



CLAREMONT

Training Route Guide

Kenton Cow

1. Leave Sport Central and run past the Northumbria Student Union and turn left down the ramp to Sandyford Road. Cross Sandyford Road and head up Links Road before turning left onto Jesmond Road West towards the Robinson Library.
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. Take the underpass on your left and go under the road, coming out alongside the office block.
7. Turn left and follow the round around to the right and head up Ponteland Road through Cowgate.
8. Stay on Ponteland Road, past the Health Centre and Aldi and going over 2 roundabouts until you reach the 3rd roundabout at Kenton Bar.
9. Turn right onto Kenton Lane.
10. Run the full length of Kenton Lane to the traffic lights by the shops which are just past the Duke of Wellington pub and the Tesco petrol station.
11. Turn right onto Kenton Road.
12. Stay on Kenton Road past the Salters Road junction and the roundabout at Kenton Avenue/Elmfield Road (where it veers right), all the way to Grandstand Road by Dukes Moor Garage.
13. Cross at the lights (by parkrun gate 1) and head left along Grandstand Road to the Blue House roundabout.
14. Turn right onto Great North Road and stay on this side of the road until the path turns into Exhibition Park.
15. Follow this path to the bandstand (the end of the Claremont handicap route) and turn right under the underpass to Brandling Park.
16. Turn right along Brandling Park and head for the underpass at the end of the road.
17. Go through the underpass past the Robinson Library and turn left down a small footpath past the large terraces houses to the first right turn.
18. Take the right turn, cross the main road (Sandyford Road) and up the footpath and your back on campus and run back to Sport Central.