



CLAREMONT

Training Route Guide

Coach Lane

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, stick to the pavement by the road marked by two cycle lanes. Continue down the road (Brandling Park) until the crossroads and take a left and cross the road.
4. Once at the T-junction take a right alongside the Great North Road.
5. Turn right by the traffic lights onto Forsyth Road
6. At the end of the field, turn left onto Highbury and continue all the way to where the road bends. Take the path across the grass and turn right onto Jesmond Dene Road.
7. Take care crossing Osborne Road and follow the curve left and downhill towards South Gosforth (Matthew Bank / Haddricks Mill Road). Again, take care crossing Castles Farm Road.
8. The road will undulate and when you reach the double roundabouts turn right and cross the small bridge and follow the road curving right until the traffic lights. At the traffic light cross the road and head uphill keeping Wickes to your left (Benton Park Road).
9. Keep running uphill and the road will flatten out after a couple hundred meters, cross the intersections where necessary until you reach the crossroads at Four Lane Ends Metro. Staying on the right, cross over and continue in the direction you were heading.
10. After a few hundred metres past Four Lane Ends Metro you will reach a T-junction where you take a right (Coach Lane). Continue down this road crossing junctions where necessary.
11. You will eventually come to a junction marked by a road sign on the left indicating a right turn to the City Centre, Heaton, Byker and Superstore, take this right (Etherstone Avenue).
12. Run down this road passing the Sainsbury's supermarket and at the crossroads take a left (Benton Road).
13. Continue down this road towards Heaton and at the first traffic lights cross the main road and run in the same direction until you reach the newsagents. Take the right before the newsagents and run through the estate (Horsley Road).
14. At the end of the road cross over to the foot and cycle path and follow the curve to the right. Near the end of this path take the diagonal left turn through the metal gates and cross over the road.
15. Run towards Armstrong Bridge over the Dene and once across and you'll get to a T junction and take a left.
16. At the cross roads by the church take a left and a second right by the guest house and follow the pavement curving right (Rosebery Crescent). Follow Rosebery Crescent to the end, turn left at the main road (Jesmond Road) and follow the pavement into Sandyford.
17. Run down past the terrace houses staying on the main road until Benton House at the large crossroads and cross using the traffic lights.
18. Run past the Nisa and the Territorial Army building and through the underpass and once through, take the left at the top of the hill and your back on campus and run back to Sport Central.