



CLAREMONT

Training Route Guide

Salters Road

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. Once through the underpass, keep left on the footpath and go through the second underpass and up to the bandstand in Exhibition Park.
4. Once at the bandstand, take the first right out towards the Great North Road and run to the Blue House roundabout (Grandstand Road).
5. At the roundabout take a left and run towards the set of traffic lights at gate two of the Newcastle parkrun and cross the main road.
6. Run along this road to a large round about and take the second exit where the left side is marked with a red brick wall and the right-side sandstone (Kenton Road).
7. Follow the road as it curves right and at the second roundabout, use the crossing and turn right which is the third exit (Salters Road).
8. Run along the road on the right side and cross intersections when necessary until you can see The Queen Victoria pub (Church Road).
9. Cross to the pub using the traffic lights and with the pub to your right continue running down the road curving right then left until the Brandling Villa pub (Station Road).
10. At the pub, cross the road using the traffic lights and with Majestic Wine to your right take the next right (Freeman Road).
11. Run uphill towards the Freeman Hospital, cross the first roundabout, go past Paddy Freemans Park and straight over the second roundabout (Jesmond Park West).
12. Once past the roundabout the road will start to go downhill, and you'll reach the fork in the road where you need to take the left side option keeping the school to your left.
13. Follow the curve of the road to the left and at the end of the road take a right followed by another right running beside the main dual carriage way.
14. Run towards and then over Armstrong Bridge.
15. At the end of the bridge, veer left, cross the road and take the first right onto Shortridge Terrace.
16. Take the second left onto Farquhar Street and then turn right onto Osborne Avenue.
17. At the end of the Cricket Club grounds, there is a sharp left down a path. Take this and continue to the end.
18. Turn right onto Clayton Road and continue along, crossing Osborne Road at the traffic lights.
19. Now take the next left onto Eslington Terrace and run all the way down, past the Metro Station and then left again past the church.
20. Follow the path around to the right and go under the underpass to come out on Windsor Place, then right onto Jesmond Road West, followed by an immediate left down Link Road.
21. Cross with care at the main road (Sandyford Road) and take the path up to the campus and round to Sport Central.