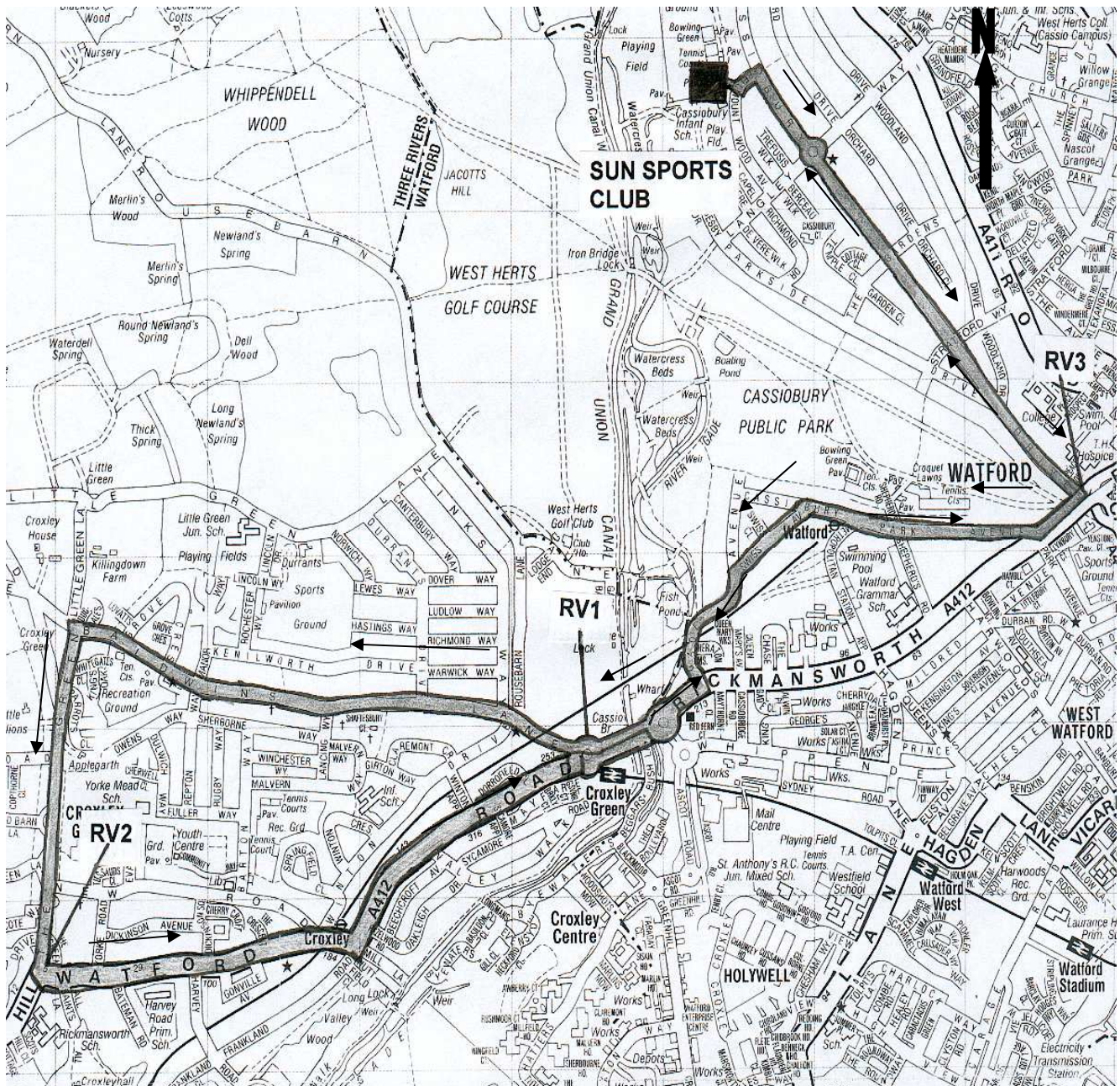


WATFORD JOGGERS ROAD RUNNING ROUTES

ROUTE 3 of 4 "C" CROXLEY



Regular route 7.75 miles

The route

Turn left out the gate and head up Cassiobury Drive to Rickmansworth Road, turn right and right agin into Cassiobury Park Avenue, after Watford Met station turn left into Gade Ave. At the bottom of Gade Ave turn right along Rickmansworth Road to the Two bridges roundabout and head round into Baldwins Lane . Re-group point 1 is at this point. Run up Baldwins Lane to the point where it meets The Green and turn right and run along the Green to its junction with Watford Road. This is re-group point 2. turn left along Watford Road and follow it round past Croxley Met Station (take care at road junctions here) Continue round to the Two Bridges roundabout and retrace your steps back along Gade Avenue, Cassiobury Park Avenue and round to Cassiobury Drive. This is re-group point 3. Head back to The Sun along Cassiobury Drive

Ver 1 TW July 2004