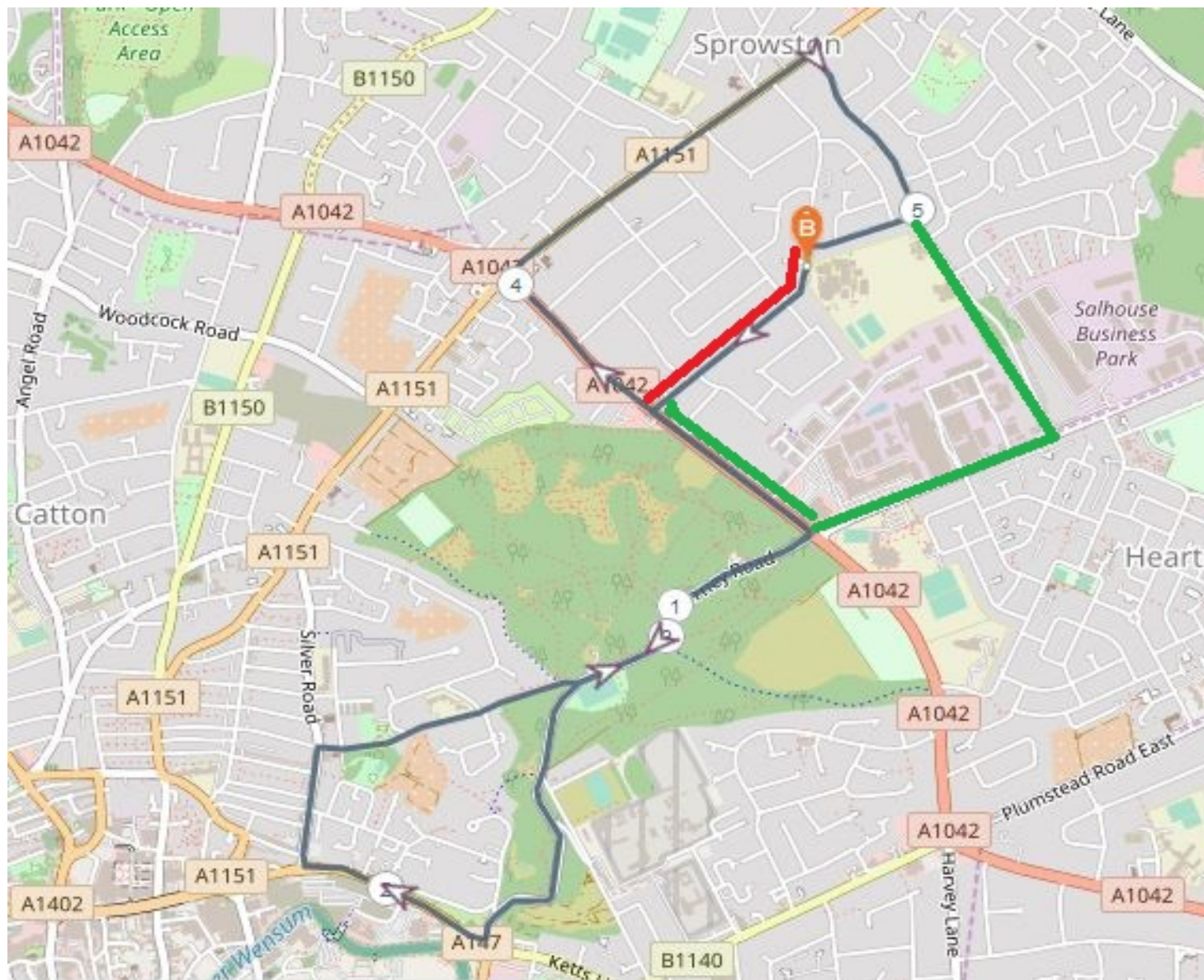


Thursday Route



Short Route - 4 Miles
Medium Route - 5.2 miles
Longer Route - 6.8 miles

Leave Academy turn left down Corbett Avenue.
At Ring Road Turn Left.
Run down Gurney Road.
Turn Right into Barrack Street.
Turn Right into Silver Road.
Turn Right into Mousehold Avenue.
Follow to Gurney Road and continue to Ring Road.

Turn Left On Ring Road.

Short Route

Turn Right into Corbett Avenue and back to club.

Other Routes

Continue to Sprowston Rd Roundabout turn Right.

Follow to Falcon Road East turn right.

Medium Route

Turn Right Leveson Road then turn left back to Academy.

Long Route

Continue to Salhouse Rd Turn Right.

Continue to Ring Road Turn Right.

Turn Right into Corbett Avenue and back to club.