

# Wreake Runners Winter Route 1: 'Syston Loop' (5m / 7.8m)

A winter route looping around Syston, options are a short 5 mile or longer 7 mile.

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## Short route (5 miles)

1. R towards Syston
2. @ roundabout L Fosse Way
3. @ BP roundabout L Wanlip Rd / Glebe Way (past Hobby Horse)
4. L @ Fosse Way, under bridge
5. R @ lights down High St towards Syston
6. L Upper Church St, past church & school
7. R to Wyndale Rd, Parkstone Rd
8. L @ Mini roundabout
9. R Millstone Lane (\*Strava segment to roundabout!), follow East Ave around & down
10. L footpath, 1st L again at light onto Hungarton Drive – R @ Quenby Cre
11. L @ Barkby Rd
12. R @ Pembroke Ave, (\*Strava segment!), follow round to Goodes Lane
13. L back to Hub



## Long route (7 miles)

1. as above, but continue to Queni – R Syston Rd. over cross roads, R @ Avenue Rd through to Marsden Ave, L back to Syston and route above



Interactive route 1 short:

<https://www.strava.com/routes/10707580>

Interactive route 1 long:

<https://www.strava.com/routes/10707600>