NRR New **12** September 2019 Directions

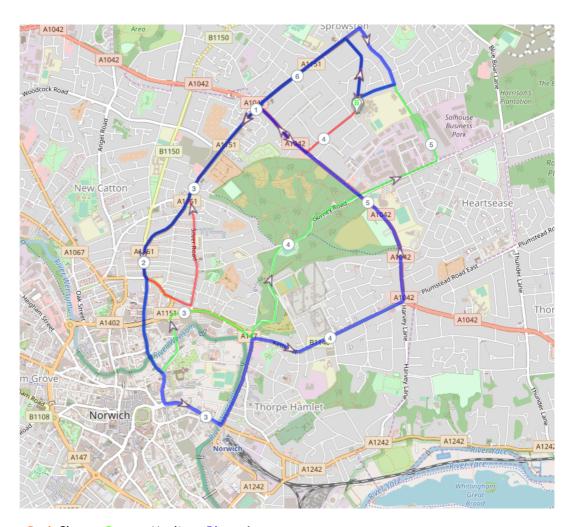
Short - 4.2 miles

Medium - 5.6 miles

Long - 7.0 miles

**SHORT** 

- 1 Turn right on Cannerby Lane
- 2 Turn left onto Wroxham Road/A1151
- 3 Keep going all the way to the Ring Road
- 4 Straight across roundabout down Sprowston Road
- 5 Keep going straight all the way to the X-Roads turn left on Bull Close Road



Red=Short. Green=Medium Blue= Long

- 7 Keep going straight at the bend and head towards Silver Road
- 8 Turn Left on Silver Road and head up and over the hill to Sprowston Road
- 9 Turn right onto Sprowston Road and head up to the Ring Road.
- 10 Turn right onto Mousehold Lane
- 11 Turn left onto Corbet Avenue and run to Sprowston Academy

## MEDIUM - 5.6 miles

- 1 Short route then
- 2 Straight ahead at x-roads onto Magdalen Street
- 3 All the way to Maids Head Hotel then turn left on Palace Street
- 4 Over Whitefriars Bridge then right at roundabout on Barrack Street
- 5 Left at roundabout onto Gurney Road

- 6 Straight across Ring Road onto Salhouse Road
- 7 Turn left onto Falcon Road West
- 8 Turn right onto Leveson Road
- 9 Turn left onto Cannerby Lane

## LONG - 7.0 miles

- 1 Follow Short route then
- 2 Straight ahead at x-roads onto Magdalen Street
- 3 All the way past Tombland then left down Prince of Wales Road
- 4 At the crossroads turn left on Riverside Road
- 5 At the roundabout, right onto Ketts Hill
- 6 At the roundabout, turn left down Heartsease Lane
- 7 Straight down Ring Road to Wroxham Road turn right
- 8 Turn right on Falcon Road West
- 9 Turn right onto Leveson Road
- 10 Turn left onto Cannerby Lane