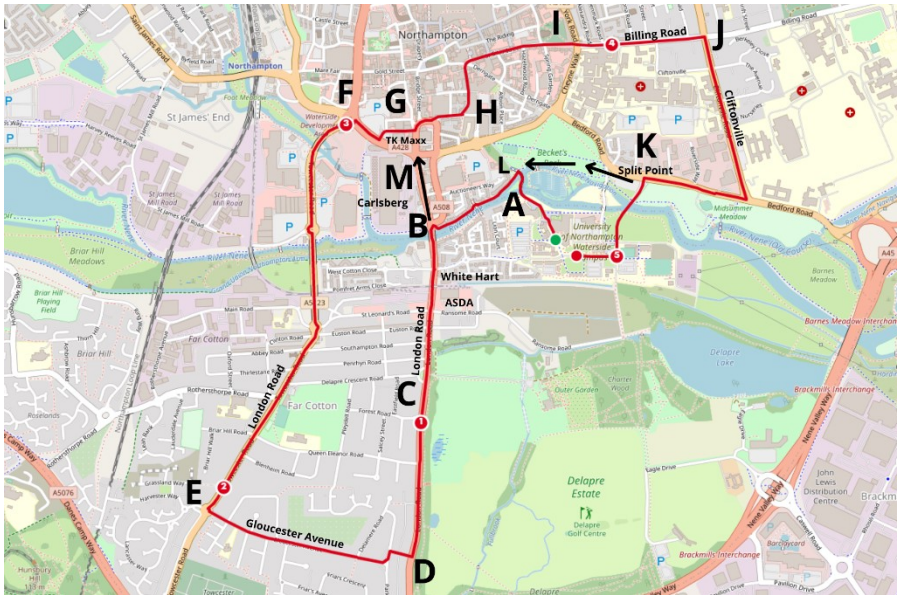


## NRR WINTER ROUTE H – COTTON ON TO BILLING ROAD

<https://www.mapmyrun.com/routes/view/5371905736/>

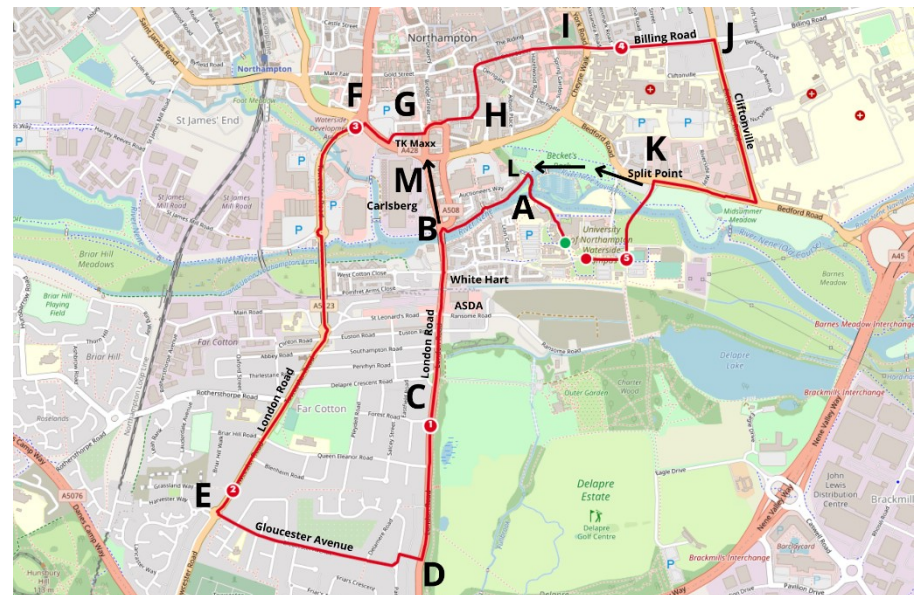


5.1 miles (1 loop) | 7.8 miles (2 loops)

- A. Leave the university, crossing rusty bridge into Becketts Park.
- B. LEFT onto the river path and to end, turning LEFT onto the main road.
- C. Pass ASDA and continue up London Road. CROSS AT ONE OF THE CROSSINGS by Delapre Park onto right hand side of the road.
- D. Turn RIGHT into Gloucester Avenue, continue to the end
- E. Turn LEFT on Towcester Road and continue for a mile to Carlsberg
- F. At roundabout, CROSS AT THE CROSSING and turn RIGHT
- G. LISTEN CAREFULLY - LEFT into Commercial St (behind TK Maxx), continue past bottom of Bridge Street into St Johns Street, passing Angel Square.
- H. Turn LEFT up Guildhall Road to the Guildhall and turn LEFT into St Giles Street.
- I. Follow a straight line for a mile into Billing Road all the way to Cliftonville
- J. Turn RIGHT into Cliftonville, continue to the end and return to the Uni via University Drive.
- K. LONGER ROUTE SPLIT POINT (7.8 miles) – As above but at University Drive, continue straight on to Becketts Park.
- L. Follow the river path and re-join the route at the rusty bridge.
- M. At the end of the river path, turn RIGHT onto Bridge Street and repeat the loop from part G\*
- N. Feel free to add extra miles at the University

## NRR WINTER ROUTE B – FAR COTTON FIGURE OF EIGHT

<https://www.mapmyrun.com/routes/view/5371905736/>



5.1 miles (1 loop) | 7.8 miles (2 loops)

- A. Leave the university, crossing rusty bridge into Becketts Park.
- B. LEFT onto the river path and to end, turning LEFT onto the main road.
- C. Pass ASDA and continue up London Road. CROSS AT ONE OF THE CROSSINGS by Delapre Park onto right hand side of the road.
- D. Turn RIGHT into Gloucester Avenue, continue to the end
- E. Turn LEFT on London Road and continue for a mile to Carlsberg
- F. At roundabout, CROSS AT THE CROSSING and turn RIGHT
- G. LISTEN CAREFULLY - LEFT into Commercial St (behind TK Maxx), continue past bottom of Bridge Street into St Johns Street, passing Angel Square.
- H. Turn LEFT up Guildhall Road to the Guildhall and turn LEFT into St Giles Street.
- I. Follow a straight line for a mile into Billing Road all the way to Cliftonville
- J. Turn RIGHT into Cliftonville, continue to the end and return to the Uni via University Drive.
- K. LONGER ROUTE SPLIT POINT (7.8 miles) – As above but at University Drive, continue straight on to Becketts Park.
- L. Follow the river path and re-join the route at the rusty bridge.
- M. At the end of the river path, turn RIGHT onto Bridge Street and repeat the loop from part G\*
- N. Feel free to add extra miles at the University