

## NRR Out & Back Routes

### **A Night at the Museum – 9.2 Miles**

Out as far as you go in 30 minutes, then turn around and reverse your route.  
Try to get back inside 30 minutes.

Left onto Obelisk Rise

Left on Reynard Way

Left on Holly Lodge Drive to the roundabout

Across the roundabout and the next into Moulton Park

Through Moulton Park, Left into Brickyard Spinney

Right onto Boughton Lane to the Lumbertubs Pub

Right on Kettering Road

Up and over Spinney Hill (don't cross the road)

After Morrisons cross over Kenmuir Avenue then immediately Left and cross over Kettering Rd

Bear Right along Park Avenue North towards Abington Park

At the end cross Abington Avenue (cricket ground) and Wellingborough Road

Go along Park Avenue South (goes through the park) to the gates at the entrance of the museum opposite the children's play park.

If the gates are open say "hello from NRR" to the birds. If not, shout!

Return the same way back

### **A Run to the Gardens - 8.3 Miles**

Out as far as you go in 30 minutes, then turn around and reverse your route.  
Try to get back inside 30 minutes.

Left Obelisk Rise

Left Reynard Way

Right Holly Lodge Drive to the bottom

Left Harborough Rd to Kingsthorpe Hollow (Garden Machines)

Right Burleigh Rd, follows to St. Andrews Rd

Past Miller's Meadow park to Super Sausage Café junction

Right Spencer Bridge Rd to Weedon Rd junction

Right on Weedon Rd to Franklin's Gardens (Home of Northampton Saints)

Pause to admire the sculpture 'They Tackled the Job'

Return the same way back

**The Sole Destroyer – 8.4 miles**

Out as far as you go in 30 minutes, then turn around and reverse your route.  
Try to get back inside 30 minutes.

Right off the club drive onto Obelisk Rise

Right Ash Rise, through to Lynton Ave

Left on Harborough Road, past Kingsthorpe front shops

Right at the main traffic lights into Welford Rd

Past Gallones, the Rec, Windmill pub and on to the Windhover pub

Right on Brampton Lane up hill past Smith Farm Shop, up to the roundabout

Right on Harborough Rd as far as Lynton Ave

Turn around and reverse the route

(No taking the easy option and continuing back to the club!)