

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

START - CP1 Site of the Golden Lion Pub at South Hylton

Approx. 6.3 miles

Cut off time : 1hr 45 Minutes from the start time

The start is on the road outside Ashbrooke main gates (please be quiet as you line up) this a residential area.

From here we travel along Ashbrooke Road to Backhouse Park. Through the metal gates and follow the path straight ahead through the lowest part of the park past the "roundabout" then the uphill path past the art gallery leaving the park at the bungalow on to Ryhope Road. Its left and uphill to the traffic lights and cross the road then turning left. Follow this main road to Mowbray Park. Cross this road at the traffic lights and then it's downhill, with Mowbray Park on your right. At Wetherspoons cross onto the right side of Fawcett Street towards Wearmouth bridge. At the end of Fawcett Street cross to the left side of the road and at St Marys RC church use the multiple traffic lights to get on to the left had side of Wearmouth Bridge.

At the end of Wearmouth Bridge turn left to pass under St Peter's Metro station. Turn right at the white fence, skirting around the building works until a small patch of trees on the left. Take the cobbled path down to the riverside path then turn right.

Continue on this riverside path for a mile until you reach a steep tan coloured path. Up this steep path round the large metal gate onto Wayfarer Road. Follow this short road for 50 metres past the electricity substation then turn right up a short bank, then left and follow tree lined C2C path for about a mile, when it reaches Hylton Park Road you should see the Northern Spire bridge. As you approach the Northern Spire bridge go under the bridge then turn right to take the ramp up on to the bridge (this is the safest way to go). Cross the bridge and at the far end at the traffic lights take the path heading right up the steep Paul Watson Way.

Continue up this bank and at the roundabout do not pass under the metro line but take the tarmac path (flanked by metal fences) that runs parallel to the metro. After 100m this opens to a steep grassy field. Turn right diagonally downhill to find a gap in the bushes below the cliffs (Claxheugh Rock) that will take your down to open grassy area alongside the river. Head for the boat house (keep to its left) find and follow the path alongside the river. Continue on this path taking RH fork at any junction until you arrive at the small red block car park CP1 Pub / Restaurant (derelict).

CP1 South Hylton - CP2 New Herrington

Approx. 6.5

Cut off time: 4 hr 15 Minutes from the start time

At the very start there are significant changes since 2022

From CP1, continue on tarmac road for 50 metres then turn left past the metal bollards up the gravel path (Offerton lane). After 250 metres follow the path on the right up to the road deck of the A19 bridge. Turn right at the top and cross the river. 50 metres after the end of the bridge there is a gap in the barrier follow the downhill steps to a lane. Turn left at the bottom on to the lane, through the road tunnel under the A19 to a farmyard. Follow the green lane on your left over the low barrier, signposted Toby Gill. This wide lane narrows after 200 metres take the right hand path at the fork. At times you will see a cultivated field on your right and later the river on your left. The path goes south and then north following the U shape of the river. This undulating path continues for about a mile. Eventually after crossing a number of bridges, you climb up the narrow path heading away from the river passing a farm on your right then after a short while you find the green metal fence of the wildfowl centre. When you reach the wide path of the C2C route turn left and follow the path until you reach the car park of the wild fowl centre.

Cross the car park of the main car park past the wooden gate to reach the overflow car park. In the corner of this car there is a gravel path which will lead you back to the river. Follow this wide path with the fence of the wildfowl park on your left and various factory units on your right until you reach the large electricity pylon turning right onto a path that runs parallel to the River Wear until you reach Cox Green footbridge.

Cross the bridge and turn right past the houses, after 200 metres you reach a set of steps. Climb the steps through the trees and continue straight ahead across field turning right in the corner. You will see farm buildings and stables ahead of you. As the path opens take the kissing gate in the farmyard on the left and follow the well-trod path diagonally across the field. Once over stile / gate you will see Penshaw monument above you. Cross the road to follow the footpath up hill (known as killer hill). At top of field follow the diagonal path towards a stile, cross and turn left onto track and after approx. 100 metres turn slightly right then take steps on left through kissing gate up to the monument.

At the monument turn right and take steps and path back downhill to the wooden gate. Through gate onto a minor road and then the path to the roundabout on the main road. Cross this main road towards Herrington country park.

Take the first entrance on the left over the low metal barrier with the red and white sign "no parking in this area" after 100 metres of tarmac take the bush lined gravel path. When you reach the red dog bin the field opens out take either of the two gravel tracks on the left.

Just after the bend in the path turn left and enter the woods over broken stile. Turn right on to the narrow path through woods for 1/3rd of a mile. When you reach the wide bridlepath turn right and after 100 metres you reach 3 boulders and a galvanised low metal gate. At this gate turn left back into the park and follow the gravel path for 1/3rd mile.

Keep on this path to the fence line between the park and the cultivated field. Continue on this gravel path for 1/3rd mile. At the black litter bin the main path turns sharp right but you turn left then after 250 metres turn right to follow the signed path (public bridleway New Herrington). After passing by Stack Yard pub on the right turn left onto main road and cross straight over to CP2.

CP2 West Herrington to CP3 Burdon Village

Approx. 6.5 miles

Cut off time: 6 hr 15 Minutes from the start time

Leave CP2 and head along track through the woods signed Newbottle. After 300 metres take right hand narrow trail and continue ahead. Keep on this trail with open fields on your right and a steep wooded hill on your left. As the path narrows and goes slightly uphill ignore the dog walkers' path downhill on the right. Keep on this path as it narrows, steepens and bends to the left. At the top of this path there is an obvious 90-degree right turn. Follow this path until you reach the main road (high lane). At the stile and signpost turn right onto high lane, crossing the road onto the footpath. Follow this lane for 0.4 miles until you reach a street called Cathedral View.

Turn left onto Cathedral View and at bottom of the road take the narrow alley way between the houses and out onto the field. Straight ahead about 3/4 mile is the edge of Houghton quarry and the landfill site. Follow the path straight ahead downhill and then uphill to the fence line at the landfill site. Turn left along this grassy path to find a gap which after 250 metres comes out onto the layby at the top of Houghton Cut. Head right at the two boulders up the grassy path. Continue up this path keeping metal fence on your right and over small wooden bridge before heading down hill at the yellow sudden drop sign. You will cross another wooden bridge still traveling downhill past a metal bench turn left and downhill to reach a tarmac path. From here head left heading for the A690 underpass.

Once through underpass go left onto Balfour Street, at the bottom it curves to the right (becomes Elizabeth Street) then after 200 metres slightly uphill. Turn left before the no entry signs onto Edwin Street and Gravel Walks. Follow road downhill to end of allotment and turn left at the Houghton deport. Continue straight ahead past the garages and the industrial units to small set of steps up to housing estate and continue on road uphill towards the farm for 400 metres. With the farm on your right go through the small wooden gate following the sign to Warden Law. Your target is the buildings over a mile away directly in front of you on the skyline. You will follow Houghton burn; however, this is so overgrown you cannot see any water just a line of trees / bushes. Start on the right side of the burn then after 600 metres this grassy path switches to the left of the burn. *This path seems to end as the farmer has ploughed it, however. keep to the edge of this cultivated field.* Eventually you will come to an old stile on your right (orange tape and yellow public footpath sign). Cross the stile into a small overgrown boggy paddock. You are heading for a stile in the corner but this is hidden so head for the barb wire fence then turn left downhill to the stile (orange tape). Cross this to a large open field uphill to Warden Law Farm. Through the wide alley way and turn right onto roadway for 10 metres then cross the waymarked stile follow faint muddy path past stables across another waymarked stile (Fence is electrified). Then it across a usually very wet field straight ahead to the trees.

Cross the 2 stiles in the corner of this wet field. Follow the path straight ahead slightly uphill through the trees (orange tape). Continue on this path with the Karting centre below you on the right eventually coming out onto Hangman's Lane. Turn right and head up and over hill past the Karting centre. Continue to crossroads and turn left keeping to RH grass verge past the bus stop for safety. After 600 metres (at blue County Durham Road sign) cross the main road and take the road to your left. Ignore the first road on your left but take the second wide road (at the sign that display Sharpley Golf – Parking) on the left to Old Burdon hamlet. Keeping straight ahead through this hamlet which opens to a country lane. From there take the road ahead to cross over A19 and turn right on road to Burdon Village (approx. 3/4 mile via road). Head past the main Hall and houses and take RH fork in road to reach CP3.

Relay runners please give your time to the marshal.