



CLAREMONT

Training Route Guide

Denton Bank

1. Leave Sport Central and run past the Northumbria Student Union towards the Robinson Library (Jesmond Road West).
2. Once outside the library, turn left and cross the covered bridge and then take an immediate right when on the other side. Follow the road round to the left, then right and left again – this brings you to the roundabout on Claremont Road.
3. Turn right up Claremont Road, crossing the road when safe to do so. Continue up the hill to the Junction with Grandstand Road.
4. Use the pedestrian crossing to go over Grandstand Road and go through the gate on your left onto Nuns Moor.
5. Follow the path to the path junction, then turn right and continue across the Moor to exit through the gate onto Ponteland Road (the main A167).
6. Stay on the left hand side around the bend past Morrison's onto Two Ball Lonnen.
7. Run down Two Ball Lonnen, crossing the road if safe to do so, until the traffic lights at the junction with Fenham Hall Drive and Netherby Drive.
8. Turn right onto Netherby Drive. Carry on down the hill to the T-junction at the end and turn left onto Silver Lonnen.
9. At the end of Silver Lonnen, by the Denton pub, turn left onto the West Road.
10. All the way up the hill, staying on the West Road, until you pass the General Hospital.
11. Turn left onto Brighton Grove, cross when safe and turn right onto Stanhope Street.
12. Follow Stanhope Street all the way to the end (Barrack Road).
13. Cross at the lights and turn right alongside St. James' Park.
14. Once at the crossroads at the corner of St James' Park take a left and run towards Barker and Stonehouse at which point turn left (Leazes Park Road).
15. At the top of the hill cross the road and staying on the right-hand pavement, continue past the Trent House and the RVI until the roundabout.
16. Cross the roundabout and take the first right with the engineering building to your right (Kensington Terrace).
17. At the end of the road turn left and then right to go through the covered bridge to the Robinson Library. Once across, take a right down the footpath and an immediate left to the terrace houses (Jesmond Road West).
18. Once facing the terrace houses turn left and at the end of the road turn right. Cross the dual carriageway and turn left uphill on the footpath and take the first right and you'll be back on University property and head back to Sports Central.