



From the A1 take the exit for the A690 at junction 62 (sign posted for Durham and Consent) take the first left (signed for Dragonville) and then left at junction Belmont Industrial Estate will be on your left, take right at mini roundabout. Take next left past Bannatynes Health Club, Centaur Training is the last house.

2 Eden Terrace,
Belmont,
Durham
County Durham
DH1 2HJ.

