

**START**  
FITNESS

# North Shields Polytechnic Club



Track & Field – Road & Cross-Country – Multi-Sports – Fell Running  
Club HQ, Churchill Playing Fields, Hartley Avenue, Whitley Bay, NE26 3NS

[www.nspoly.org](http://www.nspoly.org)

## Run for Bob Sunday 7 January 2018 - 10.30am

*A scenic 8 mile set trail run along cliff-top links and coastal paths to Seaton Sluice followed by Holywell Dene and Waggonways. This run was initiated in memory of local runner Bob Peart.*

**Registration:** Between 09:45 and 10:20 on the day in the Club HQ

**Start:** The War Memorial, near Spanish City, The Links, Whitley Bay.

**Finish:** On the running track at Club HQ

**Entry Fee:** £10 affiliated runners, £12 for unaffiliated runners. Payments can be on the day or NS Poly Club Nights from Tues November 28th or via John Brettell. Cheques made payable to North Shields Poly.

**Proceeds:** The proceeds raised will be split 50/50 between North Shields Poly and North East Promenaders Against Cancer (going directly to where it is locally needed: the RVI research team, local hospices, cancer support groups, and specialist nursing support <http://www.nepac.org.uk>)

### Additional Information

**Parking:** Free car park at Churchill Playing Fields, if you park in residential areas, please park considerately.

**The Start:** After registering in the Club HQ proceed to the start. This is about 0.5 mile from Churchill Playing Fields, allow about 10 minutes to stroll down to the start of the run. The War Memorial is situated on the seafront opposite the Spanish City.

**Amenities:** Changing, toilet and shower facilities are available at the Club HQ.

**The Route:** You will run along Whitley Bay Links towards St Mary's Lighthouse, following the coastal path around towards Seaton Sluice. In Seaton Sluice you will go under the road at the Kings Arms and go through Holywell Dene. After crossing Holywell Bridge a sharp left turn takes you down to join the Waggonways, the old railway track route will lead you back to Churchill Playing Fields for a lap of the track. The finish is on the track.

**Refreshments:** Tea/coffee and cakes will be available in the Club, for a small donation.

**Important** :This year we have added timing, and results, and prizes for the first 3 Men and Women finishers. It is open to runners aged **16** and over. We hope you will enjoy the day. If you have any queries before the race please email John Brettell at [johnmbrettell@hotmail.co.uk](mailto:johnmbrettell@hotmail.co.uk) or telephone 07766744651.



**Don't forget the traditional Boxing Day Pudding Run**



**Starts 10:30 Tuesday 26th December on the Links Whitley Bay – register on the day**

