



CLAREMONT

Training Route Guide

Riverside Route

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 and cross at the roundabout (Claremont Road).
3. Run past the RVI to the small roundabout and cross it staying on the left hand side past the Trent House. Staying on the left-hand side run down towards Barker and Stonehouse and at the traffic lights turn right (Leazes Park Road).
4. Run past St James' Park and cross the road at the traffic lights and again to get to The Shark Bar. Run downhill towards City Gate turn right on the main road (St James' Boulevard).
5. Continue running down the main road crossing at traffic lights when necessary until the Grosvenor Casino where you follow the curve of the road onto Scotswood Road, cross whenever you can so you're on the pavement nearest the river.
6. Run down Scotswood Road until you reach the Claremont Handicap turning point at the Fiat Garage (William Armstrong Drive).
7. Cross over and run downhill towards the riverside footpath and follow until the traffic lights opposite the Law Courts (Quayside) and cross over.
8. Run past the Law Courts following the pavement curving left and uphill towards the double set of traffic lights (Milk Market).
9. Cross the traffic lights and continue uphill past the City Church and the student halls to Nancy's Bordello and turn left up to New Bridge pub (Argyle Street).
10. Continue over the dual carriage way using the traffic lights and run through the Northumbria Business School. Once past, turn left and cross over the foot bridge and through the main green and round back to Sport Central.