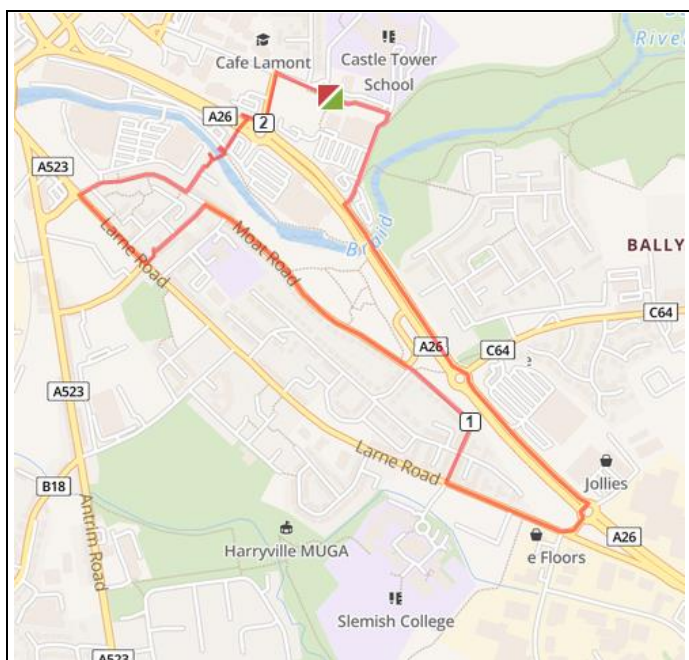


Routes from Leisure Centre (updated 14 July 2020)

Larne Road Link and Moat Road (3.5km / 2.2m)

A circular route with a gentle climb up Larne Road Link and a short climb up Moat Road.

This route is suitable for 30s group



Start: Leisure Centre

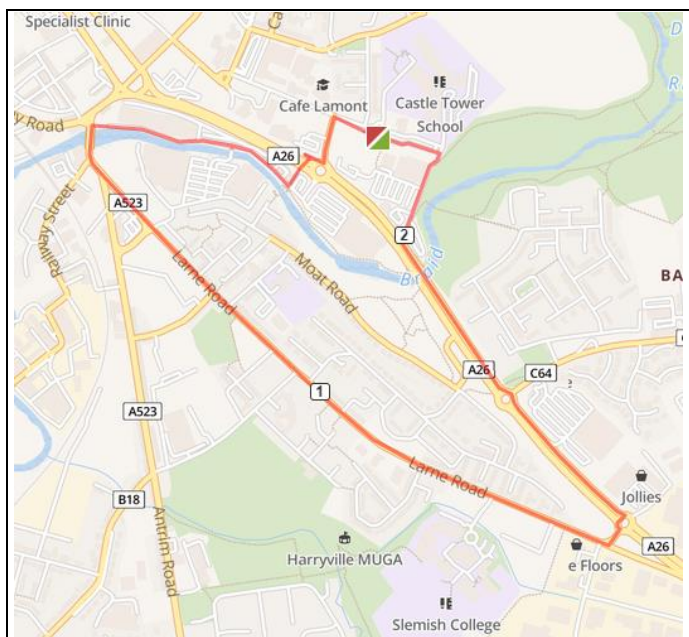
- From the Leisure Centre run through the Carpark and down to KFC then
- Left onto Larne Road Link past Tesco on left to Roundabout then
- Cross dual carriageway and go down the Larne Rd until opposite entrance to Slemish College then
- Right onto a short footpath which leads on to Moat Rd then
- Left onto Frances Street through to Larne Rd then
- Right onto Larne Rd to Moat Bar then
- Right onto James St and through path between houses and up James St then
- Left onto Edward St then
- At end of street join a path leading over the river and back to Leisure Centre using subway.

Finish: Leisure Centre

Braidwater and Larne Road (3.5km / 2.2m)

A flat circular route with only a gentle climb on the Larne Road Link up to Tesco.

This route is suitable for 30s group.



Start: Leisure Centre

- From the Leisure centre go left and down to Sainsburys petrol station using the subway then
- Right and follow the footpath with the river on your left to Harryville Bridge then
- Left and over Harryville Bridge following Henry Street and then Larne Rd to it joins the Larne Road Link
- Cross the Dual Carriageway and go left past Tesco on the Right and down to KFC then
- Right to Leisure Centre Carpark and through it to the Leisure Centre

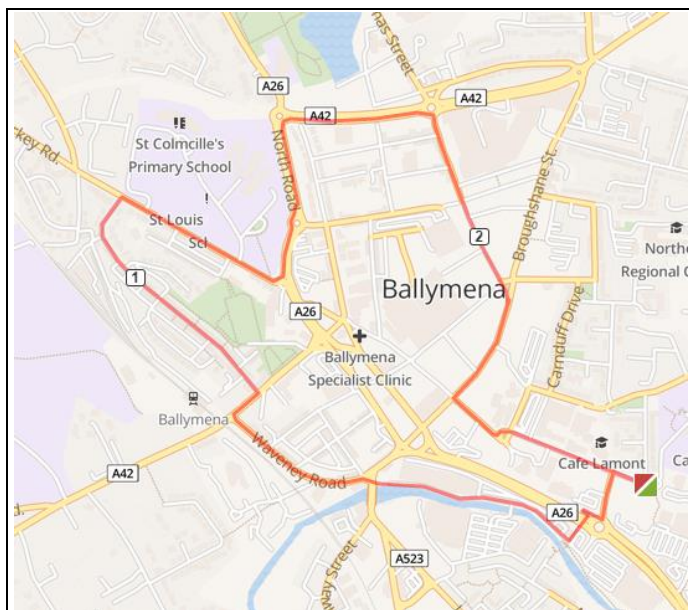
Finish: Leisure Centre

Routes from Leisure Centre (updated 14 July 2020)

Princess Street (4.2km / 2.6m)

A circular route taking in the significant climb up the renown Princess St.

This route is suitable for 30s group but may take slightly more than 30 mins.



Start: Leisure Centre

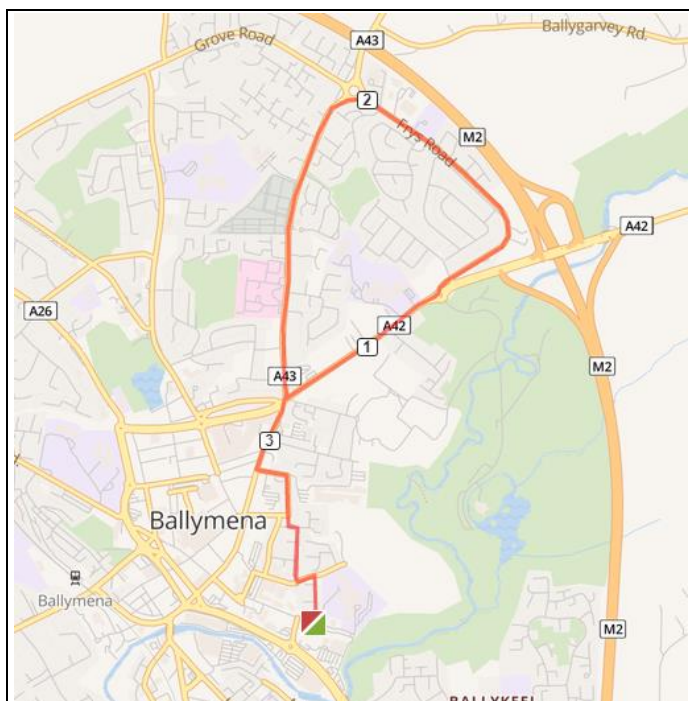
- From the Leisure centre go left and down to Sainsburys petrol station using the subway then
- Right and follow the footpath with the river on your left to Harryville Bridge then
- Cross onto Waveney Rd past fire station then
- Right onto Galgorm Rd then
- Left onto Princess St and Upper Princess St then
- Right down Cullybackey Rd then
- Left onto North Rd and then Right up Parkway then
- Right onto Thomas St and then Church St
- Left into Meeting House Lane and then onto Trostan Ave back to Leisure Centre

Finish: Leisure Centre

Frys Rd and Cushendall Rd (5.8 km / 3.6m)

A mainly circular route taking in a gradual climb up Frys Rd.

This route is suitable for 45s group.



Start: Leisure Centre

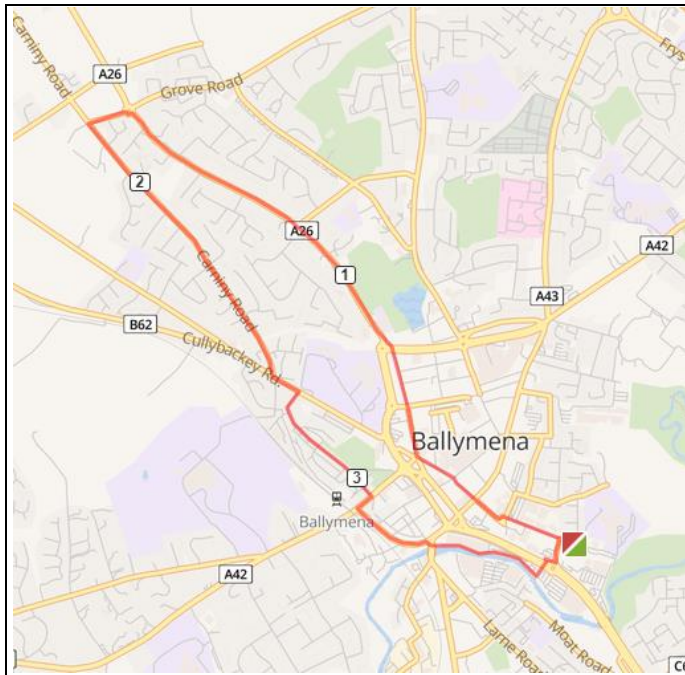
- From the Leisure Centre cross over onto Tardree Grove and then through the Demense (via Glenshesk Dr and Granville Dr) to Broughshane St then
- Right onto Broughshane St to the Chapel then
- Onto Broughshane Rd to the roundabout then
- Bear left onto Frys Rd and follow it up to the roundabout then
- Left onto Cushendall Rd to the Chapel then
- Retrace your route back through the Demense to the Leisure Centre

Finish: Leisure Centre

Routes from Leisure Centre (updated 14 July 2020)

Ballymoney Rd and Carninny Rd (6.2km / 3.8m)

A circular route taking in a steady gradual climb up Ballymoney Rd and returning down Carninny Rd and Princess St. Running this route in reverse takes in two significant climbs on Princess St and Carninny Rd. This route is suitable for 45s group.



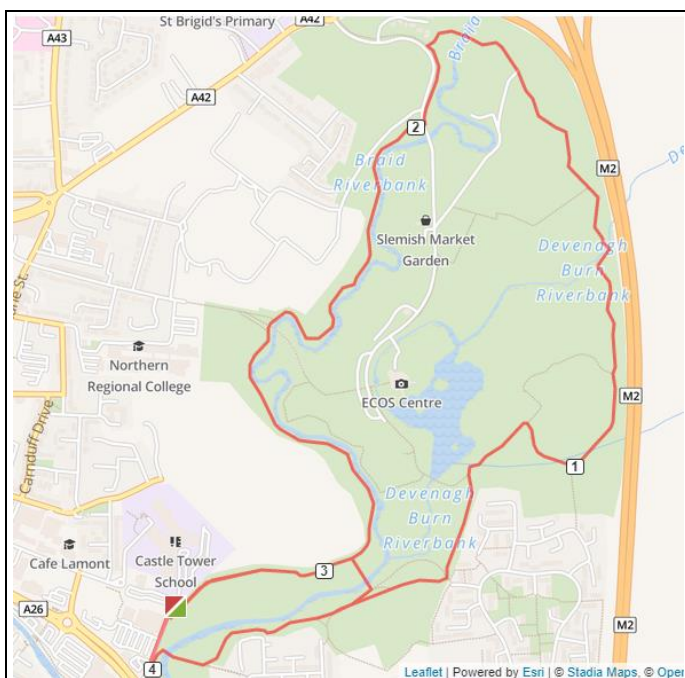
Start: Leisure Centre

- From the Leisure Centre go left and follow Trostan Avenue and Mill Street to the Adair Arms then
- Take the Ballymoney Rd crossing the dual carriage way and then on up the steady climb to the roundabout then
- Left onto Carnburn Rd then
- Left onto Carninny Rd then
- Left onto Cullybackey Rd then
- Right onto Upper Princess St and Princess Street then
- Right onto Galgorm Rd then
- Left onto Waveney Rd to Harryville bridge then
- Cross over and follow Braidwater River path to Sainsburys petrol station and then the subway to the Finish

Finish: Leisure Centre

ECOS outer loop (6.6km / 4.1m)

A flat scenic circular route along paths around ECOS with only a short climb at the end. This route is suitable for 45s group.



Start: Leisure Centre Car Park

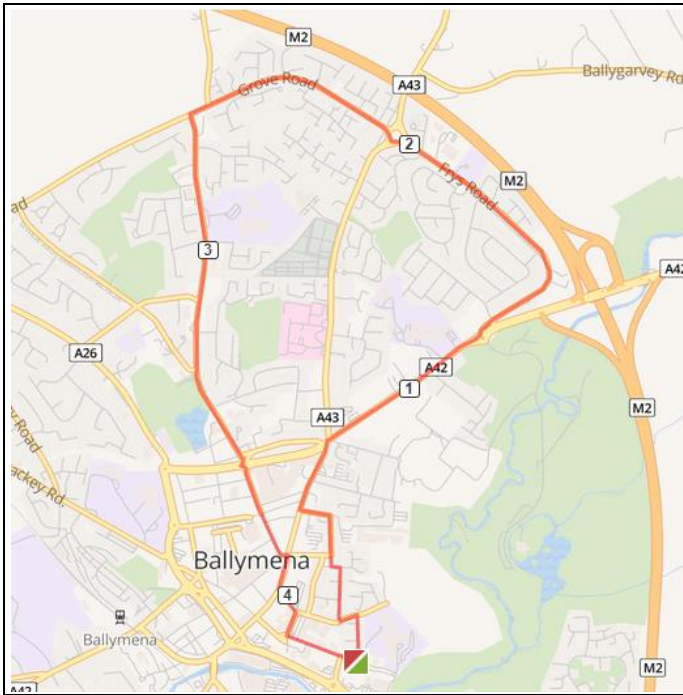
- From the Carpark run downhill to KFC
- Cross over onto path leading over the bridge and then
- Go left running with the river and then the green bridge on your left
- After a large ECOS sign on your right take a sharp right
- Follow this path which will lead up and over a bridge
- Follow the path left towards the ECOS centre
- When the path joins the road cross the road
- Follow this path going under the millennium bridge and then passing the green bridge on your left

Finish: Leisure Centre Car Park

Routes from Leisure Centre (updated 14 July 2020)

Frys Rd and Doury Rd (7km / 4.3m)

A circular route taking in a gradual climb up Frys Rd and Grove Rd.
This route is suitable for 60s group or a longer run for 45s group.



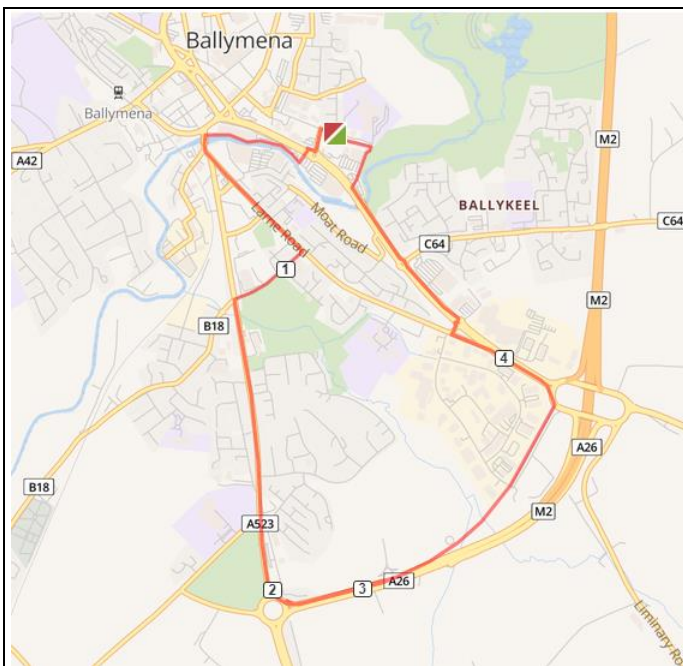
Start: Leisure Centre

- From the Leisure Centre cross over onto Tardree Grove and then through the Demense (via Glenshesk Dr and Granville Dr) to Broughshane St then
- Right onto Broughshane St to the Chapel then
- Onto Broughshane Rd to the roundabout then
- Bear left onto Frys Rd and follow it up to the roundabout then
- 2nd exit on roundabout onto Grove Rd then
- Left onto Doury Rd and follow it to the roundabout then
- Cross onto Thomas Street and on into the town centre then
- Onto Church St and Left onto Meeting House Lane and return to Finish via Trostan Avenue

Finish: Leisure Centre

Antrim Rd and Larne Rd (8km / 5m)

A circular route taking in a gradual climb up the Antrim Road. Note no lighting on Dual Carriageway.
This route is suitable for 60s group.



Start: Leisure Centre

- From the Leisure Centre go left and down to Sainsburys petrol station using the subway then
- Right and follow the footpath with the river on your left to Harryville Bridge then
- Left onto Henry Street and Larne Rd then
- Right onto Wakehurst Rd then
- Left onto Antrim Rd to roundabout then
- Left along dual carriageway for 1/3 mile then
- Bear left onto a path and follow it and the road to Larnd Dd roundabout then left down Larne Rd then cross over to "Dunelim" roundabout and go left
- Follow Larne Rd link past Tesco to KFC and then right to carpark and Finish

Finish: Leisure Centre