# eas Medway Parks Mile 

## Priestfields Recreation Ground



Priestfields is a great area for running, with open and challenging terrain, and route options for seasonal conditions.

The path running through the upper part of the grounds (highlighted in red) is $1 / 4$ mile in length, so a mile can be completed by running end to end 4 times. This could be the best option in autumn/winter conditions, as the grounds will be very muddy in places.

In dryer/summer conditions, a lap of the grounds (avoiding the rugby pitches and clubhouse area) is $3 / 4$ of a mile, so a mile can be completed by running along the path once, at the start or end.

