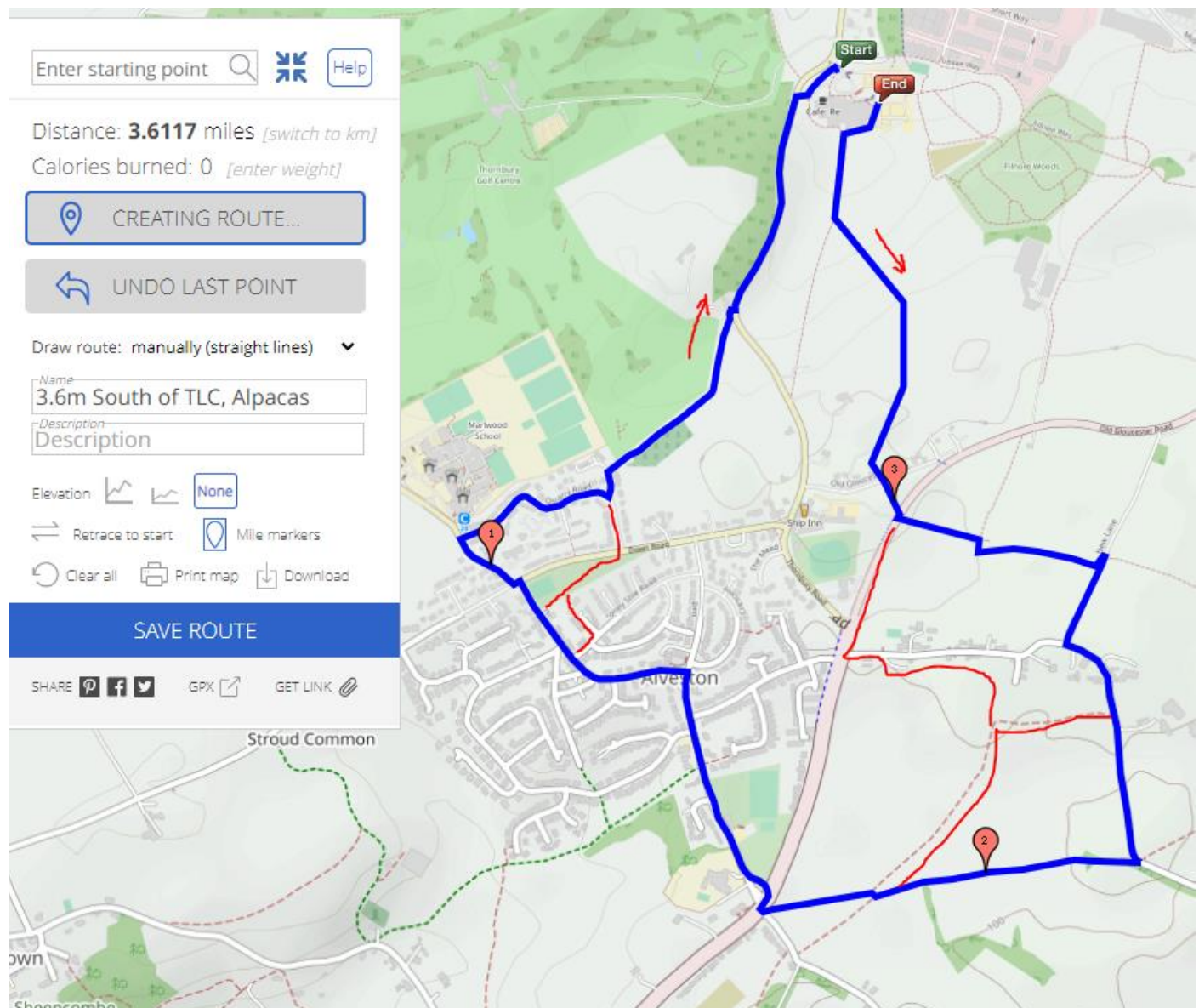
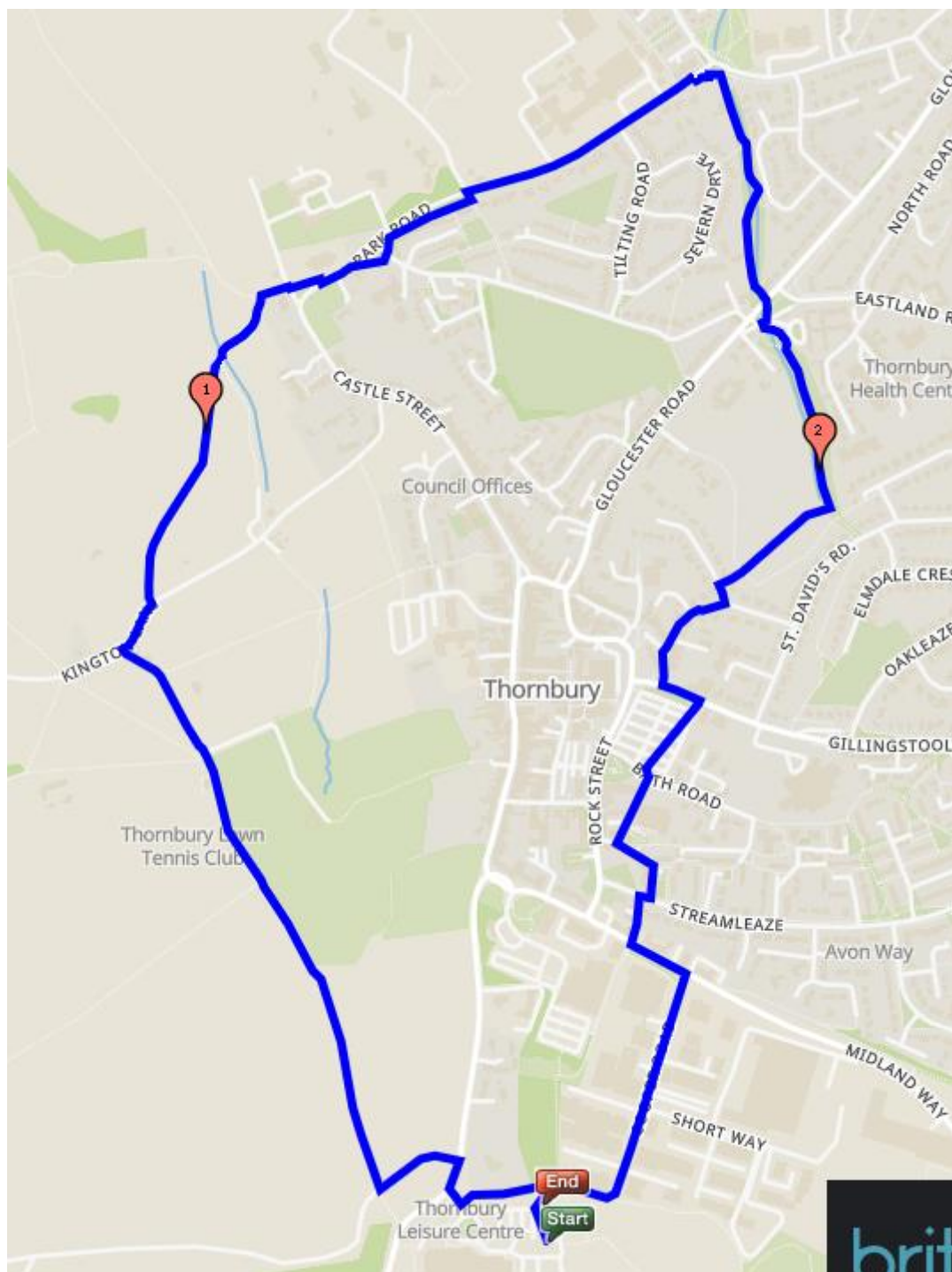


3.6m, could be 5km route South of TLC, <http://www.gmap-pedometer.com/?r=7713507>

(TLC = Thornbury Leisure Centre)

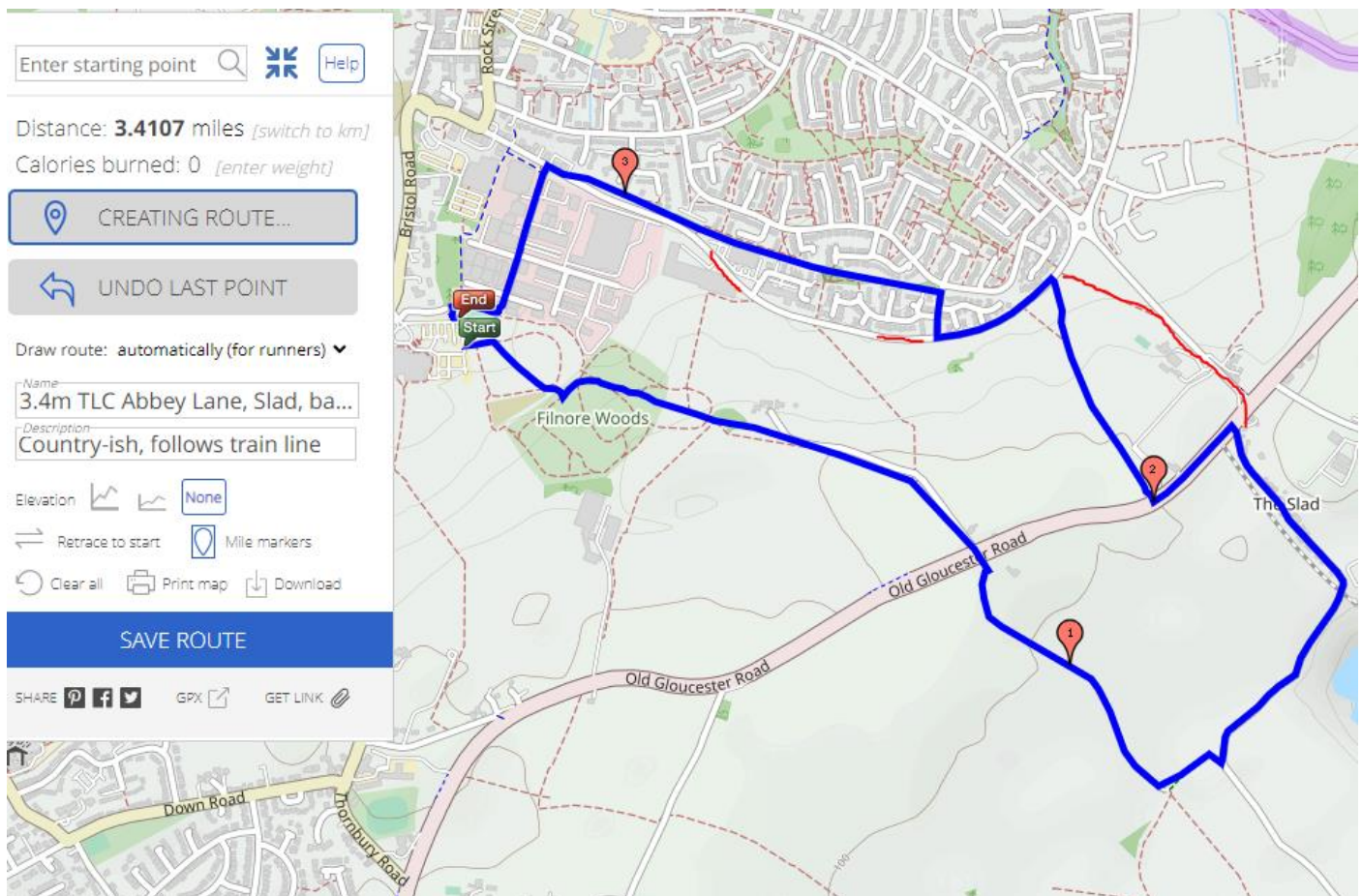


Streams and schools 3 miles, could be 5km North of TLC, <https://www.gmap-pedometer.com/?r=7510310>

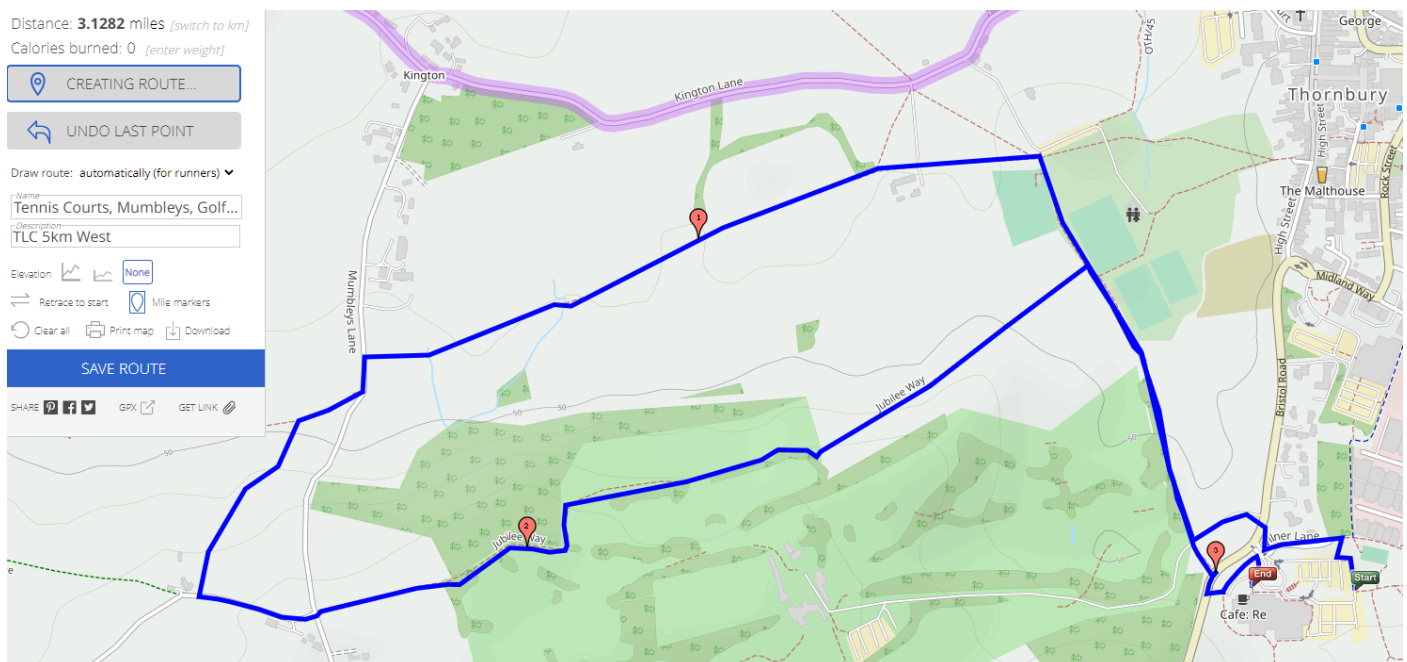




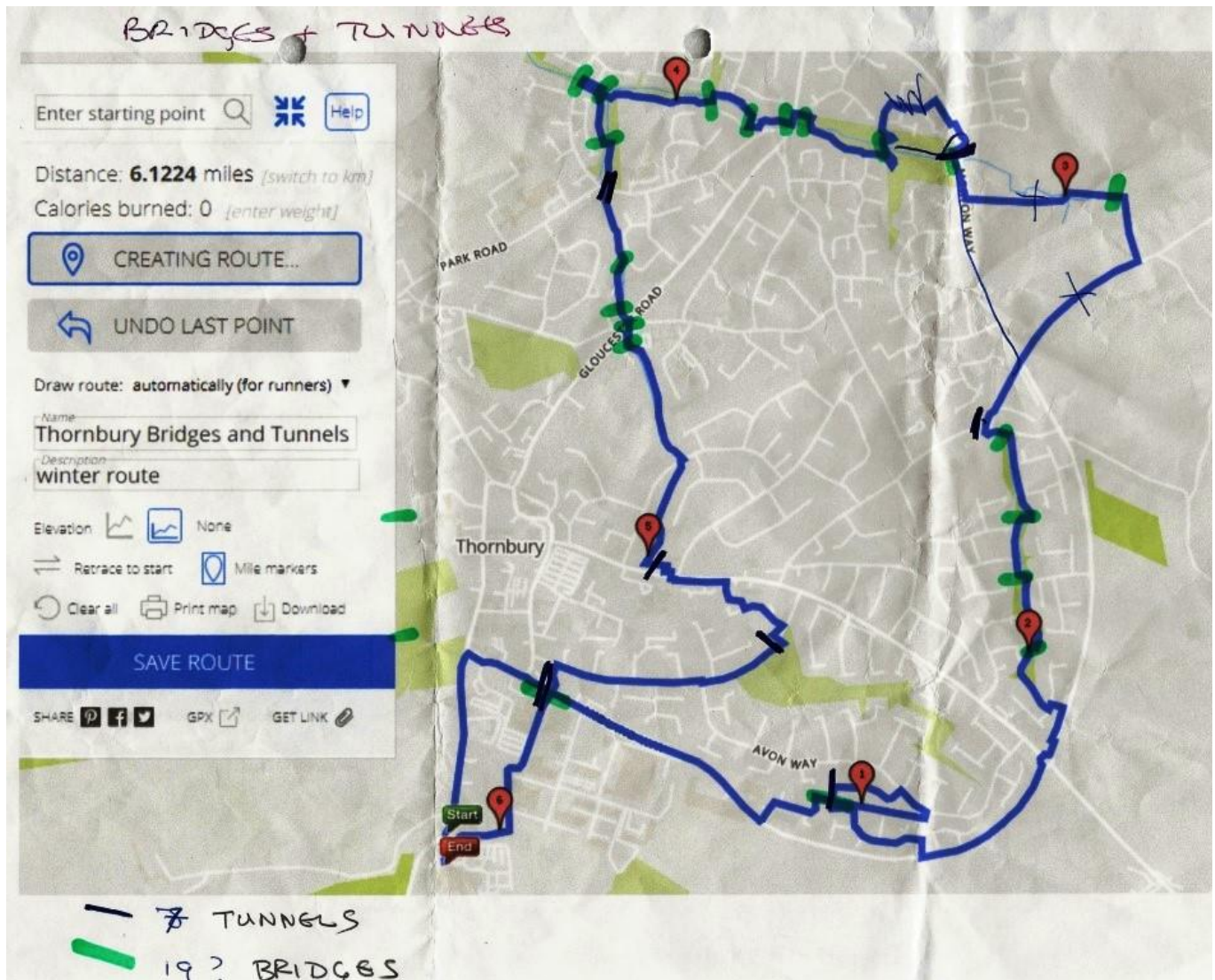
5km East of TLC, Filnore Woods, Abbey Lane, Slad, Railway Line <https://www.gmap-pedometer.com/?r=7586876>



5km West of TLC, Mumbleys <https://www.gmap-pedometer.com/?r=7258508>

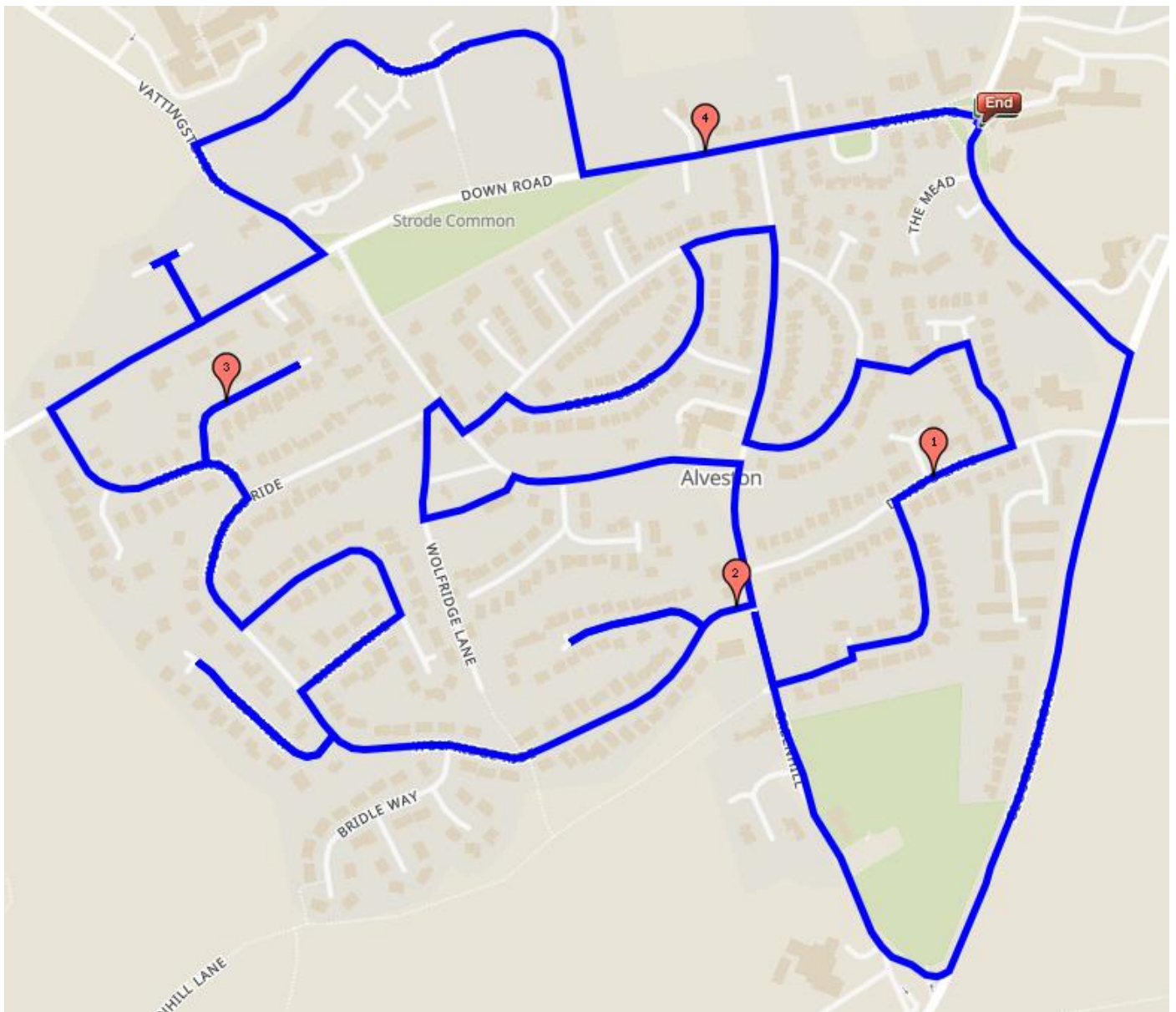


## Thornbury Bridges and Tunnels 6 miles

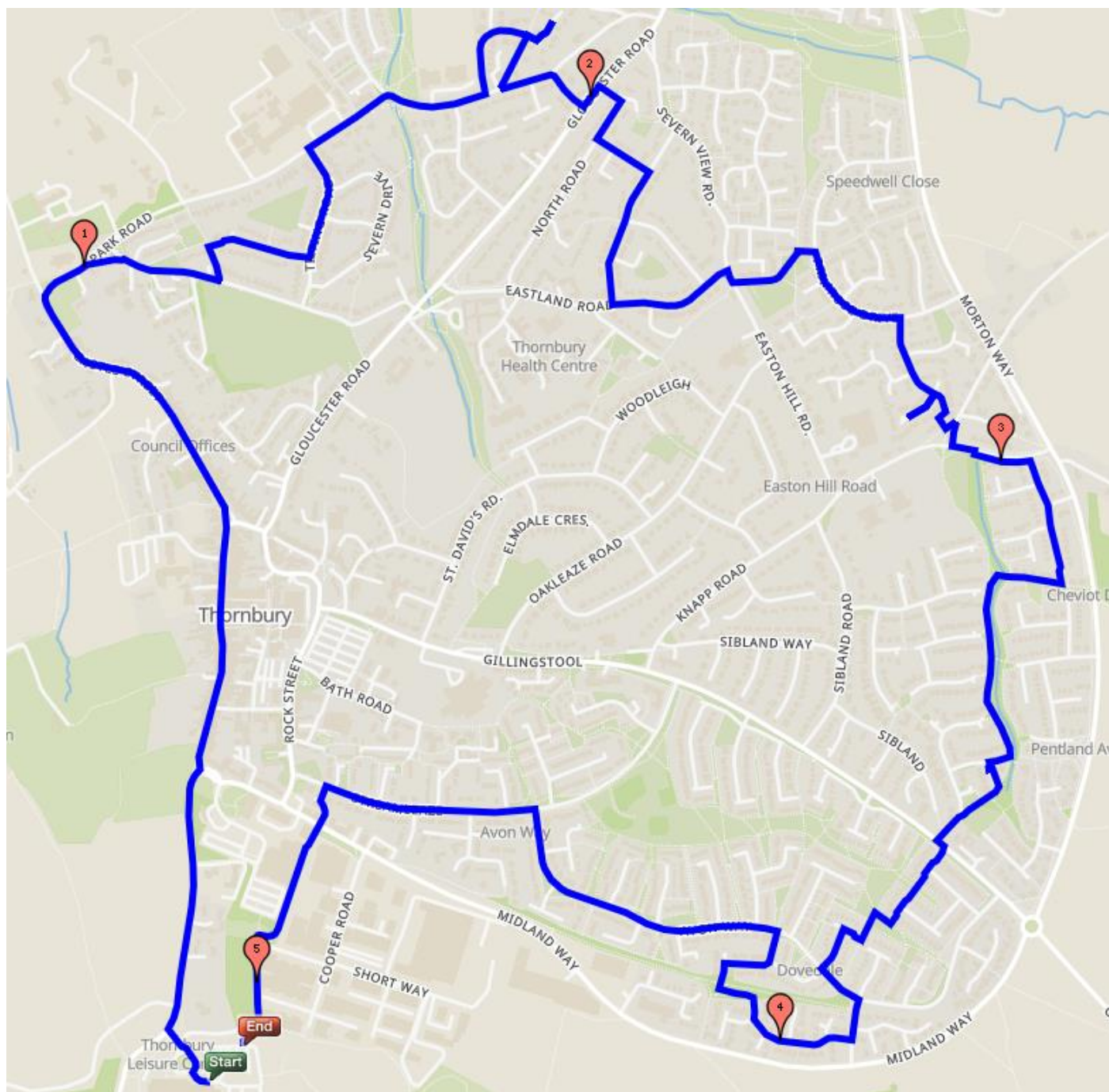




Xmas Lights Alveston 4.16 miles 2019 – 2022, Note break at 2 miles, Methodist Church

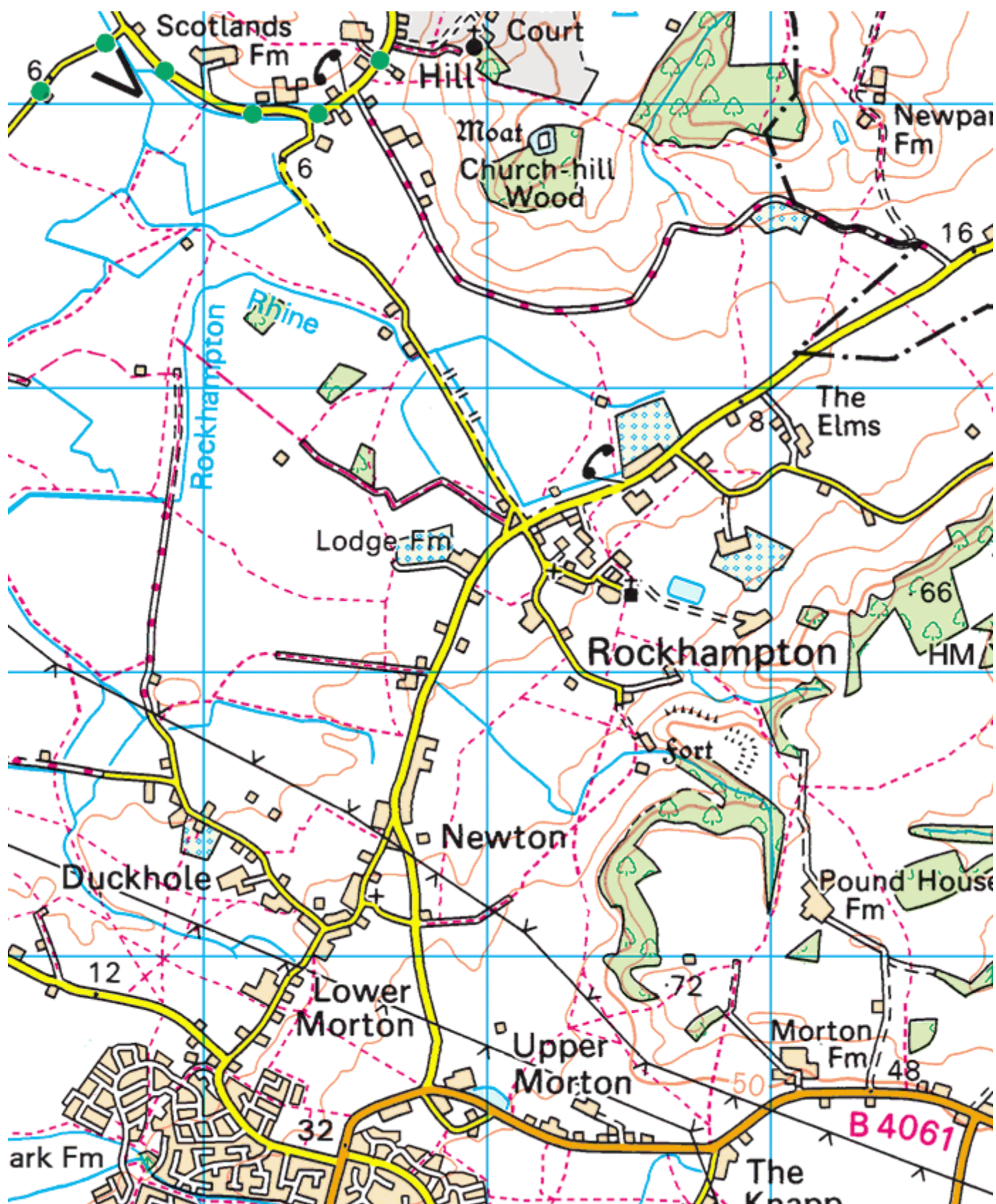


Xmas Lights Thornbury 5.1 miles 2019-2022

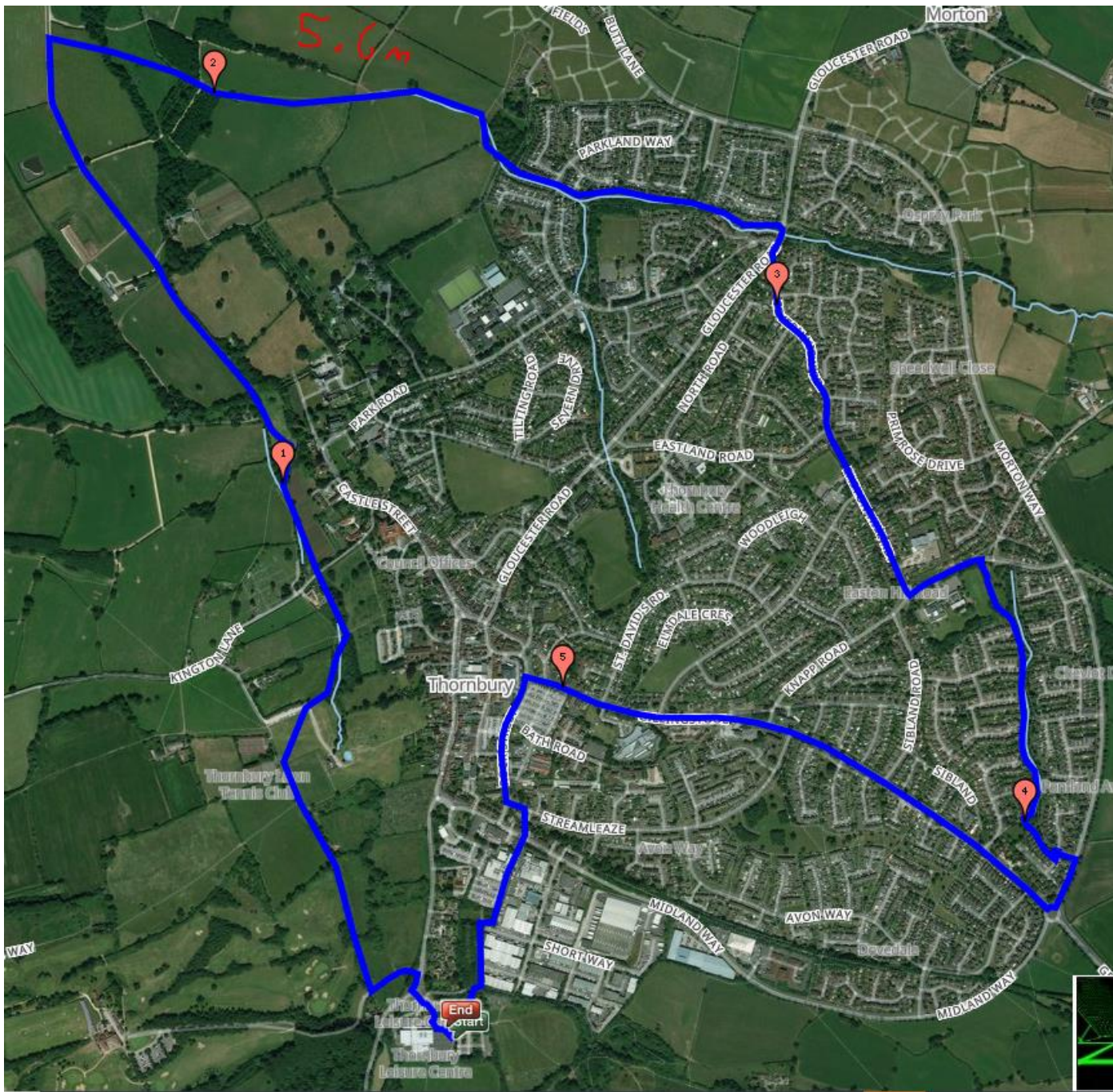




Rockhampton map. Secret passage and 2 churches is 8.7 miles.

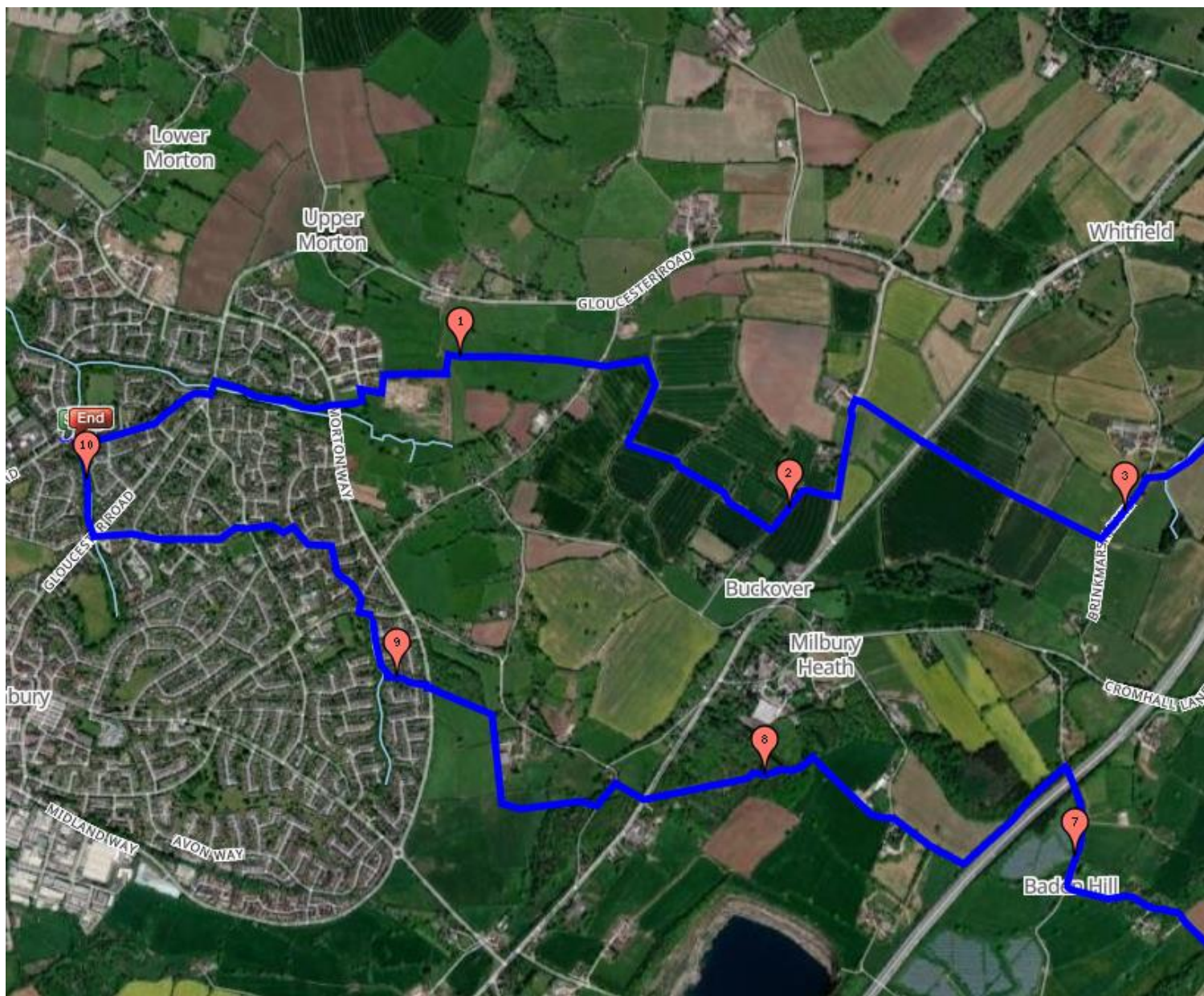




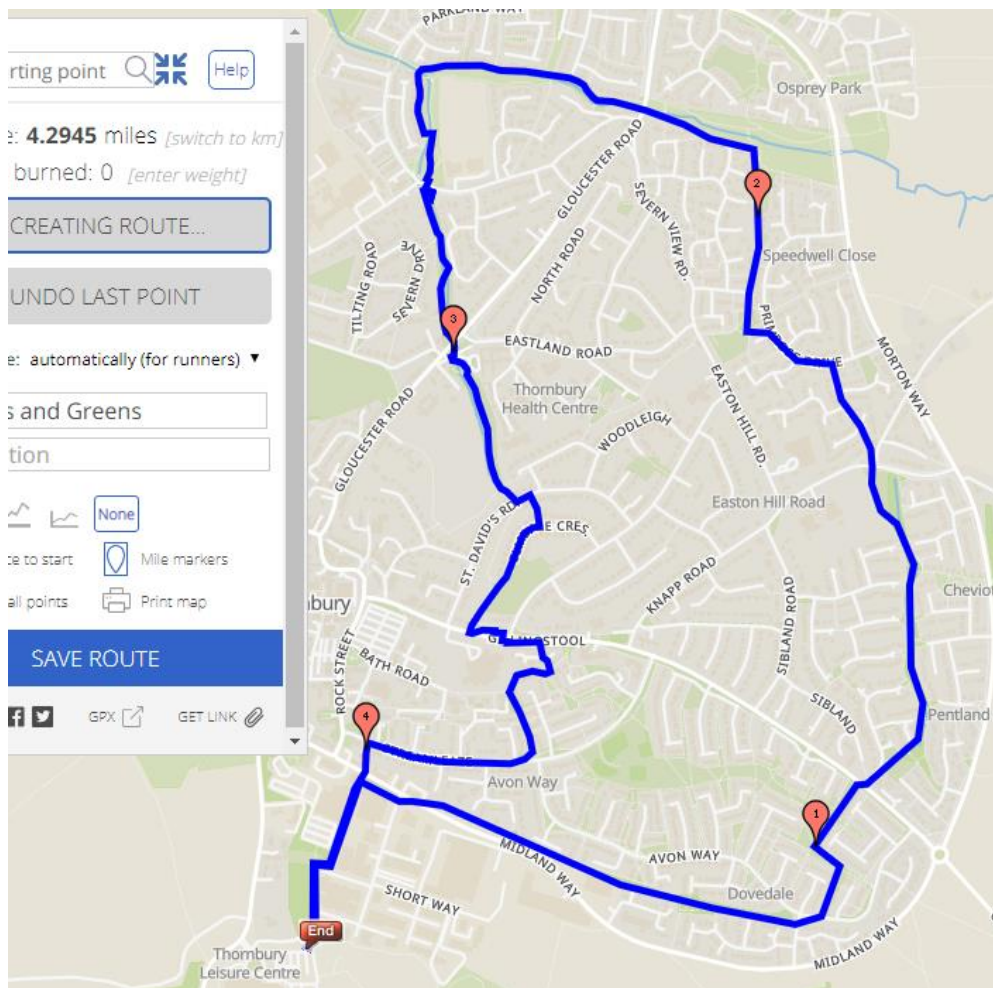



Into twilight, as above – or turn right at Pithay and go across Castle school field





¾ Gambriel via paths 10.1 miles <https://www.gmap-pedometer.com/?r=7010642>





19:18 on Thursday, 15 November 2018

## TRC Evening Run, 9/10 group, streams and greens.

[Add a description](#)

5.80mi  
Distance (7)

59:37  
Moving Time

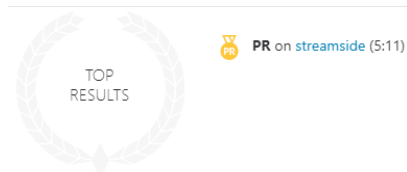
10:16/mi  
Pace

Elevation 269ft

Elapsed Time 1:06:23

TomTom



Shoes: Brooks / green (486.4 mi)



| Mile | Pace      | GAP       | Elev   |
|------|-----------|-----------|--------|
| 1    | 9:00 /mi  | 8:50 /mi  | 14 ft  |
| 2    | 10:12 /mi | 10:20 /mi | -61 ft |
| 3    | 10:33 /mi | 10:21 /mi | -9 ft  |
| 4    | 10:40 /mi | 10:45 /mi | -52 ft |
| 5    | 10:54 /mi | 10:23 /mi | 77 ft  |
| 0.80 | 10:20 /mi | 10:03 /mi | 14 ft  |





## Streams and greens extended

Enter starting point   [Help](#)

Distance: **5.7609** miles [\[switch to km\]](#)

Calories burned: 0 [\[enter weight\]](#)



 CREATING ROUTE...



 UNDO LAST POINT




Draw route: automatically (for runners) ▼

Name  
**Streams and Greens extended**






Description  
Description


Elevation   None

 Retrace to start  Mile markers

 Clear all  Print map  Download

**SAVE ROUTE**

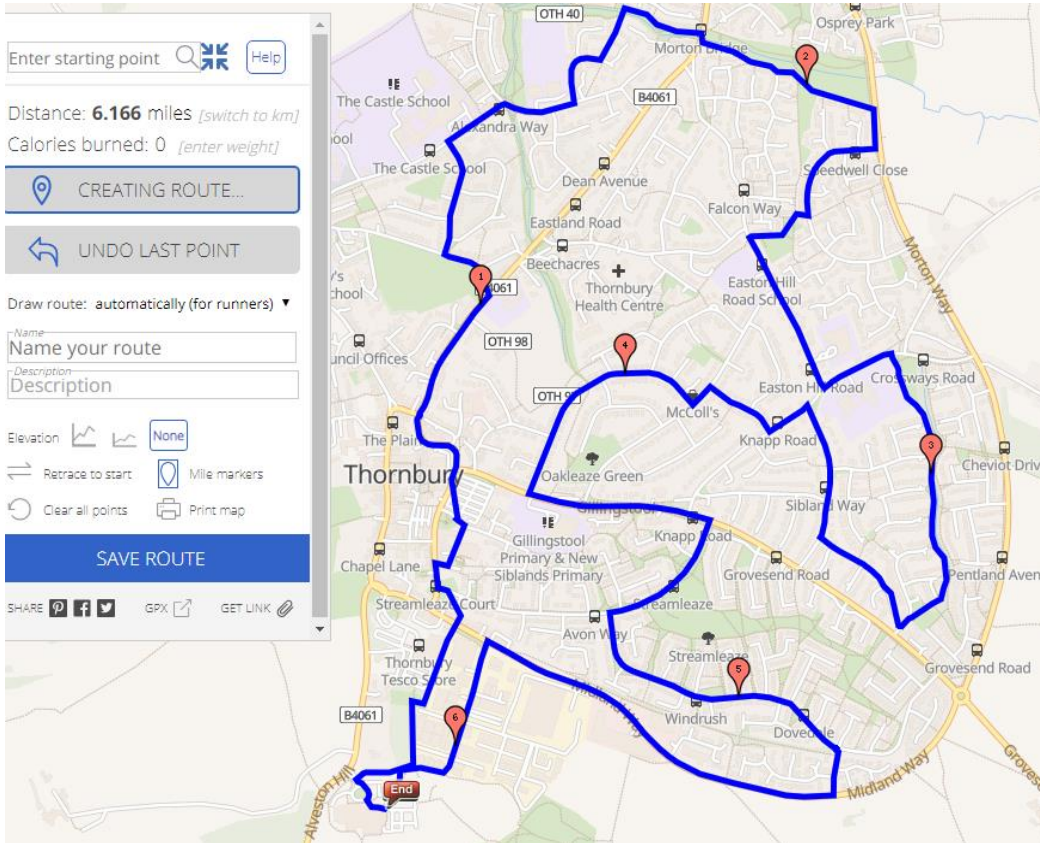
SHARE    GPX  GET LINK 



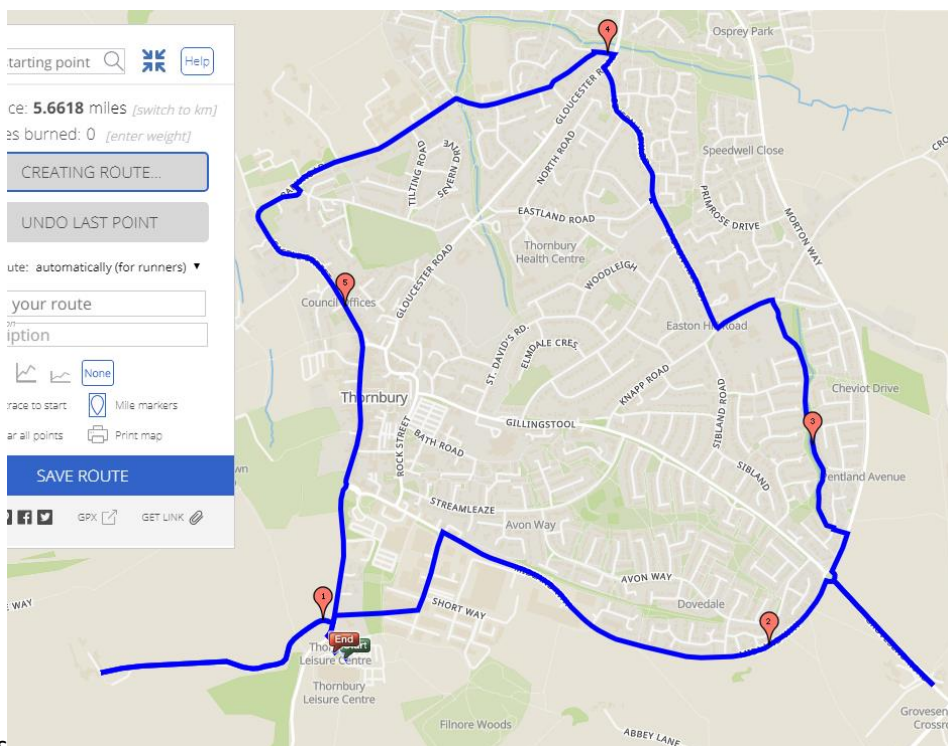




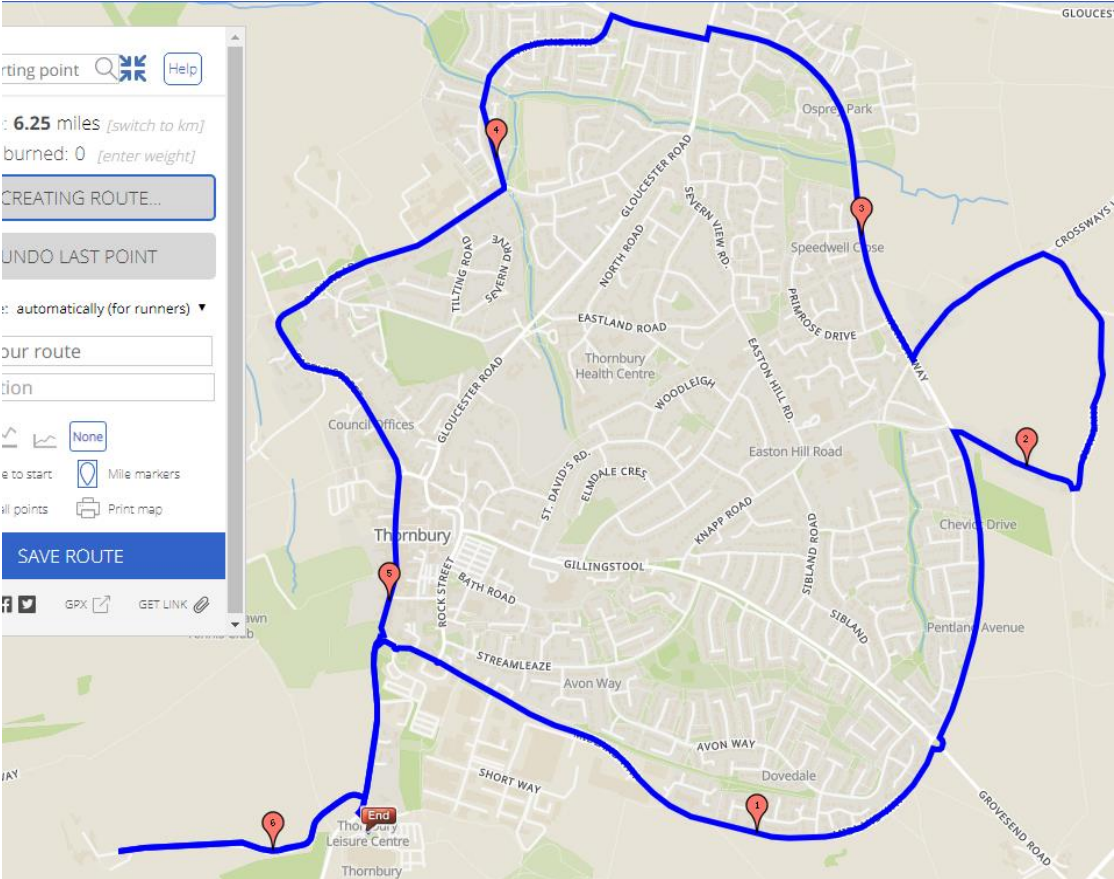
## Zig Zag 6.2m



## Hill spikes



6.25 Hacket, golf club



Suzy Cundy – Run

19:20 on Thursday, 3 January 2019

TRC club run felt sluggish but good to be out.

5.28mi Distance    54:24 Moving Time    10:18/mi Pace

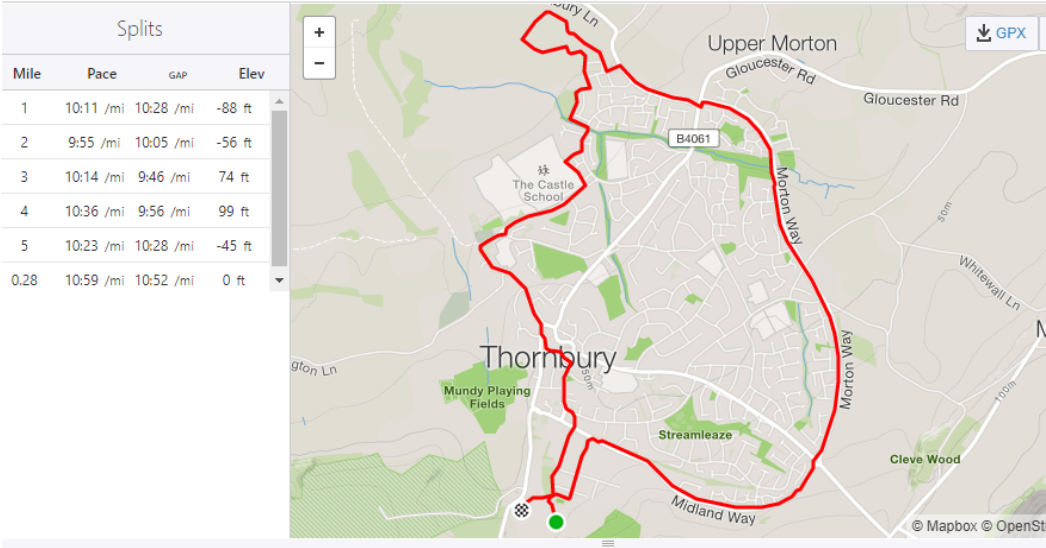
Elevation 223 ft    Calories

Elapsed Time 1:02:52

Garmin vivoactive 3    Shoes: —

Give Kudos

STRAVA LABS View Flybys







19:17 on Thursday, 6 December 2018

## TRC Evening Run, wet.

Add a description



Add Others

5.59mi

Distance (?)

51:03

Moving Time

9:08/mi

Pace

Elevation

269ft

Calories

Elapsed Time

59:49

TomTom

Shoes: Br

green (48)

## Splits

| Mile | Pace     | GAP      | Elev   |
|------|----------|----------|--------|
| 1    | 8:39 /mi | 8:31 /mi | -0 ft  |
| 2    | 9:06 /mi | 8:59 /mi | -1 ft  |
| 3    | 8:53 /mi | 8:55 /mi | -54 ft |
| 4    | 9:18 /mi | 9:27 /mi | -63 ft |
| 5    | 9:32 /mi | 9:08 /mi | 76 ft  |
| 0.59 | 9:26 /mi | 9:11 /mi | 22 ft  |



19:17 on Thursday, 29 November 2018

## TRC Evening Run.

Add a description



Add Others

6.29mi

Distance (?)

1:06:54

Moving Time

10:38/mi

Pace

Elevation

340ft

Calories

Elapsed Time

1:13:13

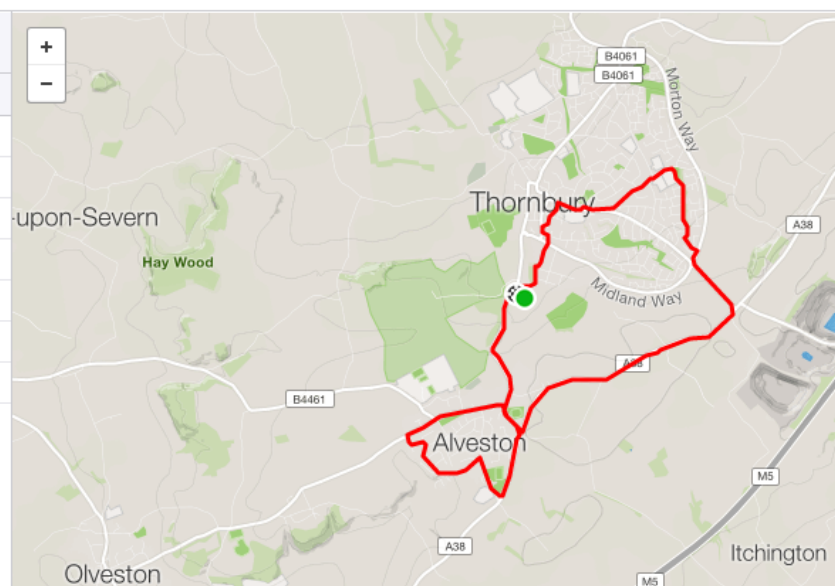
TomTom

Shoes: Br

green (48)

## Splits

| Mile | Pace      | GAP       | Elev    |
|------|-----------|-----------|---------|
| 1    | 10:44 /mi | 9:37 /mi  | 135 ft  |
| 2    | 10:02 /mi | 10:00 /mi | -21 ft  |
| 3    | 10:52 /mi | 10:40 /mi | 37 ft   |
| 4    | 10:10 /mi | 10:12 /mi | -25 ft  |
| 5    | 10:14 /mi | 10:48 /mi | -156 ft |
| 6    | 11:30 /mi | 11:09 /mi | 23 ft   |
| 0.29 | 11:32 /mi | 11:12 /mi | 4 ft    |





19:22 on Thursday, 8 November 2018  
TRC Evening Run, 9/10 group

Add a description



Add Others

5.81mi  
[Distance \(?\)](#)

53:51  
Moving Time

9:16/mi  
Pace

Elevation

285 ft

Calories

Elapsed Time

1:07:43

TomTom

Shoes: Bro  
green (48)

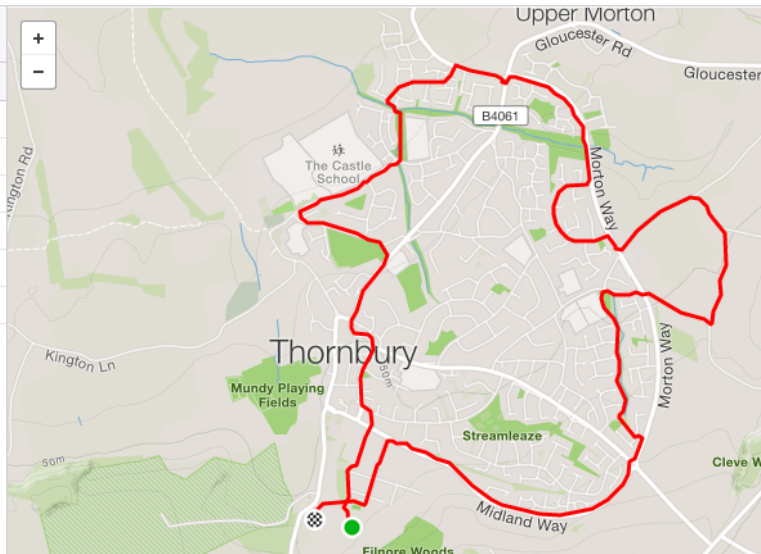


**PR** on [Parkland Way Up](#) (2:05)

**2nd fastest time** on [Hacket loop c/w](#) (6:33)

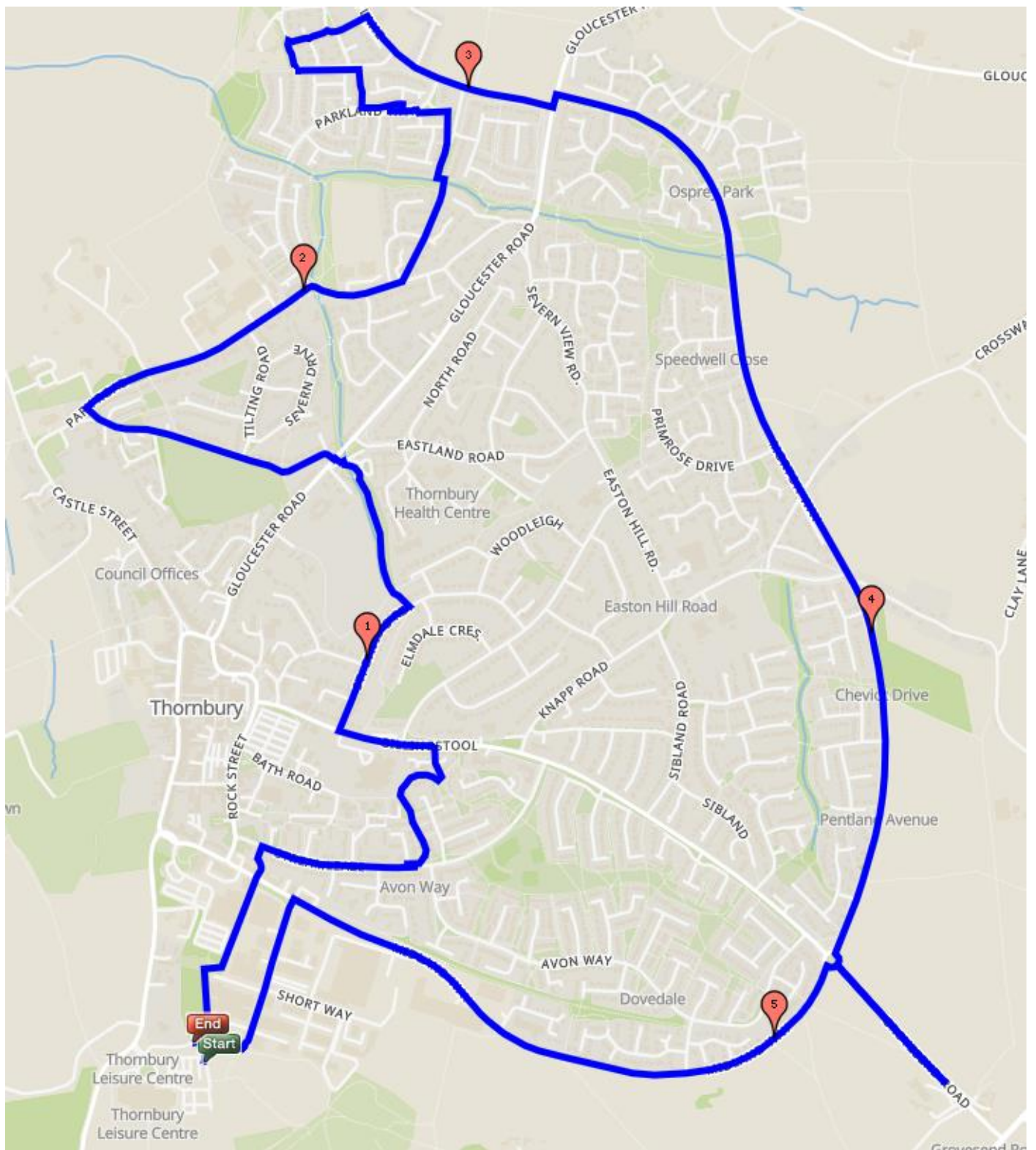
**3rd fastest time** on [Church Road Canter](#) (1:24)

| Splits |          |          |        |
|--------|----------|----------|--------|
| Mile   | Pace     | GAP      | Elev   |
| 1      | 9:11 /mi | 9:20 /mi | -72 ft |
| 2      | 9:13 /mi | 9:12 /mi | -25 ft |
| 3      | 9:24 /mi | 9:07 /mi | 44 ft  |
| 4      | 8:25 /mi | 8:17 /mi | 12 ft  |
| 5      | 9:55 /mi | 9:25 /mi | 75 ft  |
| 0.81   | 9:27 /mi | 9:35 /mi | -46 ft |



The Elephant about 6.2 miles, 5.8 without tail



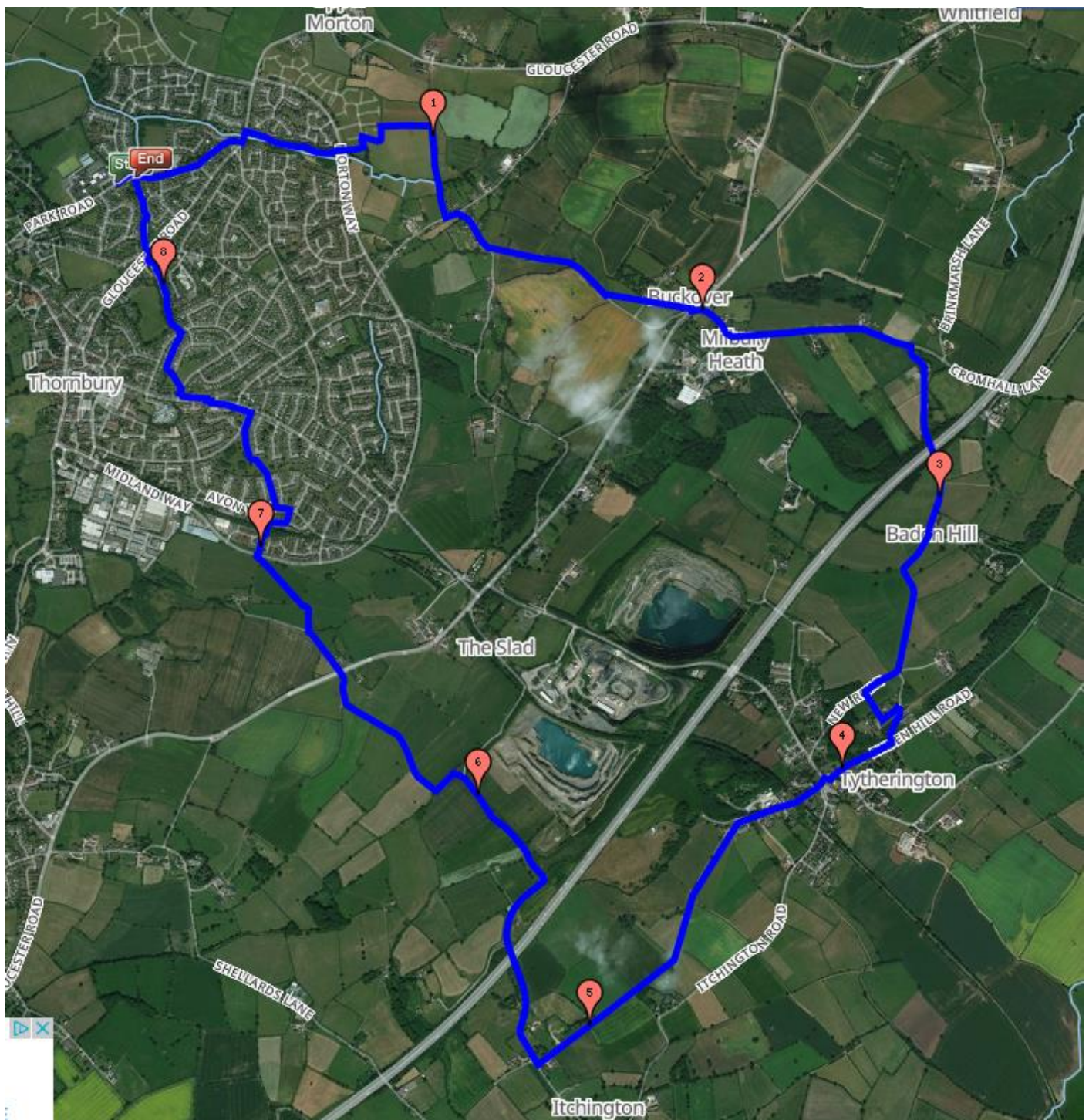








Mostly roads 8.3m Tytherington



Scout Hut 9.4 miles, but vary. New Houses, Milbury, A38, Alveston, Mumbleys, Golf Course

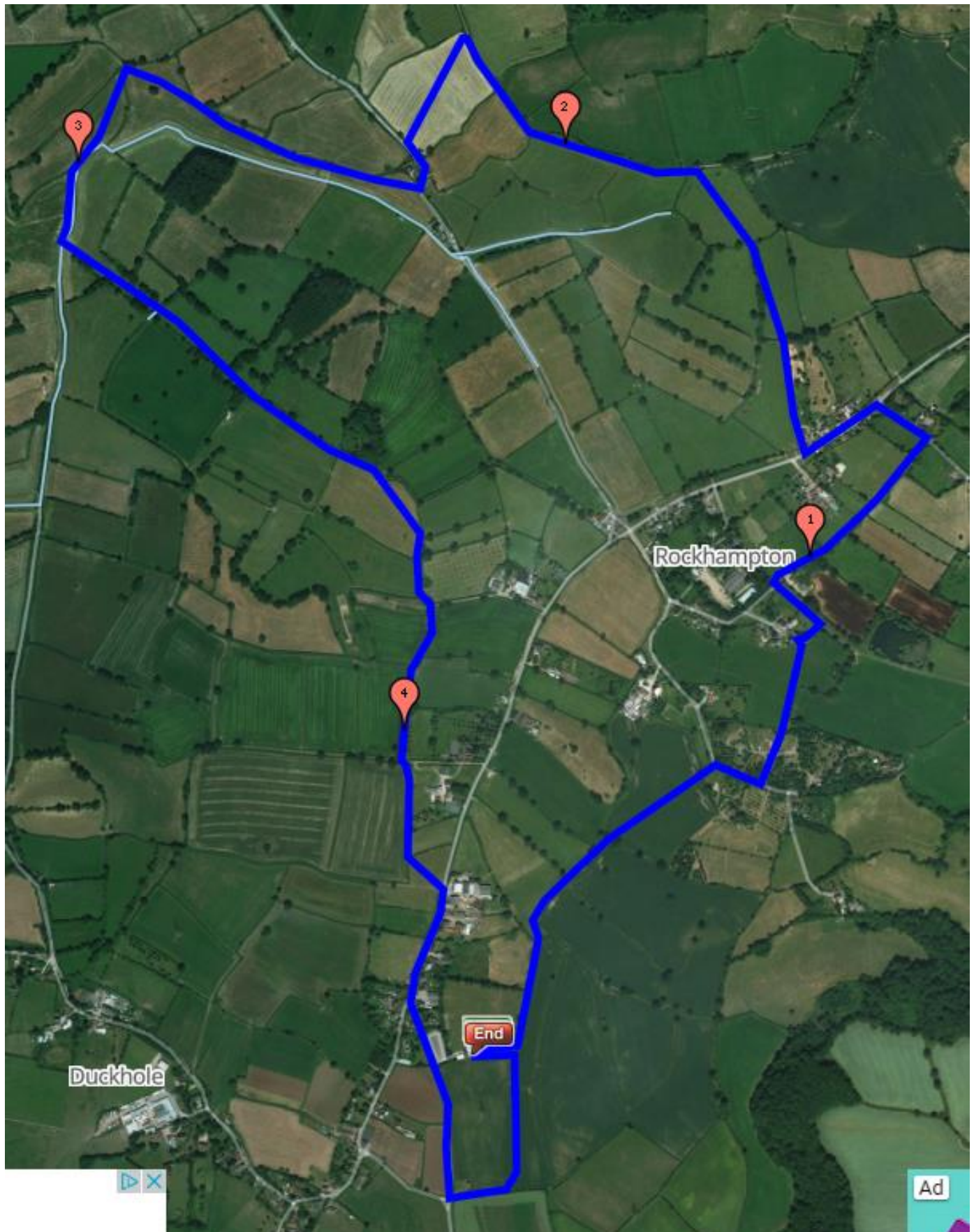






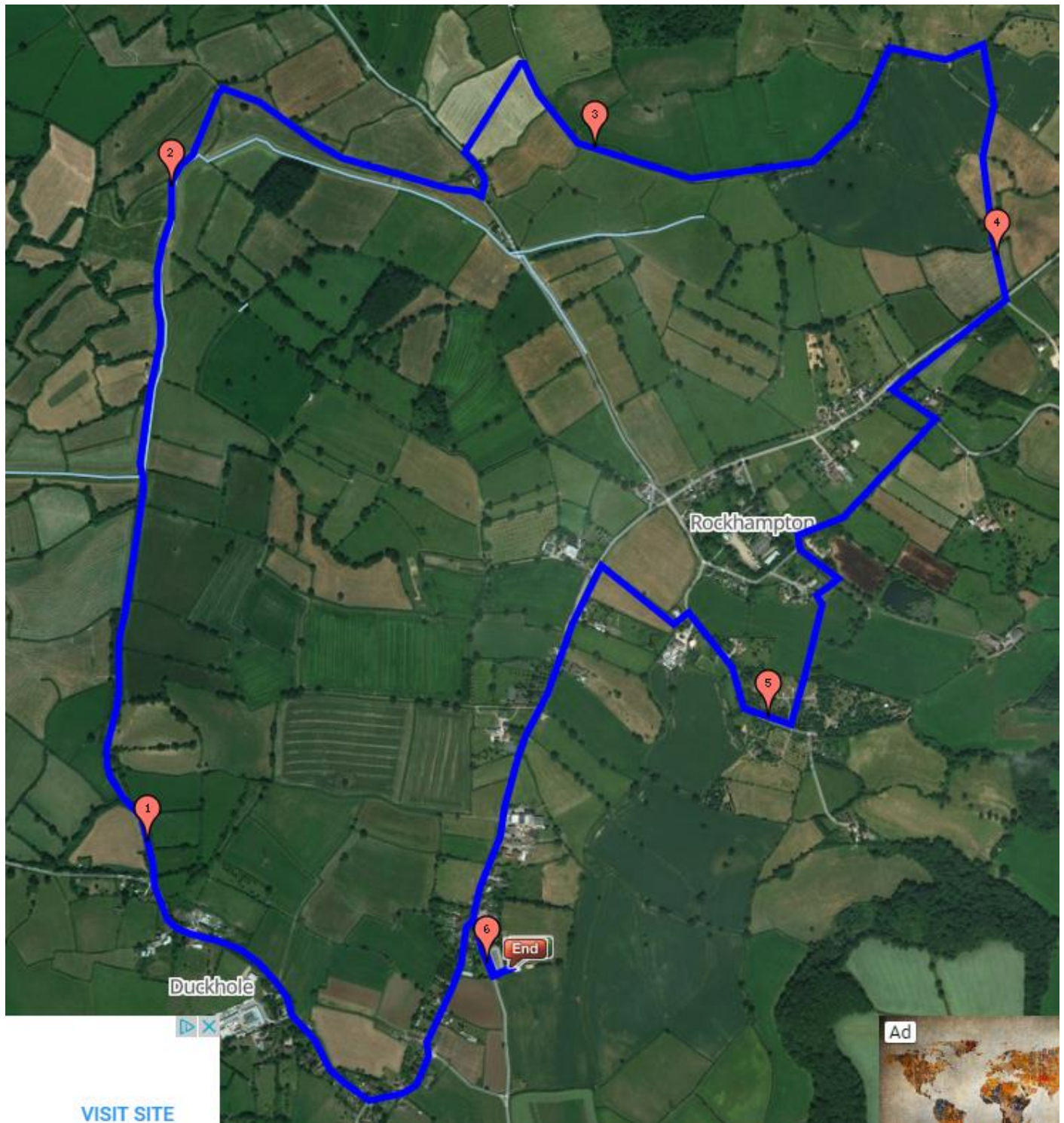
Rugby Club April 2019

4.9 miles, lots fields and paths





Rugby Club 6 miles, more gravel – or 6.4 via Scotland  
\farm and over the church hill to Woodend instead

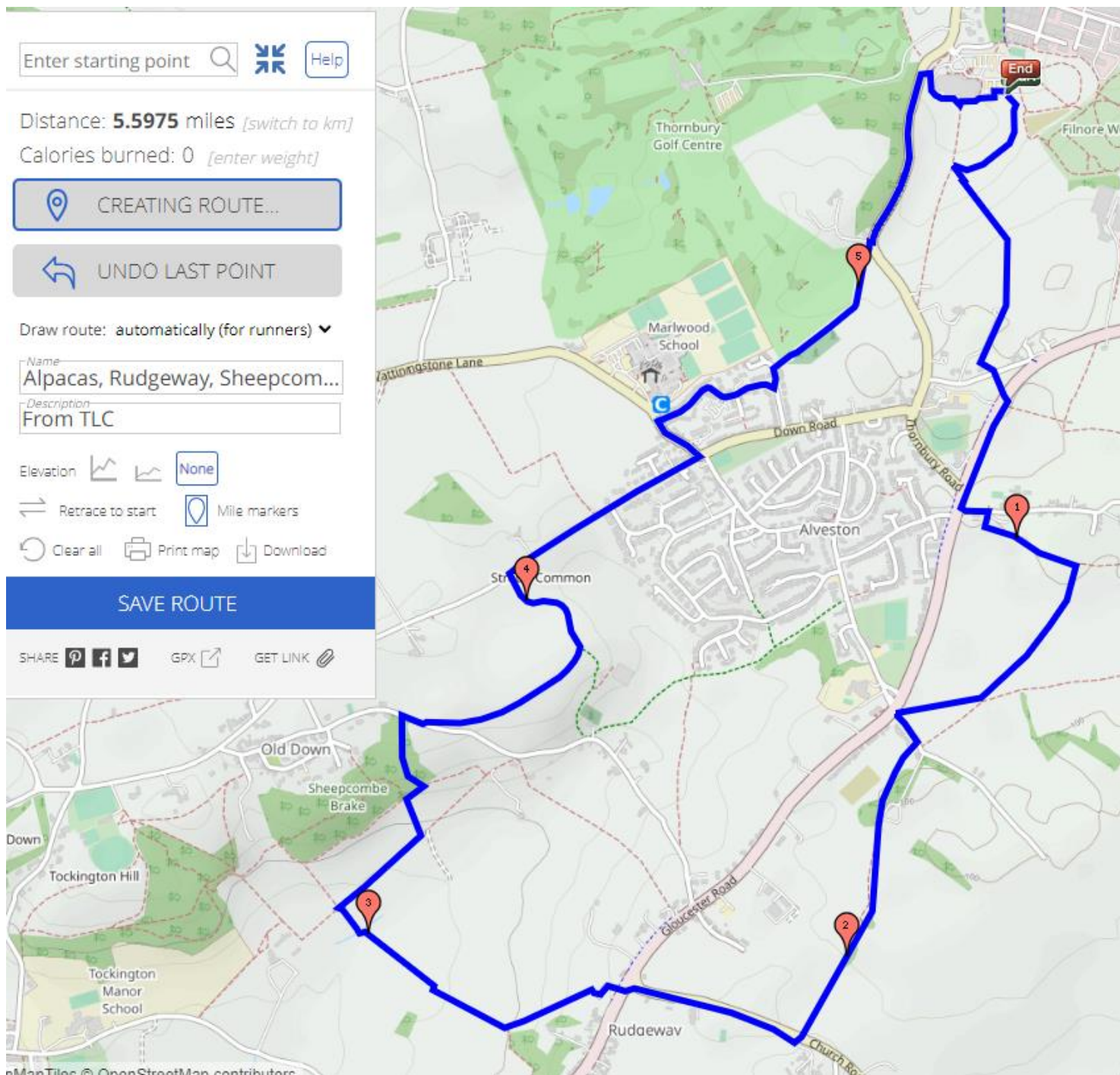






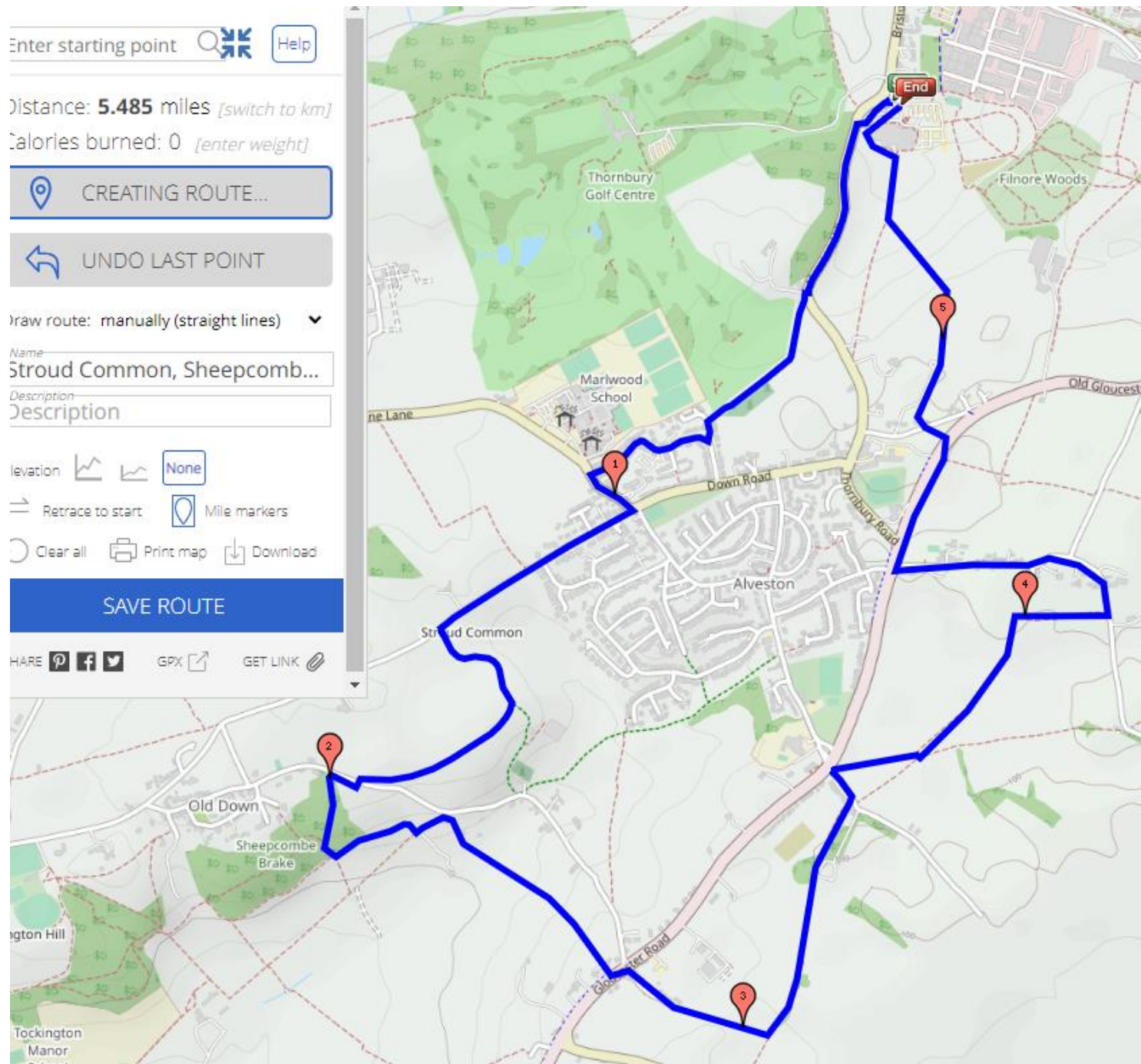






<https://www.gmap-pedometer.com/?r=7605010>





<https://www.gmap-pedometer.com/?r=7710979>

Enter starting point



Help

Distance: **6.1224** miles *[switch to km]*

Calories burned: 0 *[enter weight]*



CREATING ROUTE...



UNDO LAST POINT

Draw route: automatically (for runners) ▼

Name

Thornbury Bridges and Tunnels

Description

winter route

Elevation



None



Retrace to start



Mile markers



Clear all



Print map



Download

SAVE ROUTE

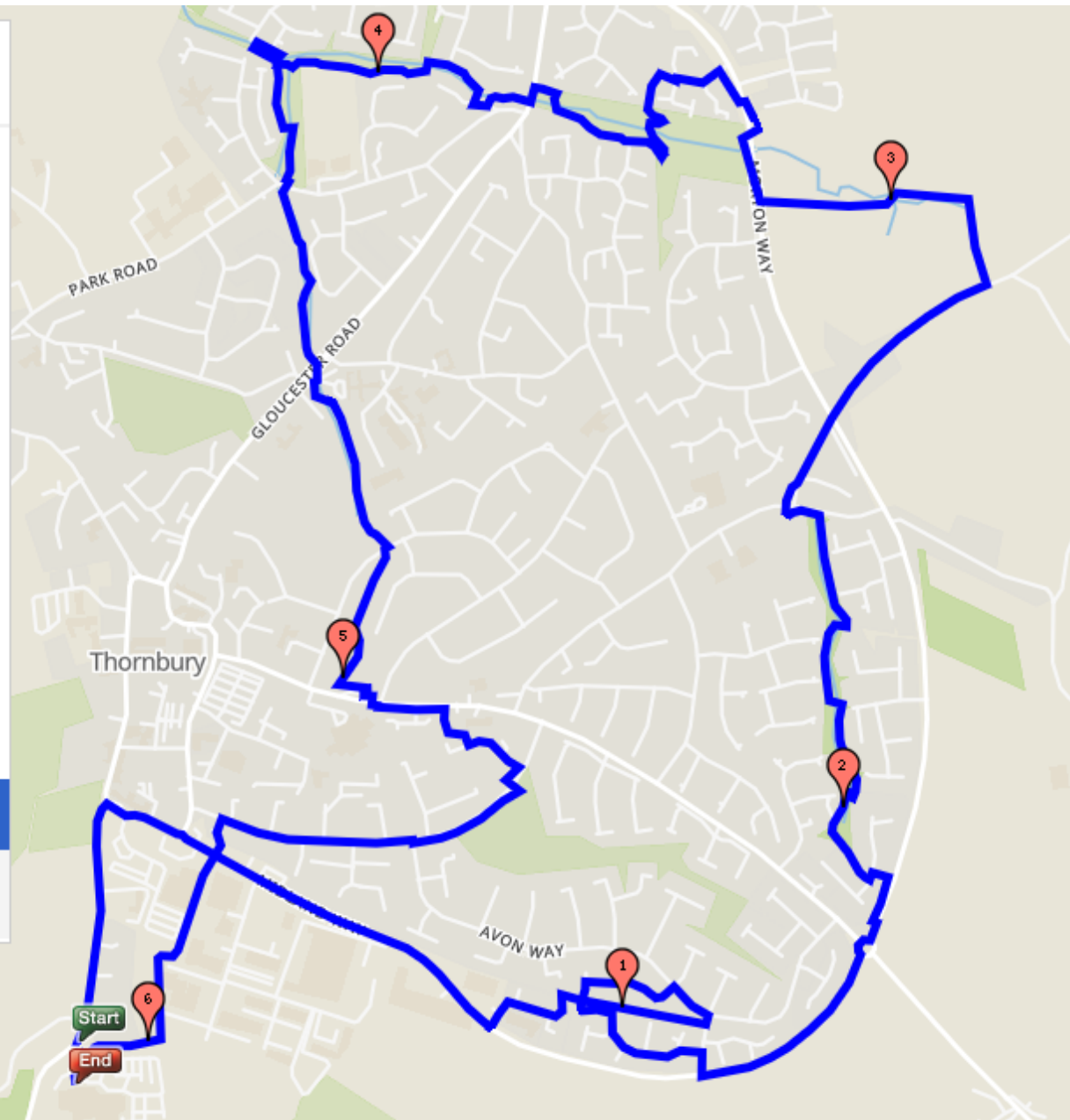
SHARE



GPX

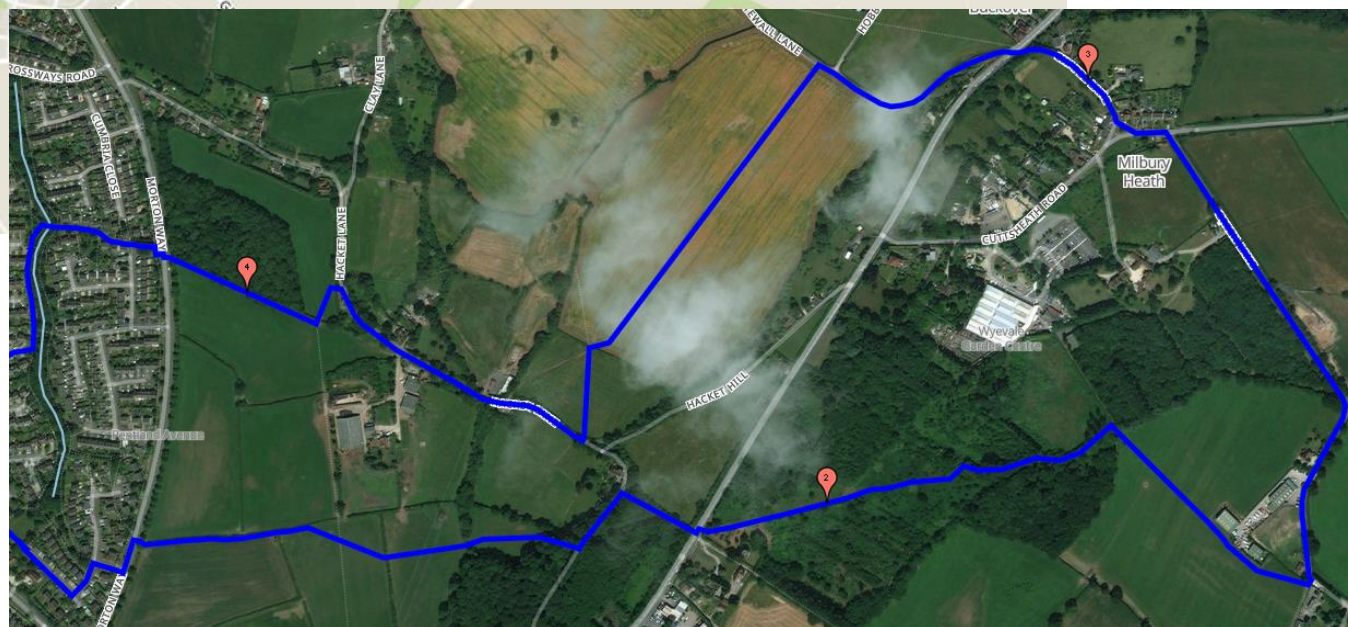
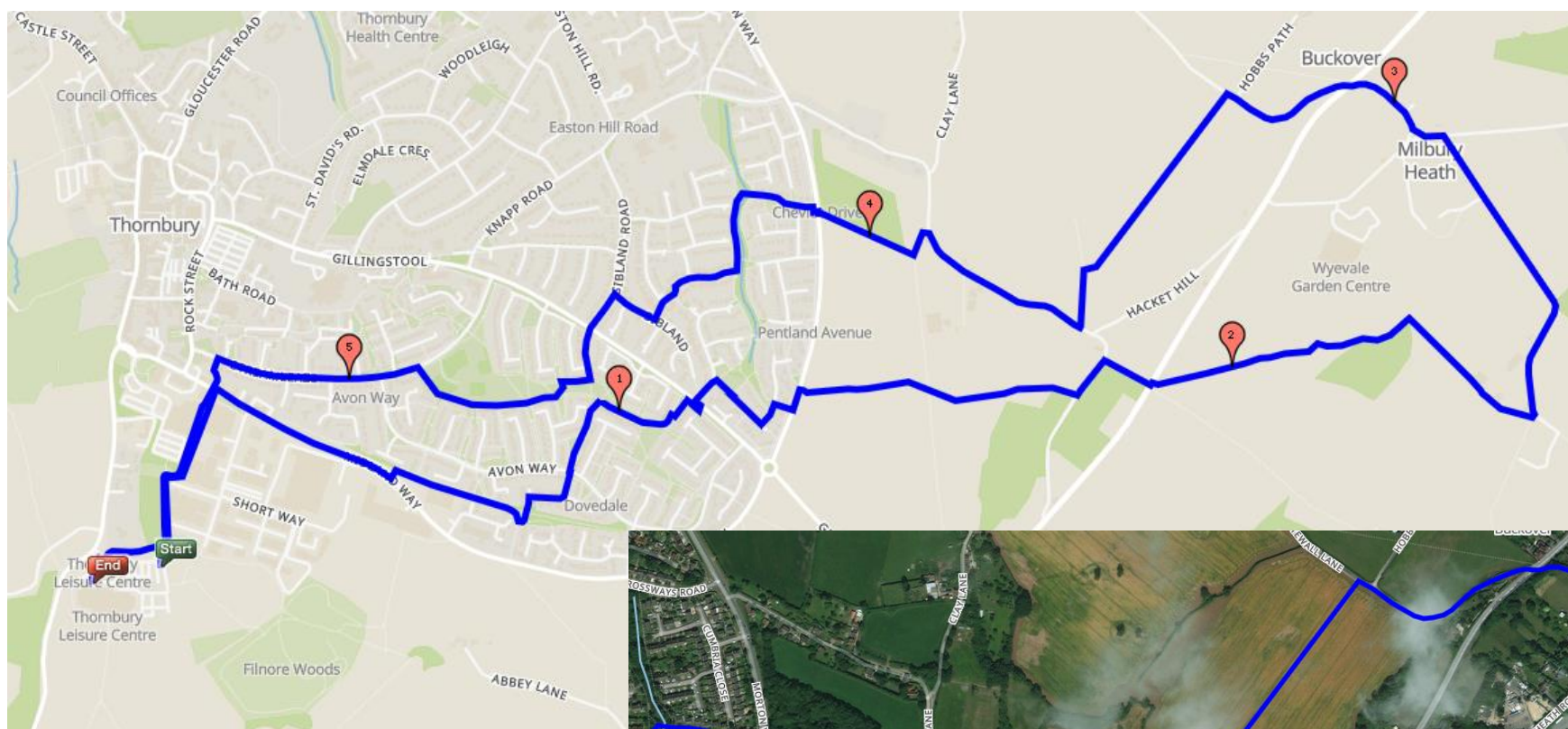


GET LINK





5.6 miles Wonky leg

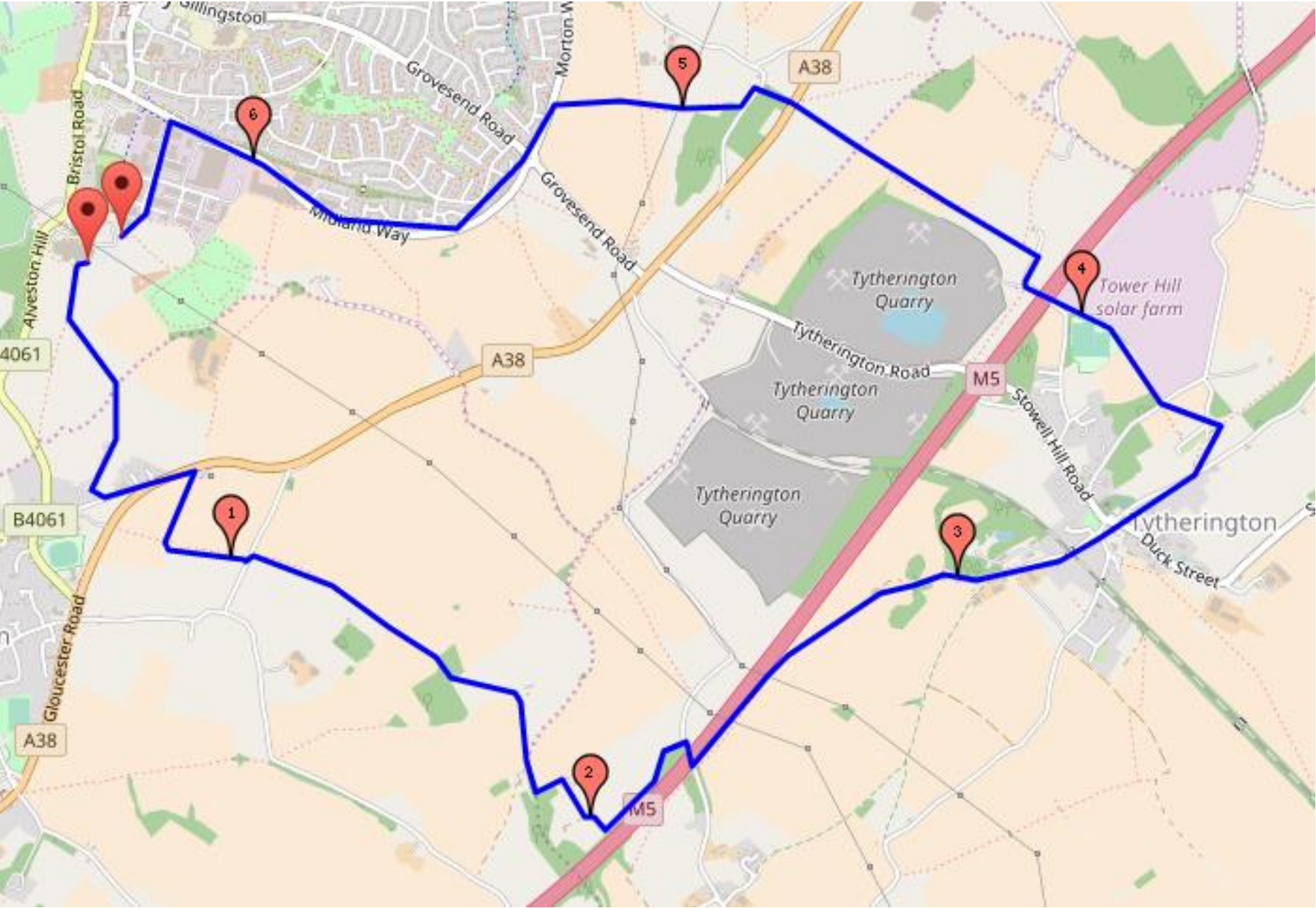


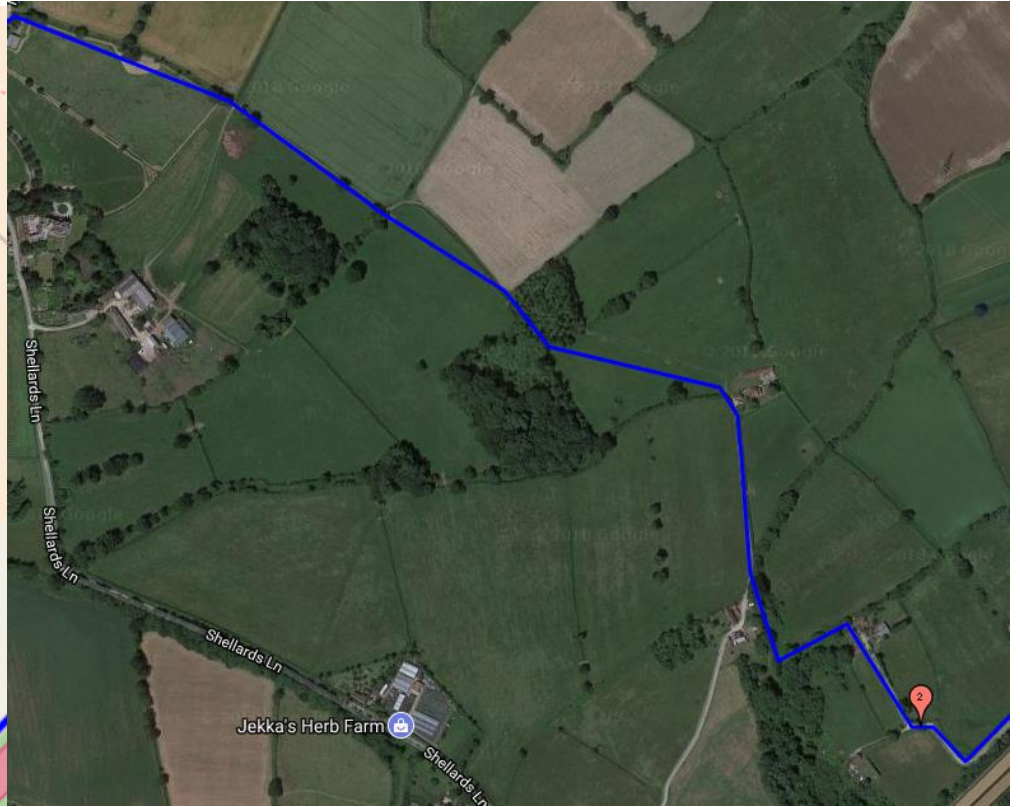
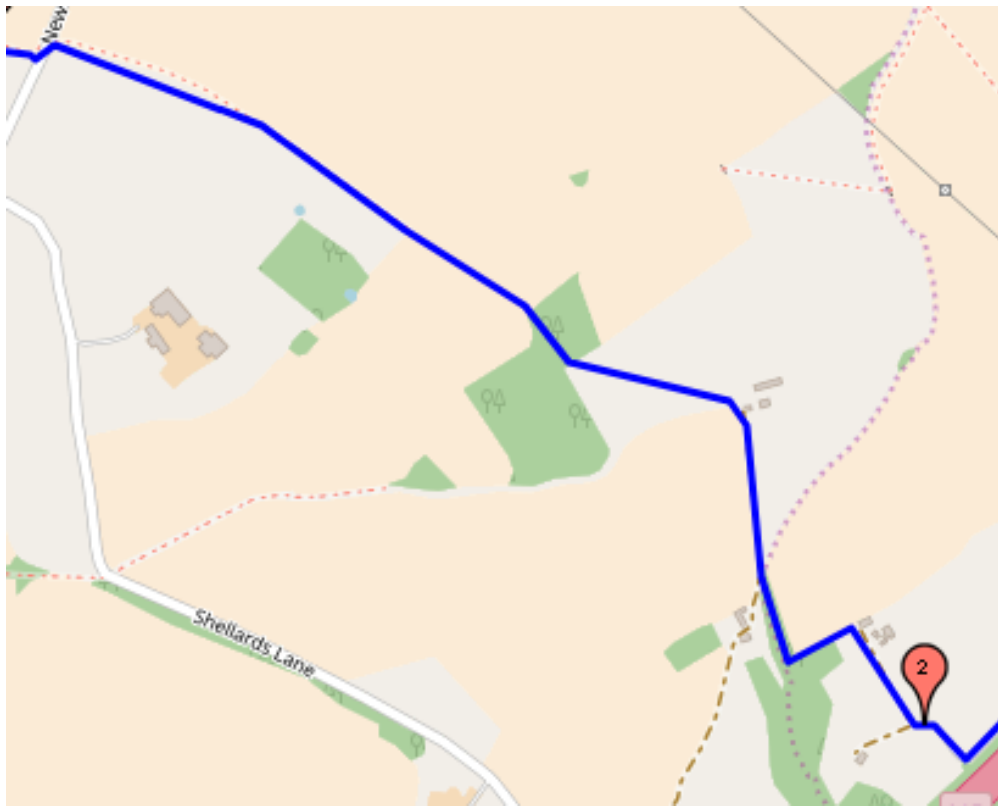




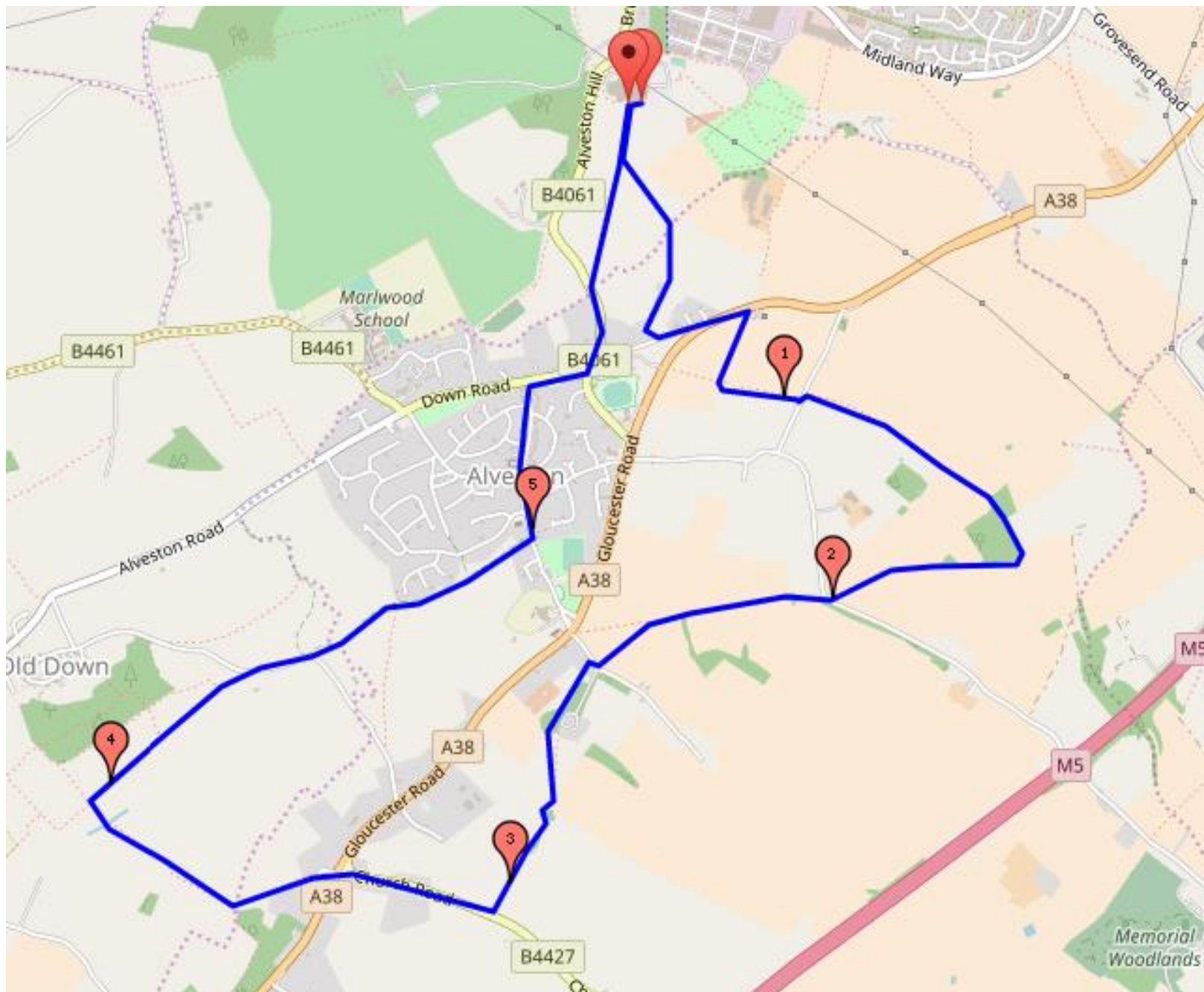


Owls Nest

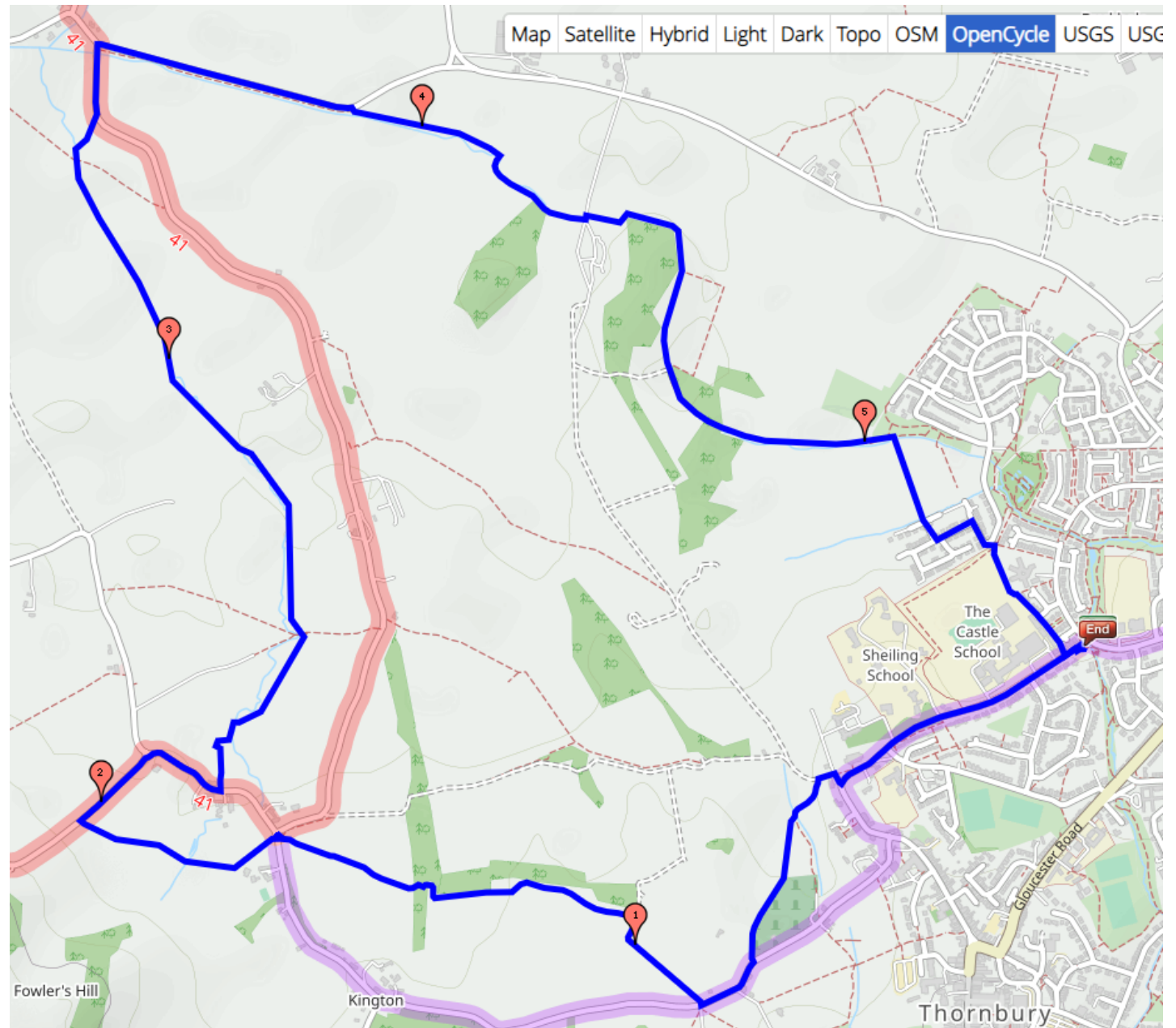








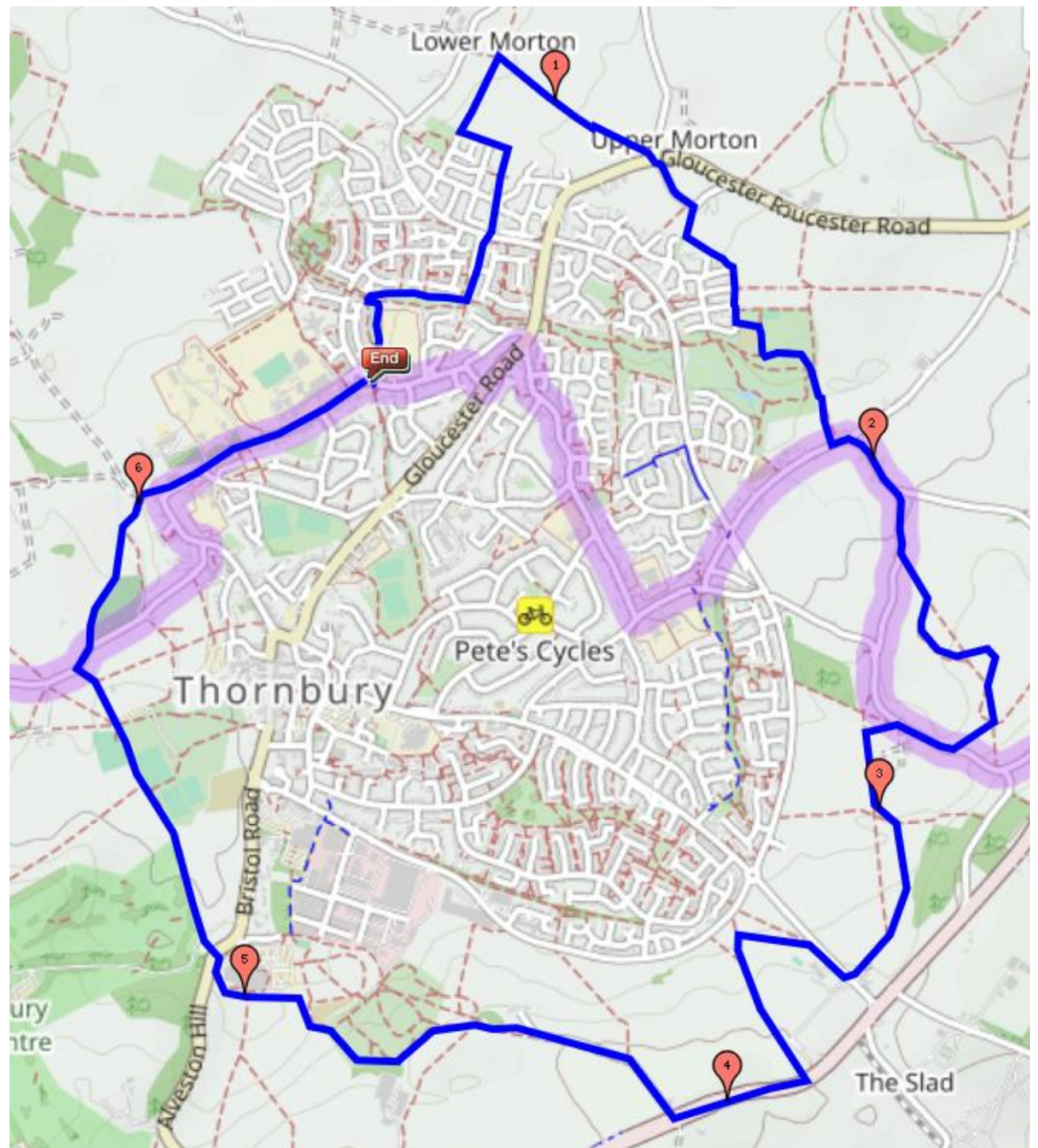
5.6m Kington, cross country with a lot of new paths. <https://www.gmap-pedometer.com/?r=7671321>





Round Thornbury from Scout Hut (See Also Thornbury's Biodiversity Ring which is similar, and the next map.)

6.5 miles <https://www.gmap-pedometer.com/?r=7074264>





Enter starting point   [Help](#)

Distance: **5.6783** miles *[switch to km]*

Calories burned: 0 *[enter weight]*



CREATING ROUTE...



UNDO LAST POINT

Draw route: manually (straight lines) ▼

Name

Round the outskirts

Description

From TLC May23

Elevation  

None

 Retrace to start



Mile markers

 Clear all

 Print map

 Download

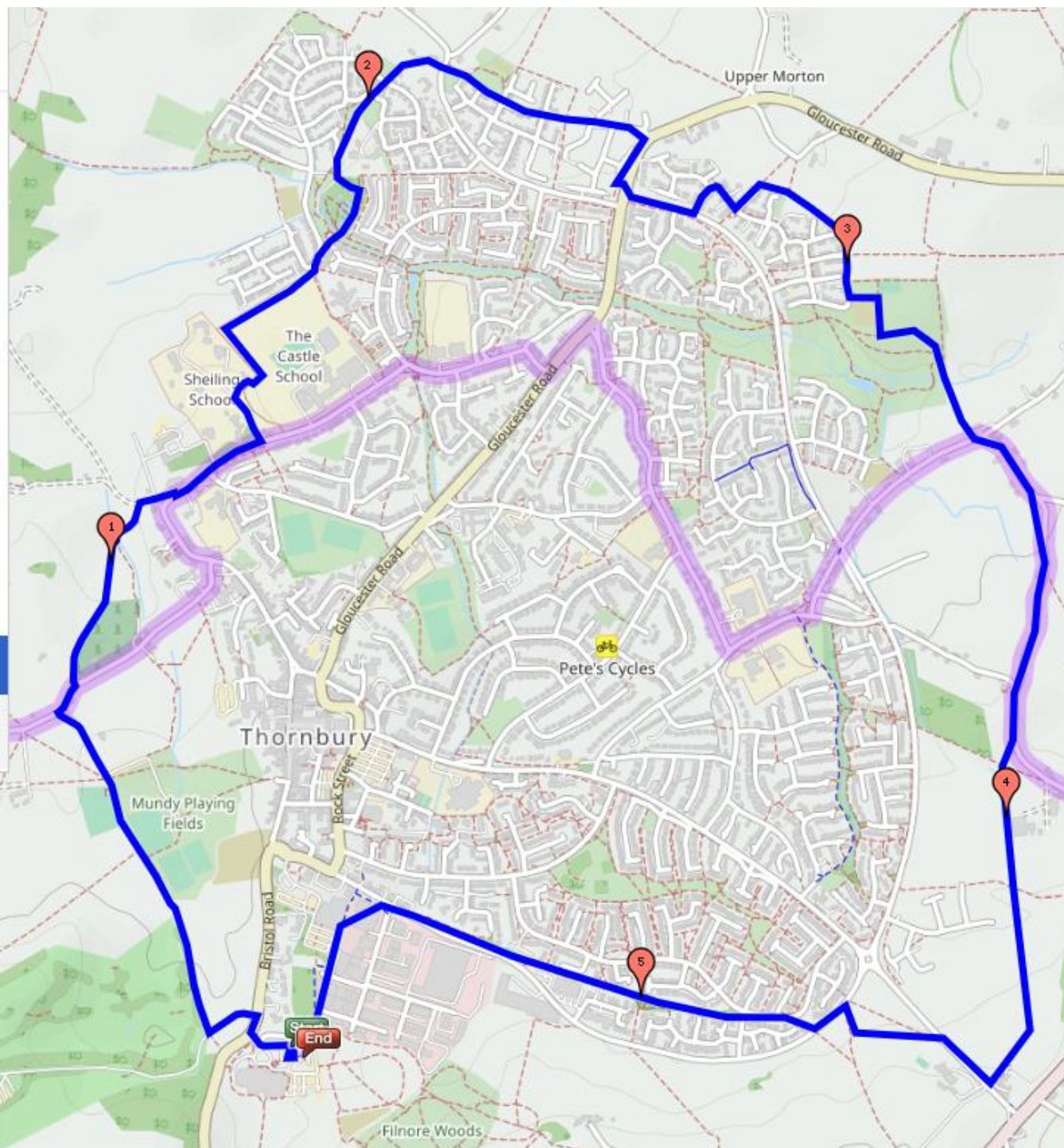
SAVE ROUTE

SHARE



GPX 

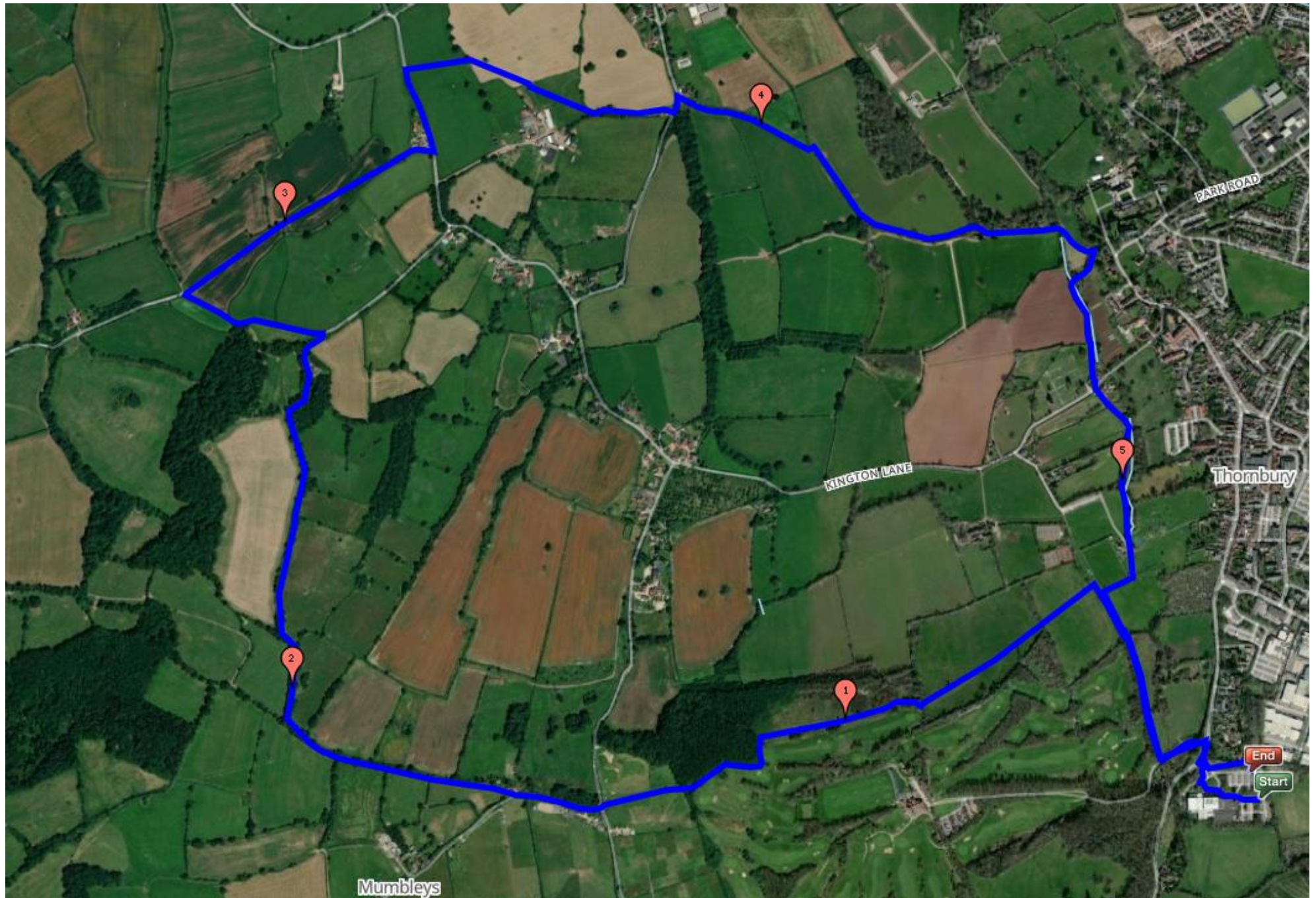
GET LINK 

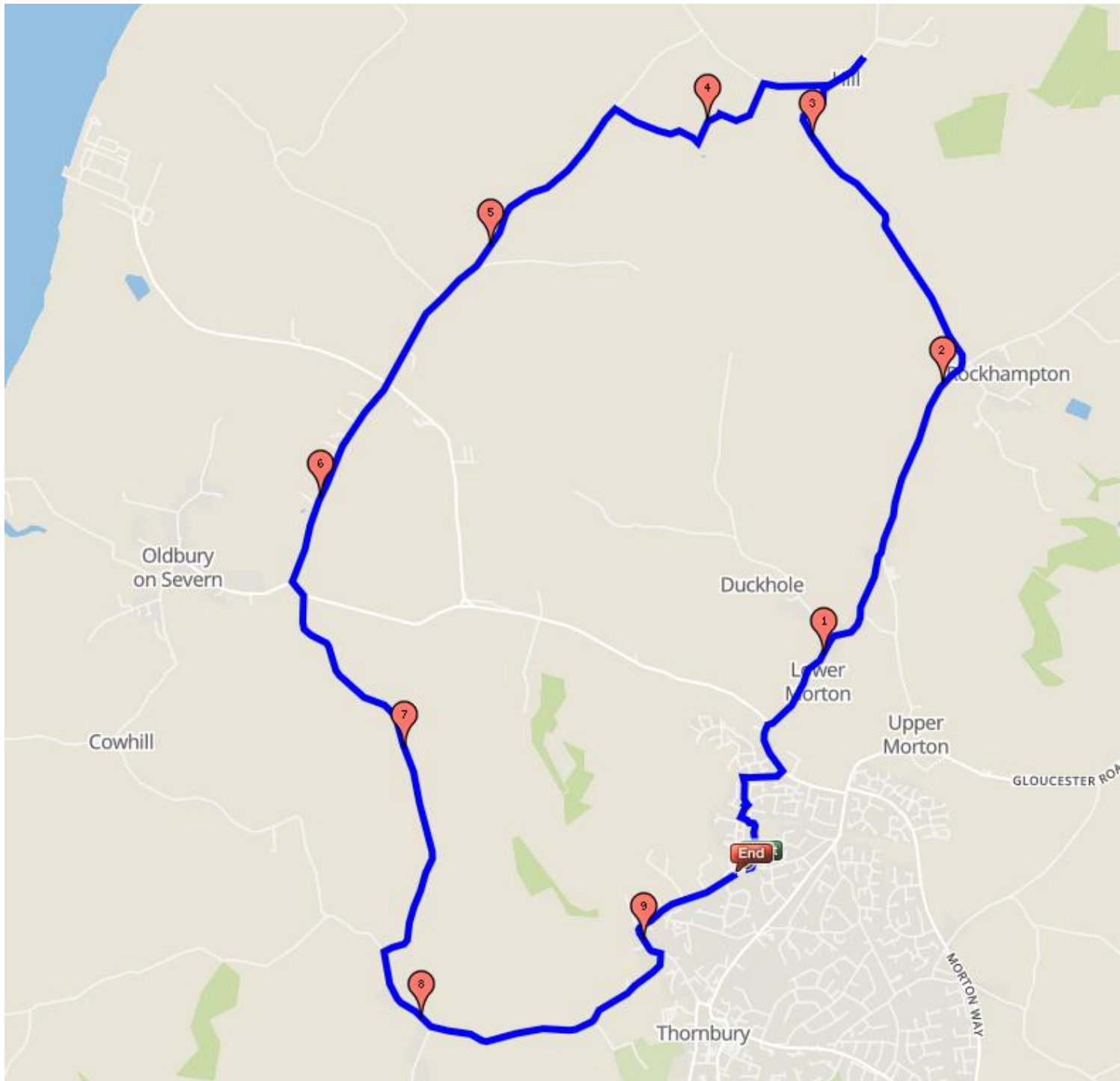


May 23 5.7m



5.7 miles. <https://gmap-pedometer.com/?r=6288346> 17 Aug 2022

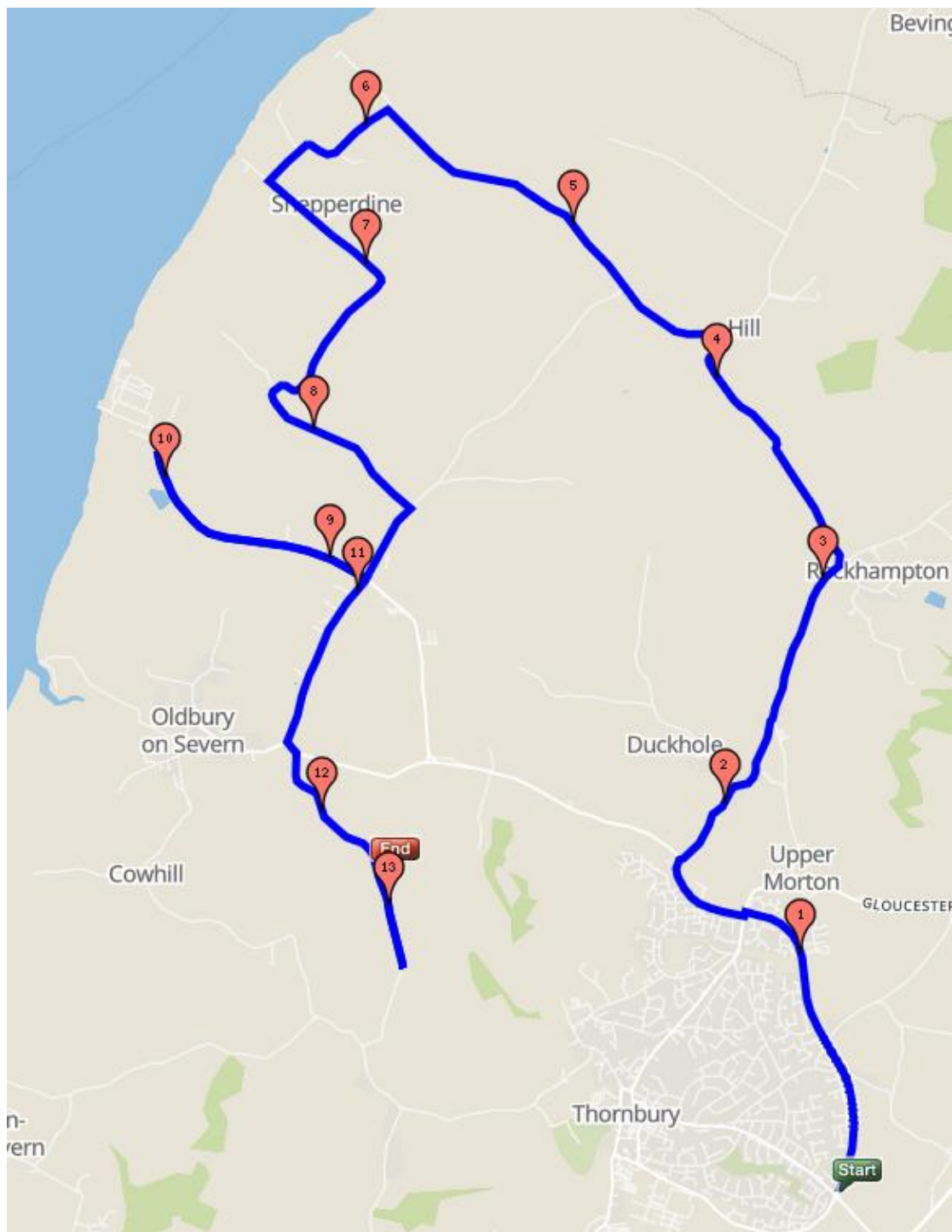




9.4 miles









Half Marathon






Enter starting point   [Help](#)

Distance: **8.2414** miles [\[switch to km\]](#)

Calories burned: 0 [\[enter weight\]](#)

 CREATING ROUTE...



 UNDO LAST POINT

Draw route: **automatically (for runners)** ▼

Name  
Scout Hut to Alpacas, Lower h...

Description  
Description

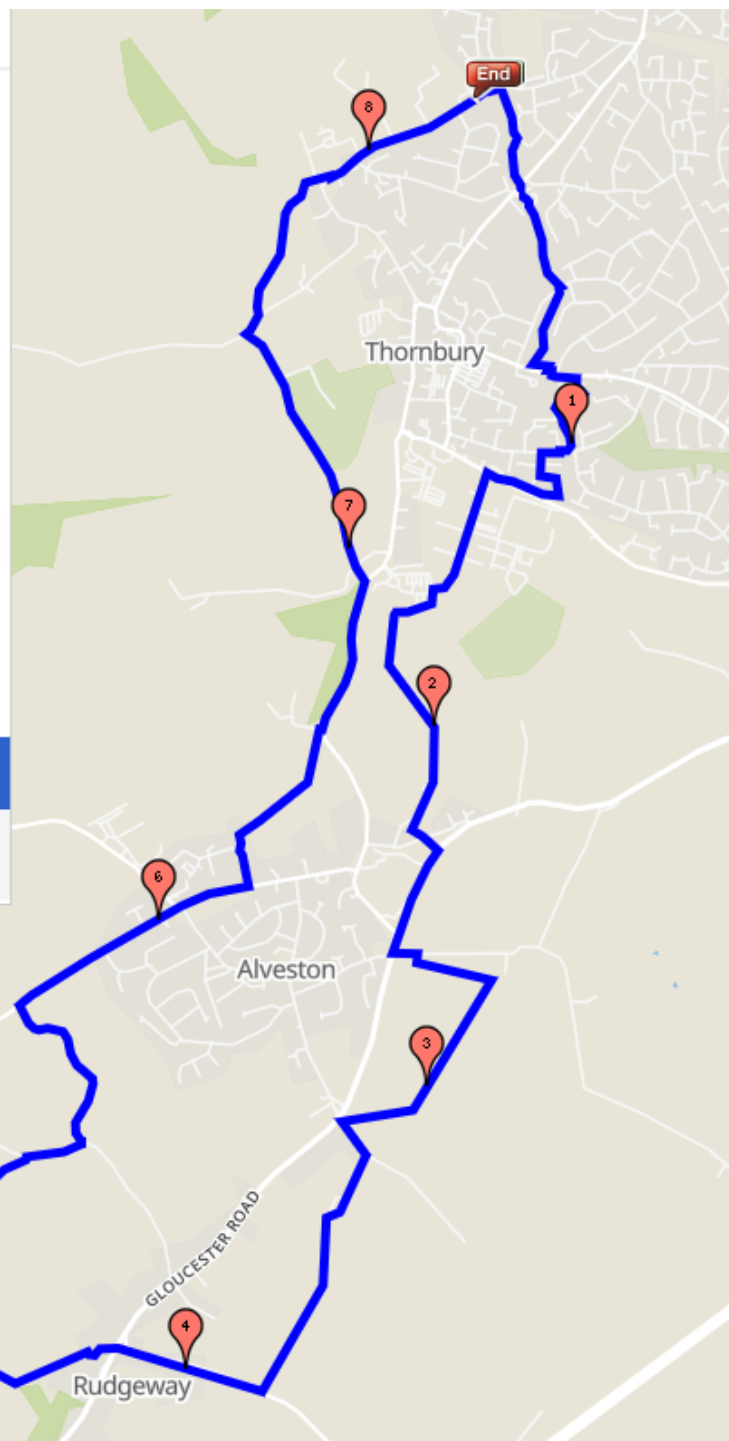
Elevation   [None](#)

 Retrace to start  Mile markers

 Clear all  Print map  Download

SAVE ROUTE

SHARE    GPX  GET LINK 



12<sup>th</sup> March 2023