

# Half Marathon



## Loop 1

### Roads

- Join Murrills Road through Trinity Park exit gate
- When you reach Sainsbury's follow the path to cross over the mini roundabout, across the entrance and bear right to join Felixstowe Road
- Once you have joined Felixstowe Road, follow it all the way to St Augustine's Church where you will cross at the traffic lights to continue down Felixstowe Road (on the left hand side of the road)
- Continue along Felixstowe Road, down Bishop's Hill and continue onto Fore Hamlet
- Turn left onto Pownall Road
- Turn left onto Duke Street
- Continue along Duke Street until you reach the roundabout
- When you reach the roundabout use the paths to bare right and join Patteson Road
- At the end of Patteson Road turn right to join Orwell Quay
- Continue along Orwell Quay to visit the University of Suffolk water and toilet stop – you can access the stop through the entrance of Coprolite Street
- Re-join Neptune Quay and continue along Albion Quay
- Turn right onto Key Street in front of Pizza Express and Wiff Waff and don't forget to visit our special Wiff Waff stop where a free BBQ and photobooth is available – you can also use this as a toilet stop
- Once you've visited Wiff Waff turn right to continue onto Key Street
- Use the zebra crossing to cross over Key Street and continue walking along the left hand side of Key Street
- Continue straight along Key Street, Salthouse Street and Fore Street
- Bear left to join Back Hamlet
- When you reach the top of Back Hamlet turn right onto Foxhall Road, use the traffic lights to cross the road to walk down the left hand side of Foxhall Road towards the hospice
- Continue along Foxhall Road (please be aware that there are some narrow paths when going over the railway bridge. Please take care and stick to the paths/ walk in single file if necessary)
- When you reach the hospice continue past the main entrance and turn left down Pearson Road
- Carry on down Pearson Road crossing over Walker Close and then taking the next left towards the main hospice building and memory tree and hospice stop

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# Loop 2



- Exit the hospice stop via the main entrance and turn right down Foxhall Road
- Use zebra crossing to continue down the left hand side of Foxhall Road
- Turn left down Derby Road
- Continue over the railway bridge, use the zebra crossing to cross and turn right down Tomline Road (crossing over Rosehill Road)
- Turn left down Upper Cavendish Street - please be aware that the paths can be narrow due to parked cars, please take care, stick to the paths and walk in single file if necessary
- At the end of Cavendish Street turn right onto Fore Hamlet
- Use the traffic lighted pedestrian crossing to turn left down Pownall Road
- At the bottom of Pownall Road use the traffic lights to cross over to the other side of Duke Street
- Turn right onto Duke Street
- Turn left onto Coprolite Street
- UoS Stop – accessed via Coprolite Street entrance
- Exit the stop and join Neptune Quay
- Cut through in front of UoS main entrance to join Fore Street by big question mark statue
- Turn left onto Fore Street
- Use the pedestrian crossing to turn right onto Grimwade Street (walking on the right hand side)
- Turn right onto St Helens Street
- Continue along the length of Spring Road
- At the end of Spring Road bear right onto Woodbridge Road East
- At the roundabouts bear right to turn right down Heath Road
- Turn right down Heath Lane (option to detour to hospice stop for toilets or carry on to Foxhall Road)
- At the end of Heath lane turn left on Foxhall Road
- When you reach the roundabout cross the road by Cycle Revolution to turn right down Bixley Road
- Continue down Bixley Road (right hand side)
- Use the traffic lights at the bottom of Bixley Road to cross the road to the left hand side of the road and continue down to the roundabouts
- At the roundabout cross over Bucklesham Road and then turn left down Felixstowe Road
- Follow Felixstowe Road to the Sainsbury's roundabout
- At the roundabout bear left to stay on the footpath, cross over the entrance to Sainsbury's and then join Murrills Road
- Continue along Murrills Road back to Trinity Park where you will re-enter the venue via the entrance/ exit gate on Murrills Road
- Once in the venue walk up Livestock Avenue to reach the Cattle Shed where you can collect your well-deserved medal

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