



CLAREMONT

Training Route Guide

Mini Moor and Dene (Moor and Jesmond)

1. Leave Sport Central and run past the Northumbria Student Union towards the Robinson Library (Jesmond Road West).
2. Once outside the library, continue down the footpath through the underpass towards the Town Moor (Brandling Park).
3. Go through the underpass, keep left on the footpath and go through the second underpass and up to the bandstand in Exhibition Park.
4. At the bandstand, take the first left and run around the tennis courts, left through the first gate and then follow the path to the crossroads as per the club handicap route.
5. From the crossroads, stay on the path and follow the Newcastle Park Run route until the gate leading on to Grandstand Road.
6. On Grandstand Road follow the Newcastle Park Run route but do not go through the gate back on to the Moor but continue to the Blue House roundabout.
7. Once at the Blue House roundabout turn right and follow the path back to the bandstand (as per the handicap)
8. At the bandstand take a left and run through the underpass and at T-junction take the left and run around the bowling green and head on to the Great North Road.
9. Continue up the Great North Road to the traffic lights and turn right onto Forsyth Road.
10. Continue past Highbury to the end of the terraced houses.
11. Turn right and then immediately left onto Tankerville Terrace past Jesmond Primary School.
12. Follow Tankerville Terrace as it bends left and then all the way to the end.
13. Turn left onto Burdon Terrace
14. Take the first right (still Burdon Terrace) and then left onto Clayton Road
15. Turn right onto Eskdale Terrace and follow this all the way down past RGS. Follow the bend left and then turn right.
16. Pass Jesmond Metro and the Jesmond Parish Church and turn right onto the footpath
17. Continue on the footpath under the central motorway to come out on Jesmond Road West. Turn right.
18. Turn left down Link Road and down to the roundabout.
19. Cross Sandyford Road onto the campus and back to Sport Central