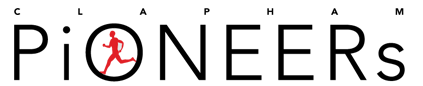


**This document contains a running risk assessment for each of the routes we offer as a running club.**

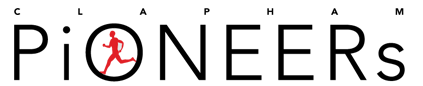
**3 mile beginners route**

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| **Risk assessment overall**  This is a route run alongside busy roads. Overall the risk rating is high. Runners are asked to exercise caution at all times, in particular when crossing busy roads. In addition, when running on pavements you will cross numerous side streets which are not marked on this risk assessment. There may be uneven areas on pavements and runners should always be aware of other pavement users, pedestrians, animals, children and cyclists at all times. | | |
| **Mile** | **Danger rating** | **Description** |
| 0.06 | Low | Crossing a road - B303 |
| 0.39 | High | Crossing a busy road – A3 |
| 0.95 | High | Crossing a busy road – A205 |
| 1.26 | Medium | Crossing a busy road – A205. Use the pelican crossing |
| 1.88 | High | Crossing a busy road – A24 |
| 2.99 | Medium | Crossing a busy road – A3. Use the pelican crossing |



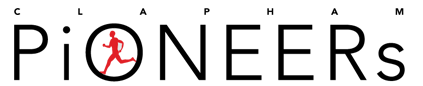
**5 mile timed route**

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| **Risk assessment overall**  This is a route run alongside busy roads. **Overall the risk rating is high**. Runners are asked to exercise caution at all times, in particular when crossing busy roads. In addition, when running on pavements you will cross numerous side streets which are not marked on this risk assessment. There may be uneven areas on pavements and runners should always be aware of other pavement users, pedestrians, animals, children and cyclists at all times. | | |
| **Mile** | **Danger rating** | **Description** |
| 0.38 | High | Crossing a busy road – A3216 Cedars Road |
| 1.11 | High | Crossing a busy road – A3036 Wandsworth Road |
| 1.68 | High | Crossing a busy road – A3205 Battersea Park Road |
| 1.95 | Medium | Crossing a busy intersection |
| 2.59 | Low | The route passes down some stairs, or a sharp corner as you turn onto the Chelsea Embankment |
| 4.05 | High | Crossing a busy road – A3205 Battersea Park Road |
| 4.76 | High | Crossing a busy road – A3036 Wandsworth Road |
| 4.95 | Medium | Crossing a roundabout / pedestrian crossing |
| 4.98 | Low | Narrow pavements outside shops and restaurants |



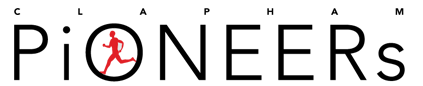
**5 mile Two Commons route**

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| **Risk assessment overall**  This is a route run alongside busy roads. Overall the risk rating is high. Runners are asked to exercise caution at all times, in particular when crossing busy roads. In addition, when running on pavements you will cross numerous side streets which are not marked on this risk assessment. There may be uneven areas on pavements and runners should always be aware of other pavement users, pedestrians, animals, children and cyclists at all times. | | |
| **Mile** | **Danger rating** | **Description** |
| 0.06 | Low | Crossing a road - B303 |
| 0.39 | High | Crossing a busy road – A3 |
| 1.01 | Medium | Crossing a busy road – A205. Use the pelican crossing |
| 1.48 | Medium | Crossing a busy road – A205. Use the pelican crossing |
| 1.97 | Medium | Crossing a busy road – Northcote Road |
| 2.14 | Medium | Crossing a busy road – Bolingbroke Road |
| 3.63 | Medium | Crossing a busy road – Bolingbroke Road |
| 4.43 | Medium | Crossing a busy road – A205. Use the pelican crossing |
| 4.91 | Medium | Crossing a busy road |
| 4.97 | High | Crossing a busy road – A3 |



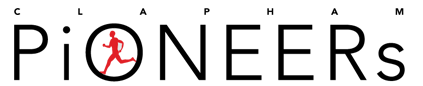
**6 mile two bridges route**

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| **Risk assessment overall**  This is a route run alongside busy roads. **Overall the risk rating is high.** Runners are asked to exercise caution at all times, in particular when crossing busy roads. In addition, when running on pavements you will cross numerous side streets which are not marked on this risk assessment. There may be uneven areas on pavements and runners should always be aware of other pavement users, pedestrians, animals, children and cyclists at all times. | | |
| **Mile** | **Danger rating** | **Description** |
| 0.20 | Medium | Medium |
| 0.26 | Low | Narrow pavements outside shops and restaurants |
| 0.43 | High | Crossing a busy road – A3036 Wandsworth Road |
| 1.10 | High | Crossing a busy road – A3205 Battersea Park Road |
| 3.01 | Medium | Running downs stairs / ramp |
| 3.28 | Medium | Crossing a moderately busy road – A3031 Albert Bridge Road |
| 4.56 | High | Crossing a busy road – A3205 Battersea Park Road |
| 5.33 | High | Crossing a busy road – A3036 Wandsworth Road |
| 5.91 | Medium | Crossing a moderately busy road – B224 Clapham Common North Side |



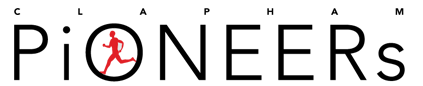
**6 mile Wandsworth Route**

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| **Risk assessment overall**  This is a route run alongside busy roads. **Overall the risk rating is high**. Runners are asked to exercise caution at all times, in particular when crossing busy roads. In addition, when running on pavements you will cross numerous side streets which are not marked on this risk assessment. There may be uneven areas on pavements and runners should always be aware of other pavement users, pedestrians, animals, children and cyclists at all times. | | |
| **Mile** | **Danger rating** | **Description** |
| 0.01 | Medium | Crossing a moderately busy road – Clapham Common old town |
| 0.10 | Low | Crossing a road / pedestrian crossing |
| 0.46 | High | Crossing a busy road – A3216 Cedars Road |
| 0.96 | High | Crossing a busy road – A3220 Elspeth Road |
| 1.25 | Medium | Crossing a moderately busy road – Northcote Road / St.John’s Road |
| 1.44 | Medium | Crossing a moderately busy road – B229 Bollingbrooke Grove |
| 1.59 | Medium | Crossing a moderately busy road – B234 Spencer Park |
| 2.15 | High | Crossing a busy road – B234 Spencer Park |
| 3.35 | Medium | Crossing a moderately busy road – B229 Bollingbrooke Grove |
| 4.00 | Low | Crossing a road / pedestrian crossing |
| 4.15 | Low | Narrow pavement alongside busy road |
| 4.25 | High | Crossing a busy road – A205 The Avenue |
| 4.81 | Medium | Crossing a busy road / pedestrian crossing |
| 5.40 | Medium | Crossing a busy road – A3 Clapham Common Northside |
| 5.75 | High | Crossing a busy road – A3216 Cedars Road |
| 5.91 | Medium | Crossing a moderately busy road – B224 Clapham Common North Side |



**7 mile Earlsfield Route**

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| **Risk assessment overall**  This is a route run alongside busy roads. **Overall the risk rating is high**. Runners are asked to exercise caution at all times, in particular when crossing busy roads. In addition, when running on pavements you will cross numerous side streets which are not marked on this risk assessment. There may be uneven areas on pavements and runners should always be aware of other pavement users, pedestrians, animals, children and cyclists at all times. | | |
| **Mile** | **Danger rating** | **Description** |
| 0.14 | Medium | Crossing a moderately busy road – A3 Long Road |
| 0.31 | High | Crossing a busy road – Rookery Road |
| 0.80 | High | Crossing a busy road – A205 The Avenue |
| 1.03 | Low | Crossing a road / pedestrian crossing |
| 1.69 | Medium | Crossing a moderately busy road – B229 Bollingbrooke Grove |
| 2.05 | High | Crossing a busy road – A214 Trinity Road |
| 3.00 – 4.50 | Medium | Narrow pavement alongside busy road and numerous shops |
| 4.49 | Medium | Crossing a busy road – outside Sainsbury’s |
| 5.11 | High | Crossing a busy road – A214 Trinity Road |
| 5.46 | Medium | Crossing a moderately busy road – B234 Spencer Park |
| 5.80 | Medium | Crossing a moderately busy road – Northcote Road / St.John’s Road |
| 6.11 | High | Crossing a busy road – A3220 Elspeth Road |
| 6.60 | High | Crossing a busy road – A3216 Cedars Road |
| 6.89 | Medium | Crossing a moderately busy road – B224 Clapham Common North Side |



**8 mile Westminster Route**

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| **Risk assessment overall**  This is a route run alongside busy roads. **Overall the risk rating is high**. Runners are asked to exercise caution at all times, in particular when crossing busy roads. In addition, when running on pavements you will cross numerous side streets which are not marked on this risk assessment. There may be uneven areas on pavements and runners should always be aware of other pavement users, pedestrians, animals, children and cyclists at all times. | | |
| **Mile** | **Danger rating** | **Description** |
| 0.20 | Medium | Medium |
| 0.26 | Low | Narrow pavements outside shops and restaurants |
| 0.43 | High | Crossing a busy road – A3036 Wandsworth Road |
| 1.26 | Medium | Crossing a moderately busy road – A3205 Battersea Park Road |
| 2.15 | Medium | Narrow pavement next to somewhat busy road |
| 2.38 | High | Crossing a busy road – A202 Vauxhall Bridge Road |
| 3.51 | Low | Running up stairs |
| 3.78 | Low | Busy pavements with pedestrians |
| 4.23 | Low | Pedestrian crossing |
| 4.74 | High | Crossing a busy road – A202 Vauxhall Bridge Road |
| 6.46 | High | Crossing a busy road – A3205 Battersea Park Road |
| 7.26 | High | Crossing a busy road – A3036 Wandsworth Road |
| 7.95 | Medium | Crossing a moderately busy road – B224 Clapham Common North Side |