**North Shields Polytechnic Club**

**Athletics - Track & Field - Road & Cross Country - Triathlon**

**“Run for Bob”**

**Sunday 3rd January 2016 - 10.30am. A scenic trail run along a coastal path and through Holywell Dene – approximately 8 miles *in memory of local runner Bob Peart***

**Registration**: Club HQ by track in Churchill Playing Fields **9.45 - 10.20am**

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| **Start**: | The War Memorial, opposite Spanish City,  The Links, Whitley Bay. (10minutes walk from Club HQ) |
| **Finish**: | Club headquarters, Churchill Playing Fields, Hartley Avenue, Whitley Bay, NE26 3NS |
| **Proceeds:** | North East Promenaders Against Cancer. The money raised will go 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](http://www.nepac.org.uk/)  **Entry Fee:** £8 (cheques made payable to North Shields Poly Club) |

**Information**

**Parking**: Ample parking at Churchill Playing Fields, Hartley Avenue, NE26 3NS.

**The Start:** After registering in the Clubhouse, proceed to the start, which is about ¼ mile from Churchill Playing Fields, by the War Memorial on the seafront opposite the Spanish City. Allow about 10 minutes to get to the start of the run.

**Changing, Toilet and Shower Facilities are available at the Club.**

**The Route:**

The route is scenic and a pleasant change for a Sunday morning long training run.

1. You will run along the promenade/beach/Cliff tops towards St Mary’s Lighthouse.
2. At the start of the walkway over to the Lighthouse you will be directed left across the Headland and follow the coastal path towards Seaton Sluice.
3. At Seaton Sluice you will go down the ramp at the King’s Arms and – with the river to your right) bear left on the path. Follow path for about a mile until a pair of gates where you will be directed (over bridge) around to Holywell Dene itself (with the river then on your left).
4. Once in the Dene you have choices. Either a short climb up to join the Old Railway track or keep low with the water to your left. Where the Dene meets the Holywell Bridge turn left and follow Waggonways back to Churchill Playing Fields. Please enter the track by the gate nearest the Club House, complete 300 metres on the track, around to the FINISH.

**Refreshments**: Tea/coffee & cakes will be available in the club.

This is a run, not a race and is open to runners aged 16 and over. There will be no timekeepers and no results. We hope you will enjoy the day. If you have any queries before the run please email: johnmbrettell@hotmail.co.uk or telephone 07766744651. Information is also available on [http://www.nspoly.co.uk](http://www.nspoly.co.uk/)