



# BRR 4 Miler Test

## ROUTE INFORMATION

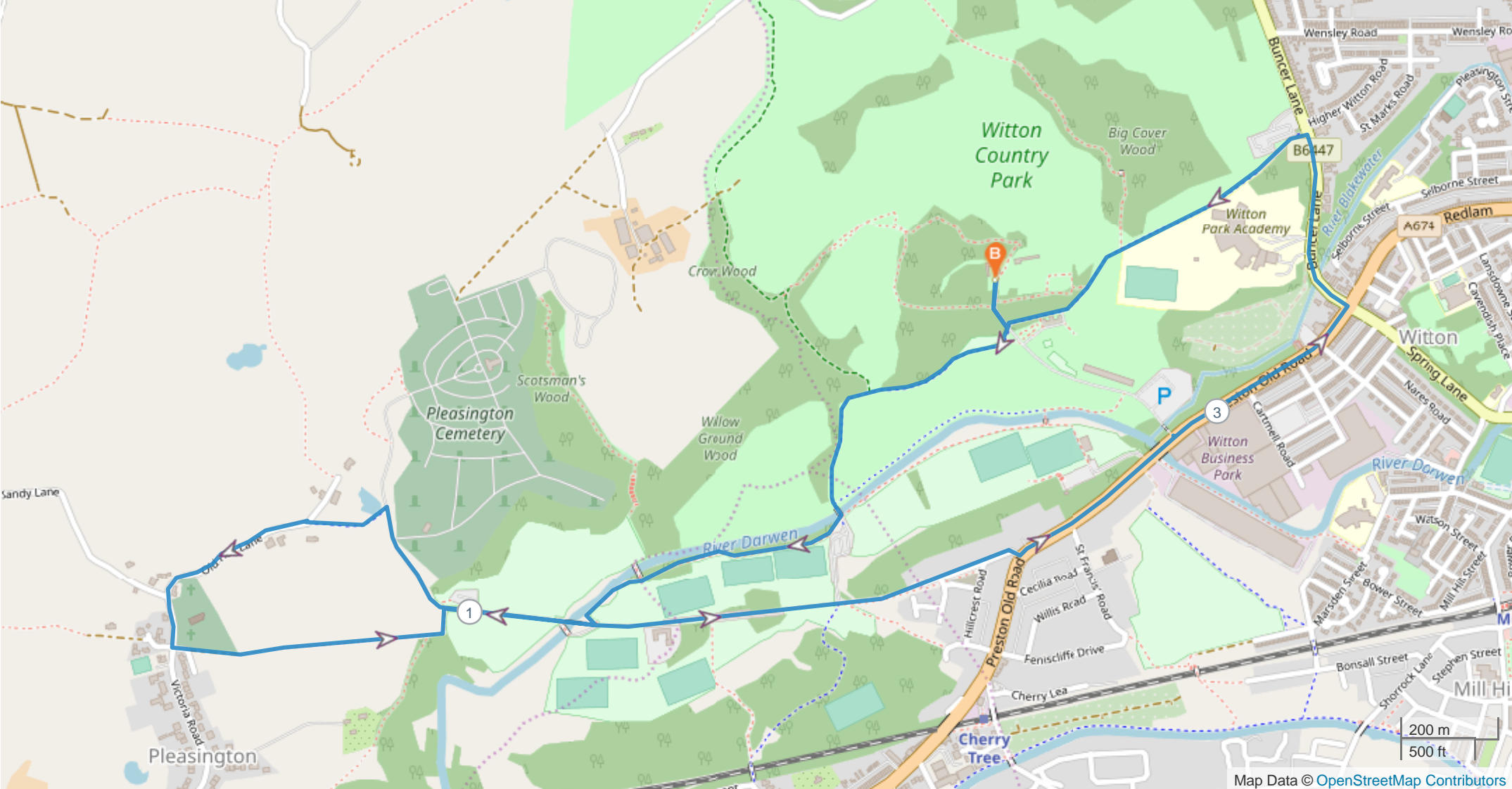


ROUTE LENGTH	3.977 miles
ASCENT	252 ft
DESCENT	252 ft
HILLS	⬆ 43.7%   ⬇ 39.4%   ➡ 16.9%
TERRAIN	Mixed 🌲🌳
START	<b>LAT:</b> 53.741146, <b>LNG:</b> -2.518248



## NOTES

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## ROUTE DIRECTIONS

No	Miles	Turn	Directions
1	0.000		Start on
2	0.035	↶	Turn slight left
3	0.064	↗	Keep left
4	0.065	↙	Turn sharp left
5	0.455	↙	Turn sharp left
6	0.835	←	Turn left onto Tower Road
7	1.183	↙	Turn sharp left
8	1.293	↘	Turn sharp right onto Old Hall Lane
9	1.299	↗	Turn slight right onto Old Hall Lane
10	1.508	↶	Turn slight left onto Sandy Lane
11	1.571	←	Turn left onto Regents Close
12	1.945	→	Turn right onto Tower Road
13	2.686	←	Turn left onto Preston Old Road
14	2.932	←	Turn left
15	2.938	←	Turn left onto Preston Old Road
16	3.215	←	Turn left onto Buncer Lane
17	3.455	←	Turn left
18	3.918	↘	Turn sharp right
19	3.947	↗	Keep right
20	3.980		FINISH