

Simplyhealth great north run®

START TIMES 10:10 Elite Wheelchairs 10:15 Elite Women 10:40 Simplyhealth Great North Run

*times correct at time of print and are subject to change



- ### CHARITY CHEERING POINTS
1. Macmillan Cancer Support
 2. Cancer Research UK
 3. Stroke Association
 4. Tommy's
 5. Leukaemia & Lymphoma Research
 6. Alzheimer's Society
 7. Guide Dogs
 8. British Heart Foundation
 9. Breast Cancer Care
 10. Mind
 11. NSPCC
 12. Cancer Research UK

MAP KEY

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|------------------|---|-------------------------------|
| Distance Markers | Toilets | Aqua Pura Drinks Station |
| Cheering Point | Bands On The Run | Runners Welfare Pick-Up Point |
| Shower Units | Photo Point | Metro Stations |
| Medical Point | <small>There are 21 Medical Points evenly distributed along the course. Look out for this symbol on the day</small> | |



20.00 (Saturday) to 17.00
A167 Central Motorway
Cowgate Roundabout to Great North Road (B1318) Interchange

09.45 to 16.00
A194 Leam Lane
White Mare Pool Interchange to John Reid Road Roundabout (A1300)

02.45 to 17.00
Bents Park Road
in South Shields

08.45 to 17.00
A167 Central Motorway Including Tyne Bridge
B1318 Great North Road Interchange to A184 Park Lane
09.45 to 16.00
A1300 John Reid Road
to Prince Edward Road (A1300) to Redwell Lane/Coast Road (A183) Roundabout

09.00 to 17.00
A184 Park Lane
A184 Felling By-Pass to White Mare Pool Interchange (Leam Lane A194)
08.00 to 17.00
A183 Redwell Lane/Coast Road Roundabout
to Coast Road (A183) Roundabout with Sea Road and Mowbray Road

