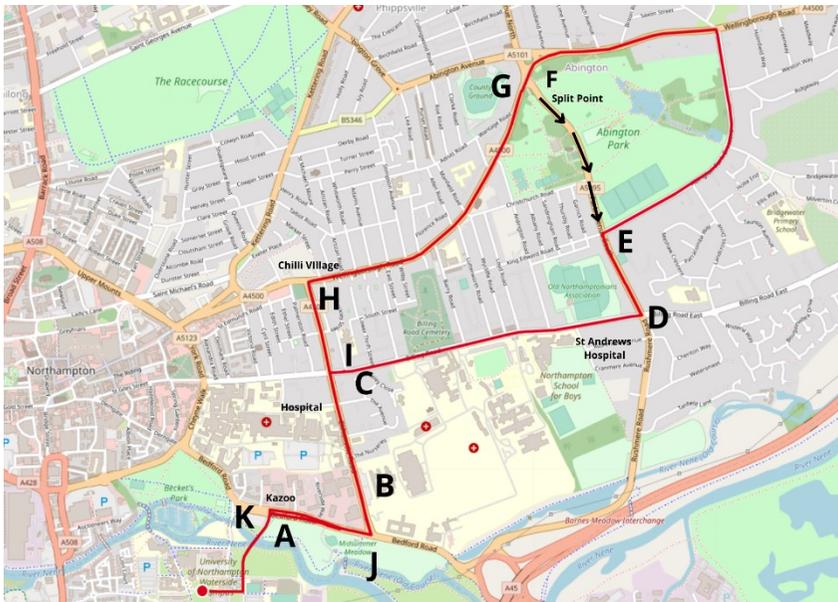


NRR WINTER ROUTE C - ABINGTON PARK

<https://www.mapmyrun.com/routes/view/5241378097/>

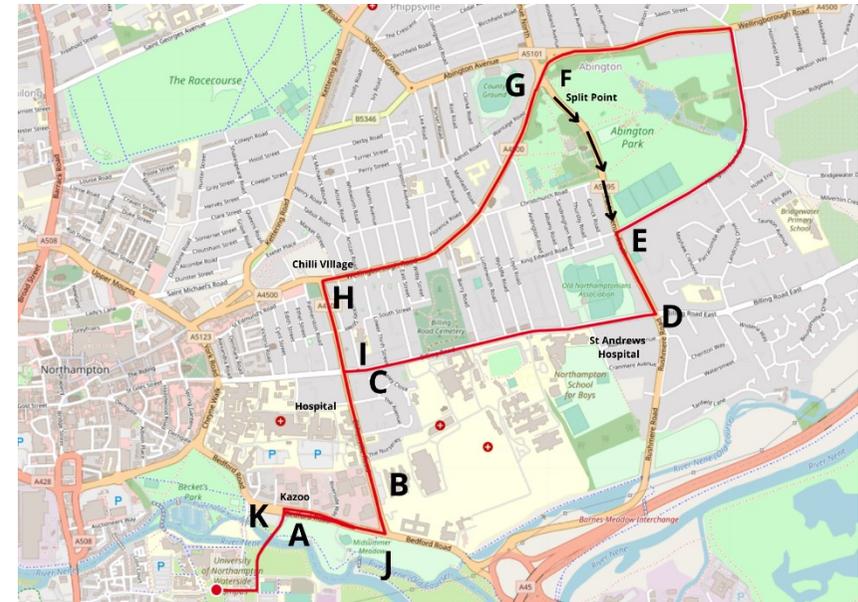


5.3 miles (1 loop) | 7 miles (1 extra loop of park) | 8.7 miles (2 extra loops of park)

- A. Leave the Uni along University Drive. Cross at the Kazoo Garage lights and turn right.
- B. At next lights cross over and turn left up Cliftonville (past the hospital)
- C. Turn right onto Billing Road and continue for 0.75 miles to the next major traffic lights.
- D. Turn left along Park Avenue towards Abington Park.
- E. When you get to the park, turn right into Abington Park Crescent and complete an anti-clockwise loop around the outside of Abington Park until you reach the road where the park splits.
- F. SPLIT POINT – for 7 miles bear left and do an extra lap of the park | for 8.7 miles do an extra two laps of the park
- G. To return home, cross carefully at the lights and continue along the left-hand side of the Wellingborough Road.
- H. Continue for 1 mile (on the left-hand side of the road) and turn left opposite Chilli Village into St Edmunds Road.
- I. Continue to the end and cross at the traffic lights at Billing Road (take care – busy junction)
- J. Continue to the end of Cliftonville. Turn right at the lights (cross the road here or at the Kazoo Garage).
- K. Continue back to University Drive and turn left into the Uni

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