



CLAREMONT

Training Route Guide

Mini 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 just after Majestic Wine (Freeman Road).
9. Run uphill towards the Freeman Hospital, cross the first roundabout, go past Paddy Freemans Park and straight over the second roundabout (Jesmond Park West).
10. 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.
11. 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.
12. Run towards Armstrong Bridge over the Dene and once across and you'll get to a T junction and take a left.
13. 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). Stay on Rosebury Crescent all the way to the end, turn left at the main road (Jesmond Road) and follow the pavement into Sandyford Road.
14. Run down past the terrace houses staying on the main road until Benton House at the large crossroads and cross using the traffic lights.
15. 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.