



CLAREMONT

Training Route Guide

Fenham Flyer

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, then 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. Continue past St James' Park staying on the right side and at the end of the road, turn right and start to go uphill (Barrack Road).
5. Stay running up hill and cross the road at the BBC building until you get to a T-junction. At the junction, turn left crossing the main road using the pedestrian crossing and stay on the left pavement (Fenham Hall Drive).
6. Keep running along this road crossing when necessary passing a church, a library and school playing grounds. After running downhill for some time, you will reach a T-junction where you need to turn left (Silver Lonnen).
7. On this road take the second left, you will know this is the correct road as you will see the road takes a significant uphill direction (Lanercost Drive). At the top of the hill, cross the main road at the roundabout onto Cedar Road.
8. Continue along Cedar Road and it eventually becomes Nun's Moor Road. The road will start to change and go downhill (Studley Terrace). You will reach another T-junction where you need to take a right, running back to St James' Park (Barrack Road).
9. 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).
10. 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.
11. Cross the roundabout and take the first right with the engineering building to your right (Kensington Terrace).
12. 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).
13. 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.