

NRR Friday Route 13

4.5 miles

R. Obelisk Rise, Ash Rise, Lynton Ave

L. Harboro Rd

R. Birchbarn Way to end

L. Acre Lane to end

L. then 1st R. North Western Ave

Follow round past Adelaide pub

R. High St. to K'thorpe church

Round Green and back to Adelaide.

R. Manor Road to Welford Rd.

L. then R. across K'thorpe Rec.

L. Harboro Rd.

R. Holly Lodge Drive

L. Obelisk Rise

And back

5.8 miles

same as 4.5

R. Acre Lane to end. L. Welford rd.

1st R. past Buddies North Western Ave

follow round past Adelaide pub.

R. High St down past King William pub

L. up thru alley to Mill Lane

L. up to Cock Hotel

L. Harboro Rd. L. Welford Rd.

1st L. High St (opp. Texaco garage)

1st R. Knights Lane

1st R. Manor Rd. to Welford rd.

L. then R. across K'thorpe Rec.

L. Harboro Rd

R. Holly Lodge Drive

L. Obelisk Rise

And back