

Lordswood Leisure Centre, Recreation Ground



Lordswood Leisure Centre has a large recreation ground, where some off-road running can be enjoyed. It can be muddy here especially in Autumn/Winter seasons, so please ensure you have appropriate footwear. Trail shoes are recommended!

A mile route is one large lap, followed by two smaller laps encircling the 2 football pitches at the northern end of the field.

The entrance to the field from the adjacent car park is a good point to begin.