

Sunderland Strollers

Urban Ultra 2023

Race Headquarters Ashbrooke Sports Club
(Squash courts @ 07:15 Then Members Bar)

Race Control

Allan Hetherington – 07920095968

Rob Allington – 07816829913

Transport – Terry Topping

Tail Runners – Jason Cameron

Shaun McFarlane

Darren Barnes

Checkpoints

Postcodes are approximate as most checkpoints aren't near buildings.

CP1 –	South Hylton	///minds.path.silent	SR4 0NJ
CP2 –	New Herrington	///clots.blitz.game	DH4 4GD
CP3 –	Burdon Village	///dating.shaky.filer	SR3 2PY
CP4 –	Hawthorn Village	///speaks.elevate.meatball	SR7 8SQ
Easington Colliery Marshal Point		///sculpture.amused.view	SR8 3QW
CP5 –	Seaham Hall Beach Car Park	///dining.policy.decent	SR7 7AF
Finish –	Ashbrooke Sports Club	///matter.opens.chain	SR2 7HN

CP 3 Burdon Village to CP4 Hawthorn Village

Approx. 6 miles

Cut off time: 8hr from the start time

Leave CP3 and head down the farm road for 400 yds, at the signpost (Seaton) turn right down the steep grassy bank and head into the woods. Cross the wooden bridge and continue on the very broad path uphill and left. At the top of the bank follow the path with a cultivated field on your right for 400 metres until you reach a broken stile. Cross into the field and its straight ahead, follow the path with the hedge line on your left. As it reaches the boundary of the A19 the path bends left, continue on the path towards the tall white gas post here you cross a wooden bridge. Continue on this path towards the wooden steps well hidden in the corner. Up the steps and right on to the farm bridge over A19.

Cross the A19 bridge and follow the clear farm track that bends left behind the hedge. Follow the path for some 500 metres until you reach the wooden steps up to the old Ryhope to Hetton railway line. At the top of the steps turn right heading for the B1404 road. (Houghton to Seaham) Cross main Seaton Road to the small carpark, continue on the disused railway bed ahead for 1 mile. (Straight on at the road). Immediately after the stone bridge leave the track via the stairs on the left. At the top go right on the road towards the farm buildings.

Go through this first farm complex the tarmac road bends left, after 200 metres at the signpost and metal gate. Take the gravel path via the gap in the wooden barriers. Continue on this path for approx 1 mile until it turns right uphill to the radio mast

Head up the gravel path to the radio mast. At the top you want the wide grassy path virtually straight ahead, ignore the old route to your right. This path is open but soon becomes closed in by trees. Follow this path which starts flat but steepens downhill for 1/3 mile. You come to a T junction, take the left path heading towards the traffic noise of the A19. Follow this grassy level path for ¼ mile and you are looking for a break in the bushes on your right. You are looking for a distinctive path up a small hill which takes you to a path that runs parallel to the A19. You will reach a metal gate here you turn left over the blue footbridge of the A19 continuing on the path through woods until you come to the main road (B1285).

Turn left for 35 metres and cross main road to take the diagonal path down the steps just after the fluorescent yellow offset junction sign. Go through these woods / park turns right at St Andrews church to the main Dalton le Dale Road. Turn right onto the road and continue for 200 metres to a seat and a grit box. Blocked by boulder is a path over a stone bridge. Take this path over bridge and continue on narrow trail (uphill heading for the large electricity pylons) over the fields to reach main A182 road. Cross straight over and continue on signed public footpath towards the farm buildings 100 metres ahead.

The trail turns to tarmac at the crossroads continue straight ahead with the bungalow on your right, wooden gate on your left. Take the signed path to left of the gate and follow path between house and a large hedge. There are two brown gates with signs. Do not take the one marked bridlepath, it's the one straight ahead (with yellow Wearside way plaques) At the end of the path turn R and follow signed path across 2 open fields towards Hawthorn Village. Take the clear track past the large house on the right and arrive at road and CP4.

CP4 Hawthorn Village to CP5 Seaham

Approx. 8.8 miles

Cut off time: 10hr 30mins from the start time

Leave CP4 turning left for approx. ½ mile on the road. The road splits at the red brick bungalow, leave the road into Hawthorn Dene at the large metal gate on the right. Continue along this wide main path used by the dog walkers for about 400 metres. You are going to leave this wide path and drop into the dene at the information board / sign "Hawthorn Dene". Follow this undulating trail through the dene ignoring any paths on either side. There are numerous steps and duckboards to negotiate. After ¾ mile you descend steps onto a long set of duckboards. You now need to ascend the steps / boarded paths that meander uphill back to re-join the path.

At the top of the steps / paths there are some wooden post (information sign has been removed) turn R onto the wide path for ¼ mile through the woods. This brings you to grassy clearing, Hawthorn Dene Meadows.

Keep on the path and turn right at the marker post "Durham Coast Half Marathon", follow path into woods, down concrete steps and across concrete bridge. Take steps at far side and keep right up more steps, turn right at yellow marker sign, keep on main path until T-junction then turn right. Follow path up to a small set of steps, then after steps take left fork on main path as far as a kissing gate into a field. Go into field and follow fence line to nearly the top of the hill, go through kissing gate on the right next to a large metal gate. Take path past stone building all the way to the tarmac road. Keep straight on the road for 200 yards then turn left. Keep on this stony road, then straight onto tarmac road past White Lea Farm. Where path curves to right, take path on the left, keep on yellow path, straight ahead on crossroads and across grass to tarmac path. Follow this path downhill to the car park and the Marshall's point at Easington Colliery.

At the far side of the car park, follow the path under the railway, then take a left turn and follow the path for a 1/3 of a mile, immediately before railway bridge (do not cross railway) turn right down the grassy path and follow the path alongside the railway for approx. 1 mile, go under viaduct, ascend slightly the descend downhill and take first right. Retrace your original route down the steps, over the bridge and up the steps and path until you return to the Hawthorn Dene meadows.

Take the main path uphill left towards the dark green metal sign. Go through the gate and keep to path past the quarry entrance on your left. Head for the bridge over the railway line as it widens running parallel to railway line eventually crossing the lines over a red brick bridge. Once over the bridge turn left and take the clear yellow sandstone path parallel to the railway line. Your target is Noses Point which is just below the last factory unit on the headland a mile in front of you.

At Noses Point continue past the carpark on the tarmac path and at the main road junction turn right and continue on the pavement towards Seaham harbour– do not cross main road. You will soon reach the small retail park. *(There are toilets in ASDA and the shopping centre).*

Continue straight on past the shopping centre and along the seafront towards the Eleven – 0 – One statue (Tommy). Approx 500 metres after Tommy take the path / steps / ramp on the right-hand side down onto the lower prom (opposite yellow beachcomber house). Head down and then left along the lower prom to the northern end leaving the prom onto the stony beach for approx. 50 metres Take the steps with the green railings on the left-hand side up to the main Seaham carpark and CP5.

CP 5 Seaham - FINISH

Approx. 5.1 miles

Cut off time: 12hr 30mins from the start time

Head back down the steps towards the beach. About halfway down the steps turn left on to the path and take the zig zags to the cliff top. Continue northwards on this coastal path. After $\frac{3}{4}$ mile the path heads inland. Follow path as it heads up a small set of steps to the main road (B1287). Turn right for 120m, before the stone railway bridge turn right and follow the wide path to the clifftop passing the two red and yellow signs. Continue northward on the coastal path. After $\frac{1}{2}$ mile you reach another ravine, the path now bends to the left towards the railway and the houses. Follow the path downhill and through the long tunnel under the railway to reach the house and the road. Turn right at the road towards the grassy area of Ryhope green. Once at the green head towards and past the Albion pub then cross this busy road at the Forge garage, take the track signed Silksworth / City Centre (blue sign).

Follow the gravel path for approx. $\frac{1}{2}$ mile. Continue straightheaded towards the Olympian boxing club and the pit wheel monument. Continue on the gravel path signed towards Silksworth ignoring any paths off to right hand side.

After 250 metres you reach a crossroads with 3 metal posts, your route is straight ahead on the gravel path (Ignore the tarmac and grassy routes)

After 100 metres the path closes in and there is tree lined sandstone cliffs on your right and a wooden fence, after 150 metres the route opens up again. You now need to find a low metal fence on your right with red graffiti "EUROE".

Cross this low metal fence (orange markers) head sharp right up the very steep grass slope. At top of slope turn left, continue on this distinctive path and it bends right and uphill. You will reach a gap in the trees and a well-worn route to the white trig point on top of Tunstall Hill.

From the trig point make your way back to Ashbrooke cricket club.

Either by scrambling down over the rocks to reach the string of boulders blocking the road. Here take the flat road straight ahead, towards the black metal fence. Continue on this road until you reach Tunstall Road. Turn right onto this road and follow the footpath to the roundabout. Cross the road and head down the step Tunstall Road (Strawberry Bank). At roundabout turn right on the Queen Alexandra Road and Ashbrooke sports club.

The alternative is to head down the grassy path to reach the old changing rooms and allotments which will also bring you down to Tunstall Road.

The finish is on the grass in front of the Pavilion

Please note your finish time.

Please remove your muddy shoes before entering the club near the squash courts.