



# CLAREMONT

## Training Route Guide

### Paradise and Back

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 onto Kensington Terrace
3. Take the path on the left between two University buildings onto Claremont Road and cross at the pedestrian crossing. Continue up to the roundabout by the corner of Exhibition Park and the RVI.
4. 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).
5. 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 and turn right on the main road (St James' Boulevard).
6. Continue running down the main road crossing at traffic lights over two major junctions until reaching Westmorland Road (just after the Discovery Museum).
7. Turn right and head up the hill along Westmorland Road. Continue straight on over the next roundabout at the back of Newcastle College, past Cruddas Park flats. Cross the road when safe to do so and veer slightly left along Buddle Road until you reach the small roundabout at Atkinson Road.
8. Turn left and go down the steep hill to the junction with Scotswood Road. Cross at the lights and turn left heading towards the Business Park.
9. Turn right onto William Armstrong Drive (the turning point for the club winter handicap) and head downhill to the riverside footpath.
10. Continue along the riverside path through the Business Park, past the Environment Agency and the Copthorne all the way to the Quayside. Cross at the traffic lights opposite the Law Courts.
11. Run past the Law Courts following the pavement curving left and uphill towards the double set of traffic lights (Milk Market).
12. 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).
13. 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.