

Check Point Details

CP1 : Family Topping

Tel : 07761197185

CP2 : Jill Connolly / Kirsty McSween

Tel : 07918 684532

CP3 : Catherine Polley / Julie Howard

Tel : 07887966496

CP4 : The Hallidays

Tel : 07929 671885

CP5 : Lee & Ruby Corbett

Tel : 07950 740777

Race HQ:

Harry Harrison Tel : 07906 599805

Phil Watson Tel: 07730 377458

Transport:

Terry Topping

Tel: 07517 485020

Route Note

Symbols

L / LH / LHS

Left / Left hand / Left hand side

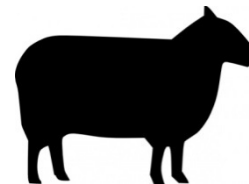
R / RH / RHS

Right / Right hand / Right hand side

Busy Road Crossing



Specific Taped Area



Potential Live Stock Area



You guessed it..... 😊



START - CP 1

Approx. 5.2 miles
Golden Lion Pub

Follow road for 300yds and enter Backhouse park on **LHS**. Take **LH** path and continue around grass field to steps heading back towards stream. Down steps and take path ahead parallel with the stream. Follow path and head up the bank to the **L** ignoring bridge / path to the **R**. Follow path out onto Ryhope road. **Cross road where safe** and continue **L** in direction of city centre. After 400 yds. **cross Park Road** and continue down hill on Burdon Road towards the city centre. Continue straight ahead on Fawcett street passing William Jameson pub on **RHS** until you eventually arrive at the road subway before the bridge. Go down the steps and turn **L** under the road way, approx. 20 yards after the exit ramp turn **R** behind Echo 24 building onto Bridge Crescent. Continue down hill for approx. 50 yards then turn **L** on steep track towards the river. Once at river edge path continue **L** towards and under Wearmouth bridge taking path on **R** closest to river edge eventually coming out behind Hanover Place Pub. Turn **R** and follow road around past Saltgrass back up to Alex Bridge. **Cross road to R** and head towards Pallion. Just before Bingo take **L** turn onto Lisburn Terrace. Continue under subway then take immediate path to the **R** following path parallel with metro line. Follow path over bridge and back onto European Way. Continue on pavement for approx. 600yds to next roundabout and onto small area of waste land near allotments. Take **R** path under metro line and follow to open field. At field head diagonally **R** to opening in bushes and down short steep slope. Head **L** and follow river edge towards boat house. Run behind boat house on road then head **R** and back onto the riverside path. Continue on path taking **RH** fork at any junction until you arrive at CP1 Golden Lion pub.

CP 5 - FINISH



Approx. 5.5 miles (36 miles)
Ashbrooke Sports ground

Head back down steps towards the beach. Before you hit the beach turn **L** and take the cliff top path north. Continue on coastal path until it leaves the cliff edge and heads towards a wooded area. Stay on path as it heads onto main road up a small set of steps. Turn **R** at road and after 50 yds. pick up the path again heading back past a large metal barrier and through a 2nd metal gate entrance to the cliff edge path marked with a brown finger post ignoring any paths to the **L** across the field. After approx. 1 mile follow path down hill and head **L** under the road underpass. Continue up to main road and head **R** towards Ryhope green. Once at the green head towards Sunderland past Forge Garage on **R** and cross over main road to take track on **LHS** signed Silksworth / City Centre. Follow path, cross road via bridge and continue past boxing club building with the building on **RHS**. Continue on main signed path towards Silksworth ignoring any paths off to **RHS** for approx. 600yds. At tapes head sharp **R**  steep grass slope. At top of slope turn **L** and back down towards main path. Before metal barrier head **R** and follow path  through wooded area and up to trig point on Tunstall Hill top. From Trig point route is 'free-style' back to club house.

HONK THE STROLLER HORN TO STOP THE CLOCK.

CP 4 - CP 5

Approx. 5.5 miles (30.5 miles)
Seaham Carpark

Turn **L** along road towards coast for approx. ½ mile. Road splits at last house / bungalow - leave road into dene at the large metal gate  on **RHS**. Continue along main path until narrow trail on **RHS**  Follow this trail through the dene ignoring any paths on either side. At the end of the trail take steep wooden steps to the **L**. At the top of the steps turn **R** onto a clear track for 600yds through woods. At grass clearing take main path to the **L** towards the quarry (heading north). Keep to path as it widens running parallel to railway line eventually crossing the lines over a stone bridge. Once over bridge turn **L** and take clear coastal path back parallel to the railway line to the main carpark area. Continue past carpark on road and at main road junction turn **R** on A182 and continue on pavement towards Seaham – do not cross main road. After approx. 1 1/2 miles take steps on **RHS** down onto lower prom (opposite yellow beachcomber house) Head down steps and **L** along prom to the northern end leaving prom onto beach for approx. 50yds. Take steps on **LHS** up to main Seaham carpark and CP5.

CP1 - CP 2



Approx. 7.5 miles (13.7 miles)
Middle Herrington



Continue on gravel road under A19 bridge, passing houses on **L** and take riverside path at finger post signed Mt Pleasant. Stick to riverside path all the way to Cox Green ignoring any paths off to the **L**. At the green footbridge cross over river and again head **L** across small carpark taking path closest to river bank. Continue on this path as it widens and follows the river under the viaduct and eventually towards a small group of houses at Fatfield. At road junction turn **L** across road bridge and then immediately **L** back onto a footpath on the south side of the river. (**race marshal point**). Continue along this path back under the viaduct for approx. 1 mile until you reach a path to the **R** up a short set of wooden steps. Climb steps and continue across field ahead until turning **R** in the corner. As the path opens take kissing gate on **L** and follow trod going diagonally across next field. Once over stile / gate **cross road** to follow footpath sign up hill on clear path ahead keeping to the **L** of hedge line. At top of field turn **L** onto track and after approx. 100yds turn slightly **R** then take steps on **L** through kissing gate up to the monument. Once at monument turn **R** and take steps and path back down hill to the wooden gate. Through gate turn **R** on minor road and then **L** to roundabout. **Cross main road** and into country park. Once through entrance turn immediately **L** over low metal barrier and follow track first **L** then **R** down towards lakes. Enter woods on **L** over wooden stile. Take **LH** path and follow through woods. Exit woods over main bridleway and continue straight ahead along track way towards houses ahead. After approx. 400yds continue in same direction on tarmac path. Turn **R** at junction and pass by Stack Yard pub on **R**. Turn **L** onto main road and **cross straight over** to CP2.

CP 2 - CP 3

Approx. 6.3 miles (20 miles)

Burdon Village





Leave CP and head along track signed Newbottle. After 300 yds. take **RH** narrow trail  and continue ahead. At next fork take **LH** trail  and continue ahead over open field to main road ignoring track on **RHS**. Turn **R** on High Lane **crossing over the road** when safe to do so. Turn **L** on Cathedral View and at bottom of the road take the narrow path between the houses and out onto the field. Follow **L** turn with the trail and continue **R** eventually coming to the side of A690 and up to the A690 layby. Head **R** again taking trail between 2 large boulders. Continue up this path keeping metal fence on **RH** and over small wooden bridge before heading down hill ignoring paths to **L** or **R** eventually ending up at metal bench. From here head **L** down hill to tarmac path below and **L** again to A690 underpass.

Once through underpass turn **L** then immediately **R** onto Balfour Street as it curves to the **R** then after 200yds turn off **L** onto Gravel Walks. Follow road to end of allotment and turn **L**. Continue straight ahead to small set of steps up to housing estate and continue on road towards farm for 400yds. Pass farm and turn off roadway **R** to follow footpath sign to Warden Law. Stay close to Houghton Burn and follow footpath up to Warden Law Farm  to gate (keep **L** in field with horses). At first farm building turn **R** onto road way for 10yds then follow faint path to **L** over a series of 2 or 3 wooden styles. Continue across edge of field for 100 yds. to cross road of paths. Ignore paths to **L** and **R** and continue ahead along **RH** fork up incline. Continue on this path eventually coming out onto Hangman's Lane. Turn right and head up and over hill past go-kart track on **RHS**. Continue to x-road and turn left keeping to **RH** grass verge for safety. After 600 yds (at blue County Durham road sign) take left fork. Continue for 200 yds taking 2nd track  on left to Burdon Hamlet. From there take main road ahead to cross over A19 and, turn **R** on road to Burdon Village (approx. 3/4 mile via road). Head past main Hall and houses and take **RH** fork in road to reach to CP3.

CP 3 - CP 4

Approx. 5 miles (25.0 miles)

Hawthorn Village

Leave CP3 and head down farm road for 400 yds.. At turn in road take **RH** trail signed Seaton. Continue into the wooded area, across wooden bridge and out of the other side. Turn **L** and follow hedge line heading **L** again towards foot bridge over A19. Cross bridge and follow clear path bending to **L** behind hedge. After 200yds turn **R** towards the B1404 road. **Cross main Seaton road** and continue on the railway track ahead for 1mile. Just after the stone bridge leave the track via the stairs  on the **L** and head **R** at the top on the road. Continue past houses on either side for 100yds and take  footpath ahead at bend in road. Follow narrow path past metal gate and onto gravel path ahead. At junction take path on **R** towards mobile mast. Follow behind mast and after 100yds take **LH** faint  trail down hill to road. At road turn **L** for approx. 20yds then take narrow trail  **L** for 50 yds.. Take 2nd narrow trail  the **R** down to a small stream. Follow stream **L** for 100 yrs. crossing back and forward over the stream eventually heading **L** back up the bank. Once out of gully take clear path  on **R** towards A19 ignoring any other paths on both sides. At the tree line turn  **R** and follow path parallel with A19 to the metal gate. Turn **L** and head over footbridge continuing onto path through woods on opposite side of road until you come to the next main road. Turn **L** for 20yds and **cross main road** to take the diagonal path down hill through the woods. Turn **R** and out past the houses and church to the main Dalton le Dale road. Turn **R** on road and continue for 200 yds. to stone bridge. Take path **R** over bridge and continue on narrow trail over the fields to reach main A182.

Cross straight over and continue on marked footpath towards farm buildings 100yds ahead. Trail turns to tarmac and continue towards large brown wooden gate. Take signed path to **L** of the gate and follow path between house and a large hedge. At the end of the path turn **R** and follow signed path across 2 fields towards Hawthorn Village. Take clear track past large house on **R** and arrive at road and CP4.