Roe Road	7.5	7.7	10:00	10:11 - 11:15	11:20
Adnit Road	7.7	7.7	10:00	10:12 - 11:15	11:20
Wantage Road	7.7	7.8	10:00	10:12 - 11:17	11:20
Wellingborough Road	7.8	7.9	10:00	10:13 - 11:19	11:20
Park Avenue South	8.3	8.8	10:00	10:16 - 11:31	11:35
Rushmere Road	8.8	9.3	10:00	10:18 - 11:38	11:40
Nunn Mills Road	10.9	10.9	09:45	10:30 - 11:59	12:00
Cattle Market Road	12	12.2	09:30	10:36 - 12:17	12:30
Victoria Gardens	12.2	12.3	09:30	10:37 - 12:19	12:30
St Johns Street	12.3	12.3	09:30	10:38 - 12:19	12:30
Guildhall Road	12.3	12.5	09:30	10:38 - 12:21	12:30
Derngate	12.5	12.7	09:30	10:39 - 12:25	12:30
Spring Gardens	12.7	12.8	09:30	10:40 - 12:26	12:30
St Giles Terrace	12.8	12.9	09:30	10:40 - 12:27	12:30
Abington Street	12.9	13.1	CLOSED	10:41 - 12:30	CLOSED

Includes 3 Mile Race

*Timings based around 1:12 fastest and 3 hour slowest half marathon