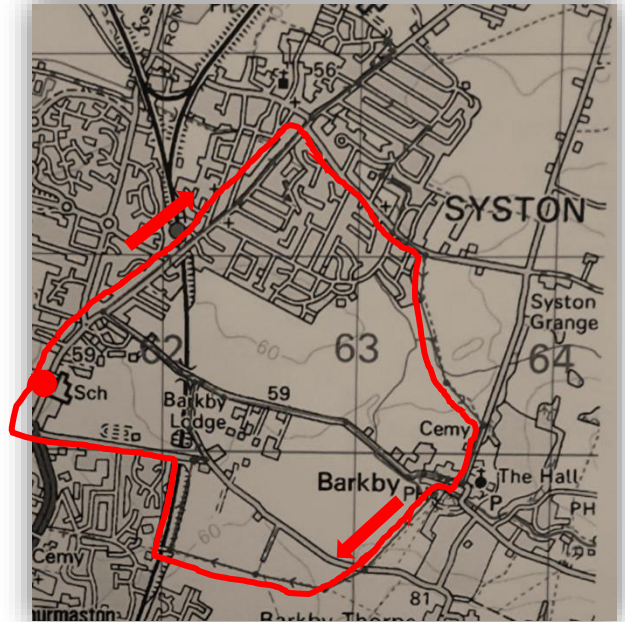


## 1 Barkby (& the Lakes)

*An old club run rescued from the archives, still great to run*

### 4.8 miles run to Barkby,

1. Right at Hub towards Syston
2. Right up Barkby Rd
3. After roundabout take footpath on right, follow across fields to Barkby
4. Turn right, then left on footpath past the pub car park
5. On entering the open field, bear half right and across the field
6. Cross the road on to the footpath opposite
7. Continue across the fields and up tough mudder hill
8. Turn right follow path back to road.
9. At road turn left and back to Hub



### 7.5 mile run to Barkby & Lakes

1. Left at Hub into Thurmaston village
2. Right down Canal St into Watermead
3. Across bridge and anti-clockwise around King Lear lake (on west-side)
4. Cross Wanlip Rd, pub on right follow canal
5. Follow canal until Meadow Lane
6. Cross Donkey Park, up Barkby Rd
7. After roundabout take footpath on right, follow across fields to Barkby
8. Turn right, then left on footpath past the pub car park
9. On entering the open field, bear half right and across the field
10. Cross the road on to the footpath opposite
11. Continue across the fields and up tough mudder hill
12. Turn right follow path back to road.
13. At road turn left and back to Hub

