



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

08.45 to 17.00
A167 Central Motorway
Including Tyne Bridge
B1318 Great North Road
Interchange to
A184 Park Lane

09.00 to 17.00
A184 Park Lane
A184 Felling By-Pass to
White Mare Pool
Interchange
(Leam Lane A194)

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

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
A183 Redwell Lane/
Coast Road Roundabout
to Coast Road (A183)
Roundabout with Sea
Road and Mowbray Road

02.45 to 17.00
Bents Park Road
in South Shields



MORRISONS



great north run

START TIMES

10:10	Elite Wheelchairs	10:15	Elite Women	10:40	Bupa Great North Run
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2015 COURSE INFORMATION

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



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

MAP KEY

Distance Markers	Toilets
Drinks Station	Bands On The Run
Lucozade Sport	Cheering Point
Shower Units	Photo Point
Runners Welfare Pick-Up 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>

