

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

Run for Bob Sunday 24 February 2019 - 10.30am

A scenic 8 mile trail run along cliff-top links and coastal paths to Seaton Sluice, 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: £12 All runners. Payments can be on the day OR NS Poly Club Nights from Tues February 5th. Cheques made payable to North Shields Poly.

Proceeds: The run is supported by North East Promenaders Against Cancer (they raise funds 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. **The route is uneven and muddy in parts. Participation is at your own risk. You should assess on the day the footwear you may require.**

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

Important Prizes for the first 3 Women and Men finishers. It is open to runners aged **16** and over. We hope you will enjoy the day. If you have any queries before the run please email info@nspoly.org.

#upthepoly

#upthepoly