



- 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