### NRR Friday Route 6

<table>
<thead>
<tr>
<th>Distance</th>
<th>Route Details</th>
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</table>
| **4.7 Miles** | Right Obelisk Rise  
Right Ash Rise onto Lynton Avenue  
Left Harborough Road  
Right Birchbarn Way  
Left Acre Lane to Buddies  
Left Welford Road into Kingsthorpe  
Folk left onto Kingsthorpe Grove  
Left Eastern Avenue to end  
Right Boughton Green Road  
Left Yardley Drive  
And back |
| **6.1 Miles** | Right Obelisk Rise  
Right Ash Rise onto Lynton Avenue  
Left Harborough Road  
Right Birchbarn Way  
Left Acre Lane to Buddies  
Left Welford Road into Kingsthorpe  
Folk left onto Kingsthorpe Grove  
Left at Texaco Garage to Frog and Fiddler Pub  
Up Boughton Green Road  
Right Down Eastern Avenue to end  
Right Kingsthorpe Grove through Kingsthorpe  
Right Holly Lodge Drive  
Past Obelisk rise turn, Left Reynard way (top turn)  
And back |