



Places to run in Doncaster

... Suggestions to help you find your own running routes !



VISIT DONCASTER

Helpful winter running tips

All the following routes are suggestions only, clearly run wherever is safe and local to you 😊

- Maintain social distancing
- Stick to the current Covid guidance
- If running solo let someone know where you're running and when you expect to return
- Stay off the road wherever possible and stick to paths
- Run during the day in public areas
- Use hi-vis kit and/or lights if running at night or during low visibility
- Carry a phone if you can and ditch the music to help you stay alert of your surroundings
- Take extra care when crossing roads and always assume a motorists hasn't seen you
- Start slower than you expect to be running and build up, or warm up first with a short walk or jog.
- WEAR GLOVES... and get a running buff... two great bits of kit that allow you to easily control your body temp!

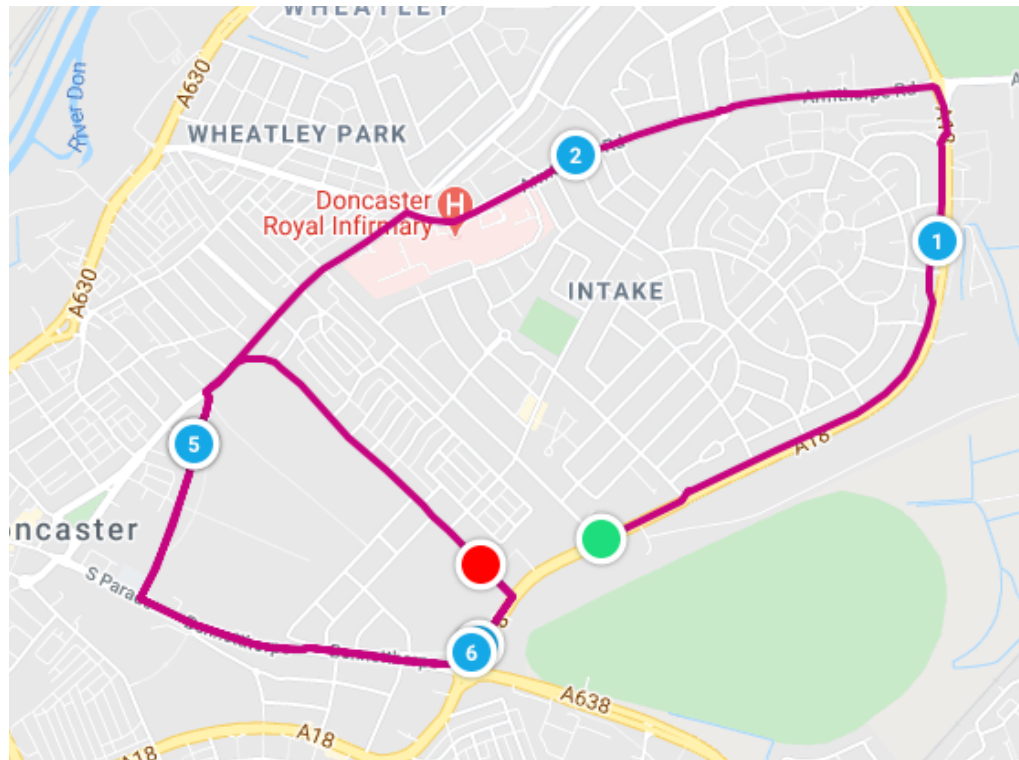


Enjoy your run, take care and good luck!

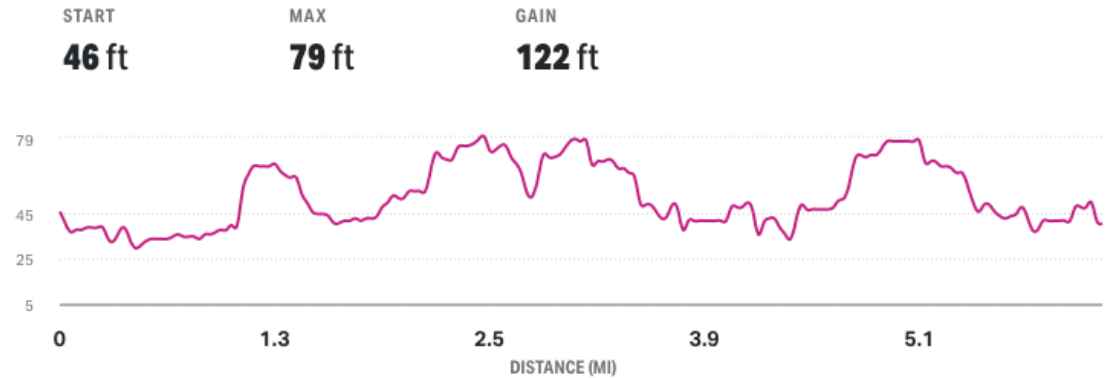
10k 'central- from the chippy!'

Good for: Getting chips afterwards!

Top tip: A few small climbs but nothing you can't handle



ELEVATION (FT)



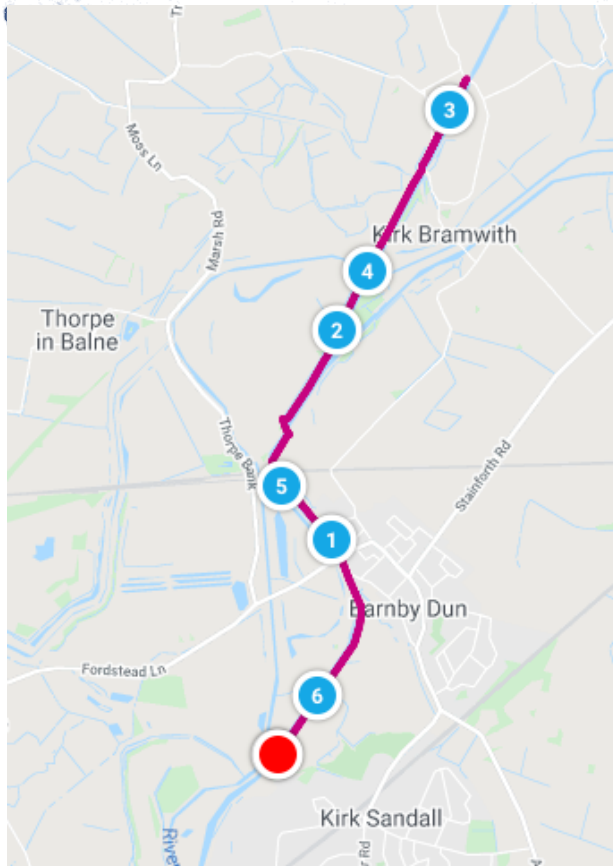
See the route and download directions here:

<https://www.mapmyrun.com/routes/view/3668193304>

10k 'North East- on the canal'

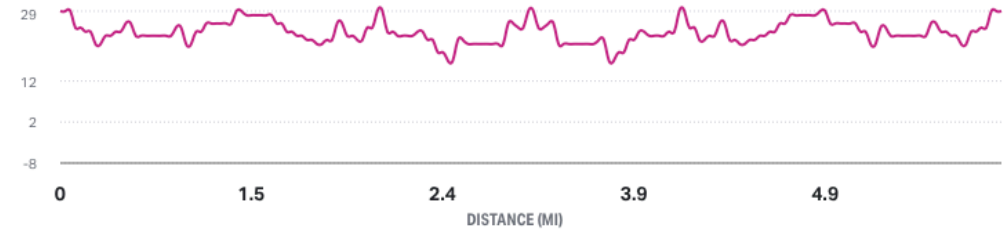
Good for: Duck spotting

Top tip: It can be a bit squidgy underfoot but it's pretty and super flat... just follow the canal!



ELEVATION (FT)

START	MAX	GAIN
29 ft	29 ft	38 ft



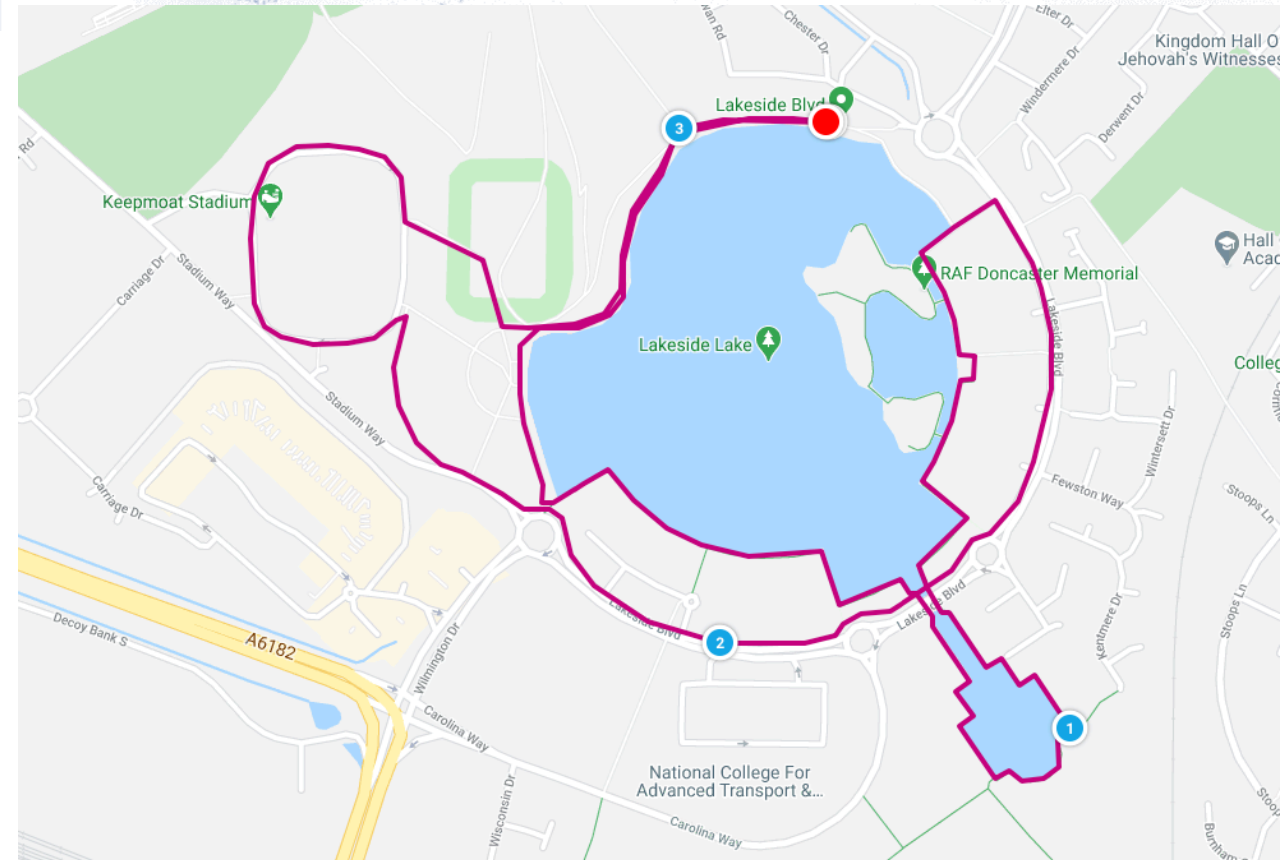
See the route and download directions here:

<https://www.mapmyrun.com/routes/view/3668248309>

5k 'Lakeside & Stadium'

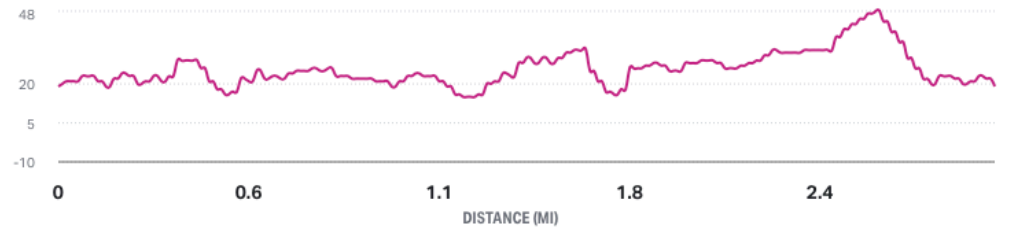
Good for: Flat runners, great surface and minimal road crossings... also good for ducks!

Top tip: Yup you'll need to do it twice for the Doncaster Virtual 10k! ... and we won't mention the massive fast food selection close by... but watch for pedestrians around lakeside



ELEVATION (FT)

START	MAX	GAIN
19 ft	48 ft	43 ft

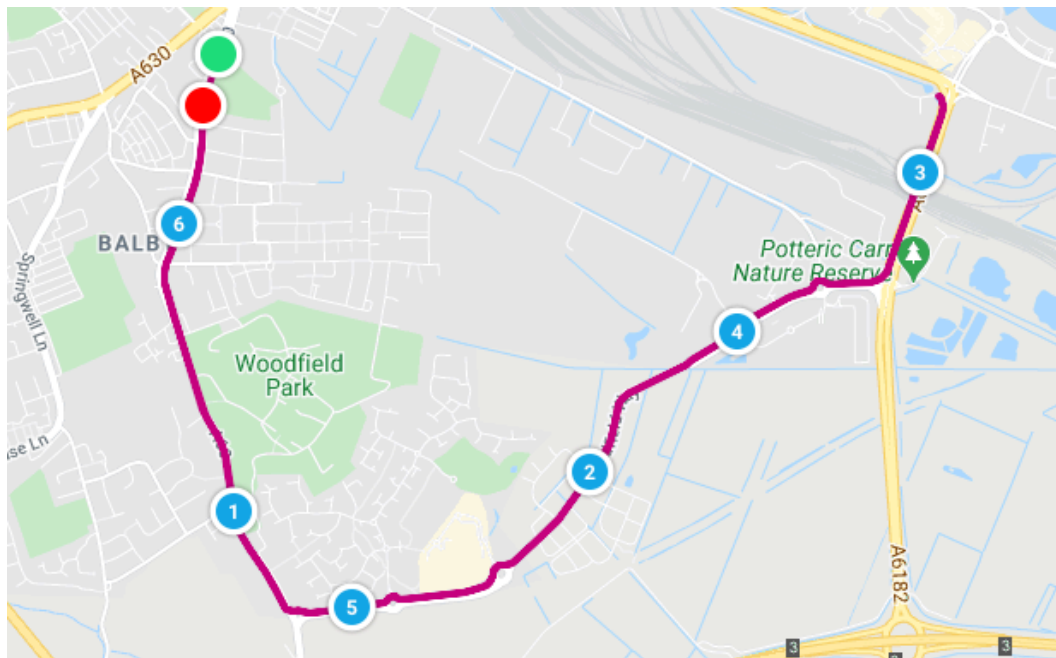


See the route and download directions here:
<https://www.mapmyrun.com/routes/view/3668441002>

10k 'South – Balby out and back'

Good for: Running on paths, buying a car at the turnaround point or nipping in to collect some DIY kit... it may also finish quite near a takeaway venue!

Top tip: Watch the road crossings at the roundabouts and prepare for an uphill finish !



See the route and download directions here:
<https://www.mapmyrun.com/routes/view/3668525305>

10k 'Bessacarr loop'

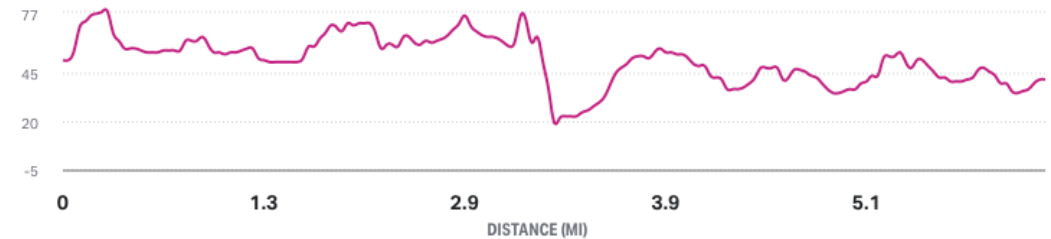
Good for: Running on paths, few road crossings and pretty-well lit up. Minimal ducks ... but if you listen closely at 4 miles you might hear a lion!

Top tip: Watch the road crossings at the junctions, most have a pedestrian crossing 😊 If it's a nice day then you can run all the way out to Bawtry and back 😊



ELEVATION (FT)

START	MAX	GAIN
52 ft	77 ft	105 ft



See the route and download directions here:

<https://www.mapmyrun.com/routes/view/3668651704>

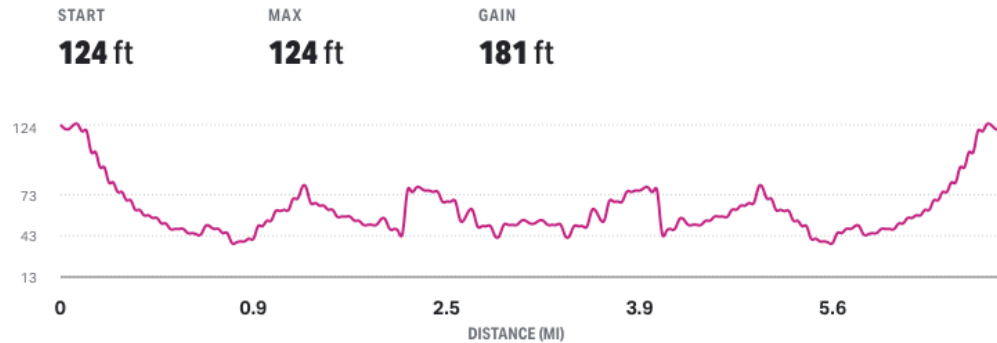
10k 'Cusworth Hall out and back'

Good for: Traffic free running during the day, pretty and a good chance of seeing ducks. Taking a chum ☺ ... possibility of café post run depending on covid restrictions, just in case take an emergency cake (it will always com in handy!)

Top tip: Can be a bit squidgy, don't be surprised if you see cows ... if you don't like cows you can always run across the other side of the river ☺

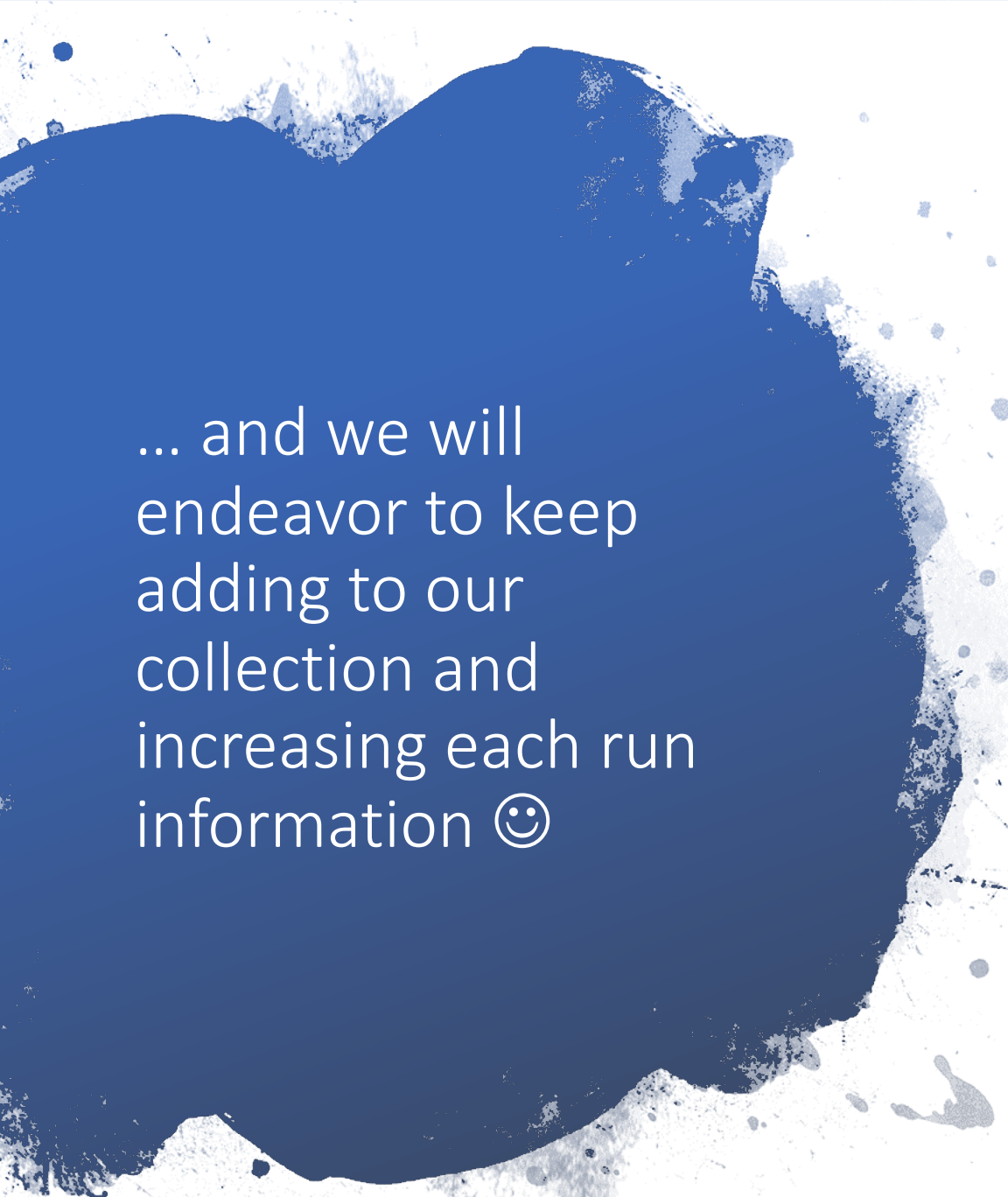


ELEVATION (FT)



See the route and download directions here:

<https://www.mapmyrun.com/routes/view/3668722378>



... and we will endeavor to keep adding to our collection and increasing each run information 😊

Other great places to run:

- Sandall Park (5k park run)
- Cusworth Hall (5k park run course)
- Sandal Beat Woods
- Town fields
- We've lots of great canal & river runs on the River Don including some of the trans-pennine trail
- Amazon lakes and trails connecting Rossington to Doncaster
- Cross country near the National Horse Racing College

Check out strava, map my run and see other areas near you !