



# CLAREMONT

## Training Route Guide

### Mini 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 and take the first left onto Wingrove Road.  
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Note that this is where the shorter route leaves the group doing the longer distance. Leaders must check that everybody is accounted for and that they know who is running which  
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7. Run the complete length of Wingrove Road, crossing at the traffic lights with Fenham Hall Drive and Nuns Moor Road, plus several other roads, until you reach the West Road
8. Turn left onto the West Road and run past the General Hospital.
9. Turn left onto Brighton Grove, cross when safe and turn right onto Stanhope Street.
10. Follow Stanhope Street all the way to the end (Barrack Road).
11. Cross at the lights and turn right alongside St. James' Park.
12. 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).
13. 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.
14. Cross the roundabout and take the first right with the engineering building to your right (Kensington Terrace).
15. 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).
16. 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.