



# CLAREMONT

Training Route Guide

## Fenham Flyer

1. Leave the Sports Centre and turn right along the path to come out on Richardson Road.
2. Run down Richardson Road to the small roundabout at the end of Leazes Park/RVI.
3. Stay on the right hand side of the road, past the Trent House on Leazes Lane and alongside the car park.
4. Cross near the end of the car park onto Leazes Park Road. Run down towards Barker and Stonehouse and at the traffic lights turn right.
5. Continue past St James' Park staying on the right side and at the end of the road, turn right and start to go uphill (Barrack Road).
6. Stay running up hill and cross the road at the BBC building until you get to a T-junction. At the junction, turn left crossing the main road using the pedestrian crossing and stay on the left pavement (Fenham Hall Drive).
7. Keep running along this road crossing when necessary passing a church, a library and school playing grounds. After running downhill for some time, you will reach a T-junction where you need to turn left (Silver Lonnen).
8. On this road take the second left, you will know this is the correct road as you will see the road takes a significant uphill direction (Lanercost Drive). At the top of the hill, cross the main road at the roundabout onto Cedar Road.
9. Continue along Cedar Road and it eventually becomes Nun's Moor Road. The road will start to change and go downhill (Studley Terrace). You will reach another T-junction where you need to take a right, running back to St James' Park (Barrack Road).
10. Once at the crossroads at the corner of St James' Park take a left and run towards Barker and Stonehouse at which point turn left (Leazes Park Road).
11. At the top of Leazes Park Road, veer right onto Leazes Lane.
12. Turn left up Richardson Road and continue alongside Leazes Park until the pedestrian crossing at the top of the RVI.
13. Cross here and return to the Sports Centre by the way you came.