**COURSE MAP**

**On Course Activation**

**Special K**
Series snack partner Special K will be #powering you at mile 5.

**Clif Feed Station**
The Clif feed station will be giving out Clif Shot Energy Gel’s and Clif Bloks Energy Chews which will provide muscles with easy-to-digest carbohydrates, at around mile 9.

**ENGIE**
Official energy partner ENGIE will be at 800m to go to give you a final boost #EnergisingCommunities.

**Garmin Support Zone**
Our timing partner Garmin are on hand to help you #beatyesterday with their on course motivational zone, at around mile 10.

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**Charity Cheering Points**

1. Macmillan Cancer Support
2. Cancer Research UK
3. Bloodwise
4. Tommy’s
5. Stroke Association
6. Alzheimer’s Society
7. Guide Dogs
8. British Heart Foundation
9. NSPCC
10. Diabetes UK
11. Breast Cancer Care
12. Mind
13. Alzheimer’s Society

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**Key**

- Mile Markers
- Shower Stations
- Music Points
- Charity Cheering Points
- Water Stations
- Toilets

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**Map Details**

- Newcastle
- Gateshead
- South Tyneside
- River Tyne
- North Sea

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**Mile Markers**

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14

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**Other Points**

- Haymarket
- Monument
- Central Station
- Gateshead Stadium
- Felling
- Heworth
- Pelaw
- Bede
- Chichester
- South Shields
- Chislet Harbour
- Whitemare Pool
- Tyne Bridge

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**Map Credits**

- Simplyhealth
- great north run