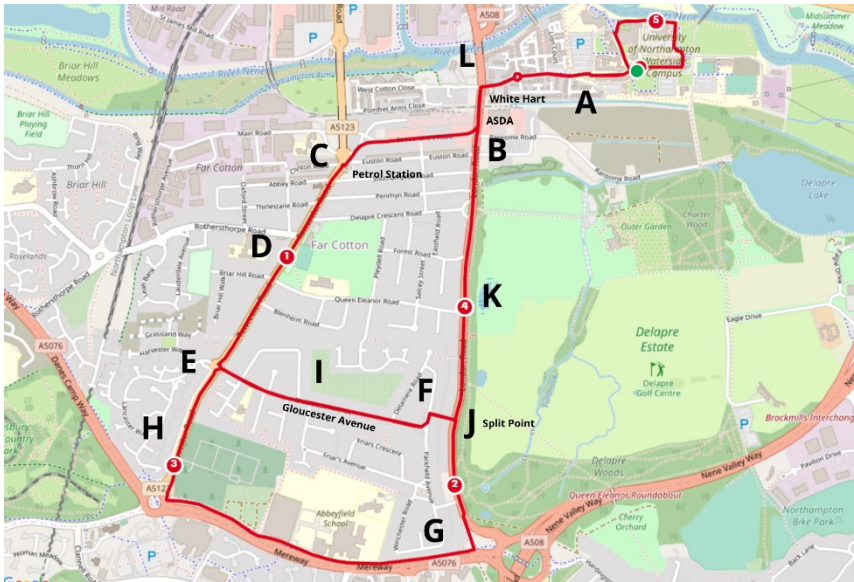


NRR WINTER ROUTE B – FAR COTTON FIGURE OF EIGHT

<https://www.mapmyrun.com/routes/view/5237847487/>

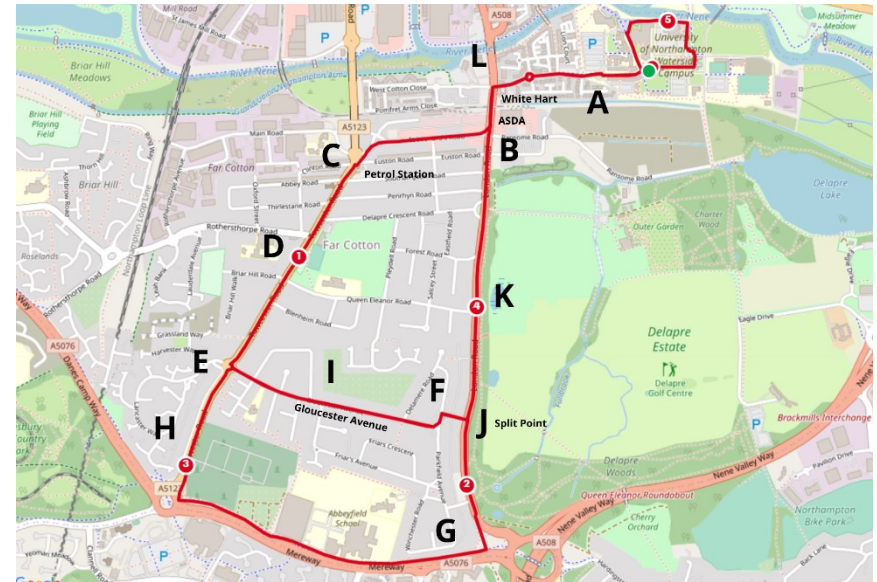


5.2 miles (1 loop) | 7.3 miles (2 loops) | 9.4

- A. Leave the university heading towards the White Hart Pub. Turn left and CROSS AT THE CROSSING outside the pub.
- B. Opposite ASDA, turn RIGHT into St Leonards Road. Continue to the end (past shops) and cross to the left-hand side at one of the crossings.
- C. At roundabout, turn LEFT and go past the petrol station, onto the main Towcester Road.
- D. Continue for half a mile (past the rec) to the next roundabout.
- E. At the roundabout, turn LEFT into Gloucester Avenue.
- F. Continue to the end of Glos Avenue until you reach a small green, bear left and then immediate right again, and head onto the main London Road (Delapre Park is opposite).
- G. Turn RIGHT up hill and continue to service road before turning RIGHT onto Mereway. Continue on the cycle path for 0.6 miles (passing the school) to next roundabout.
- H. At the roundabout, turn RIGHT down the hill to the roundabout and turn RIGHT into Gloucester Avenue again.
- I. Continue to the end of Glos Avenue to the London Road (as before).
- J. ROUTE SPLIT - Turn LEFT, down the hill for the 5.2-mile route.
Turn RIGHT up the hill and repeat the loop for the longer route.
- K. Continue down the hill to the White Hart (crossing at the crossing opposite the entrance to Delapre Park).
- L. At the White Hart, turn RIGHT back to the University.
- M. If you loop around the uni bar area and Senate building, it will make the route up to the distances above (0.4 miles shorter without).

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5.2 miles (1 loop) | 7.3 miles (2 loops) | 9.4

- N. Leave the university heading towards the White Hart Pub. Turn left and CROSS AT THE CROSSING outside the pub.
- O. Opposite ASDA, turn RIGHT into St Leonards Road. Continue to the end (past shops) and cross to the left-hand side at one of the crossings.
- P. At roundabout, turn LEFT and go past the petrol station, onto the main Towcester Road.
- Q. Continue for half a mile (past the rec) to the next roundabout.
- R. At the roundabout, turn LEFT into Gloucester Avenue.
- S. Continue to the end of Glos Avenue until you reach a small green, bear left and then immediate right again, and head onto the main London Road (Delapre Park is opposite).
- T. Turn RIGHT up hill and continue to service road before turning RIGHT onto Mereway. Continue on the cycle path for 0.6 miles (passing the school) to next roundabout.
- U. At the roundabout, turn RIGHT down the hill to the roundabout and turn RIGHT into Gloucester Avenue again.
- V. Continue to the end of Glos Avenue to the London Road (as before).
- W. ROUTE SPLIT - Turn LEFT, down the hill for the 5.2-mile route.
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