NRR New 13 September 2019 Directions

Short - 4.3 miles

Medium - 6.2 miles

Long - 8.1 miles

## SHORT

Turn left 1 on Cannerby Lane up Corbet Avenue

2 Turn left onto Ring Road (Mousehold Lane)

3 Turn right down Gurney Road

4 Straight across roundabout down Riverside Road

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Red=Short(hidden) Green=Medium Blue=Long

5 Turn left

up Gas Hill (just before The Lollards Pit)

- 6 At staggered X-roads keep straight on Telegraph Lane West
- 7 At staggered X-roads turn left onto Quebec Road (opposite William IV PH)
- 8 Turn right onto Ketts Hill (top) onto Plumstead Road
- 9 At roundabout turn left onto Heartsease/Mousehold Lane
- 10 Turn right onto Corbet Avenue and run to Sprowston Academy

## MEDIUM - 6.2 miles

- 1 Short route then at Ring Road turn right on Salhouse Road
- 2 Turn left on Falcon Road East
- 3 All the way up Falcon Road (East & West) turn left onto Wroxham Road

- 4 At roundabout turn left up Mousehold Lane
- 5 Left onto Corbet Avenue and run to Sprowston Academy

## LONG - 8.1 miles

- 1 Follow Short route then at staggered X-roads go straight on Telegraph Lane East
- 2 Follow all the way down to Thorpe Road and turn left
- 3 All the way down Yarmouth Road past Harvey lane and left up Thunder Lane
- 4 At the main crossroads turn left on St William's Way
- 5 At the roundabout, straight onto Plumstead Road/Ketts Hill
- 6 At the roundabout, straight across down Barrack Street
- 7 Turn right up Silver Road
- 8 Turn right on Sprowston Road
- 9 Straight across roundabout onto Wroxham Road
- 10 Turn right onto Russell Avenue (near Police Station)
- 10 Turn left onto Cannerby Lane