



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

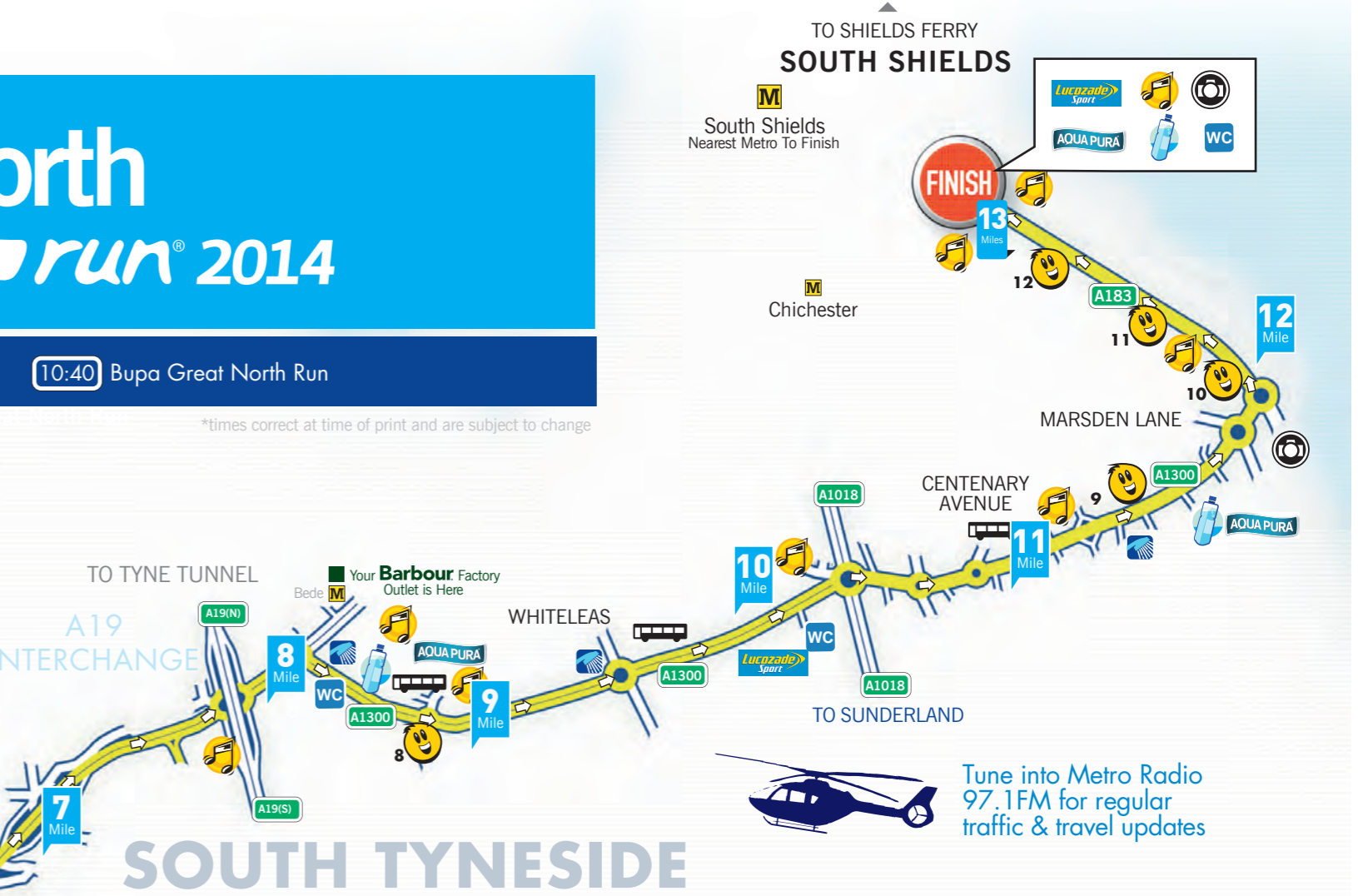
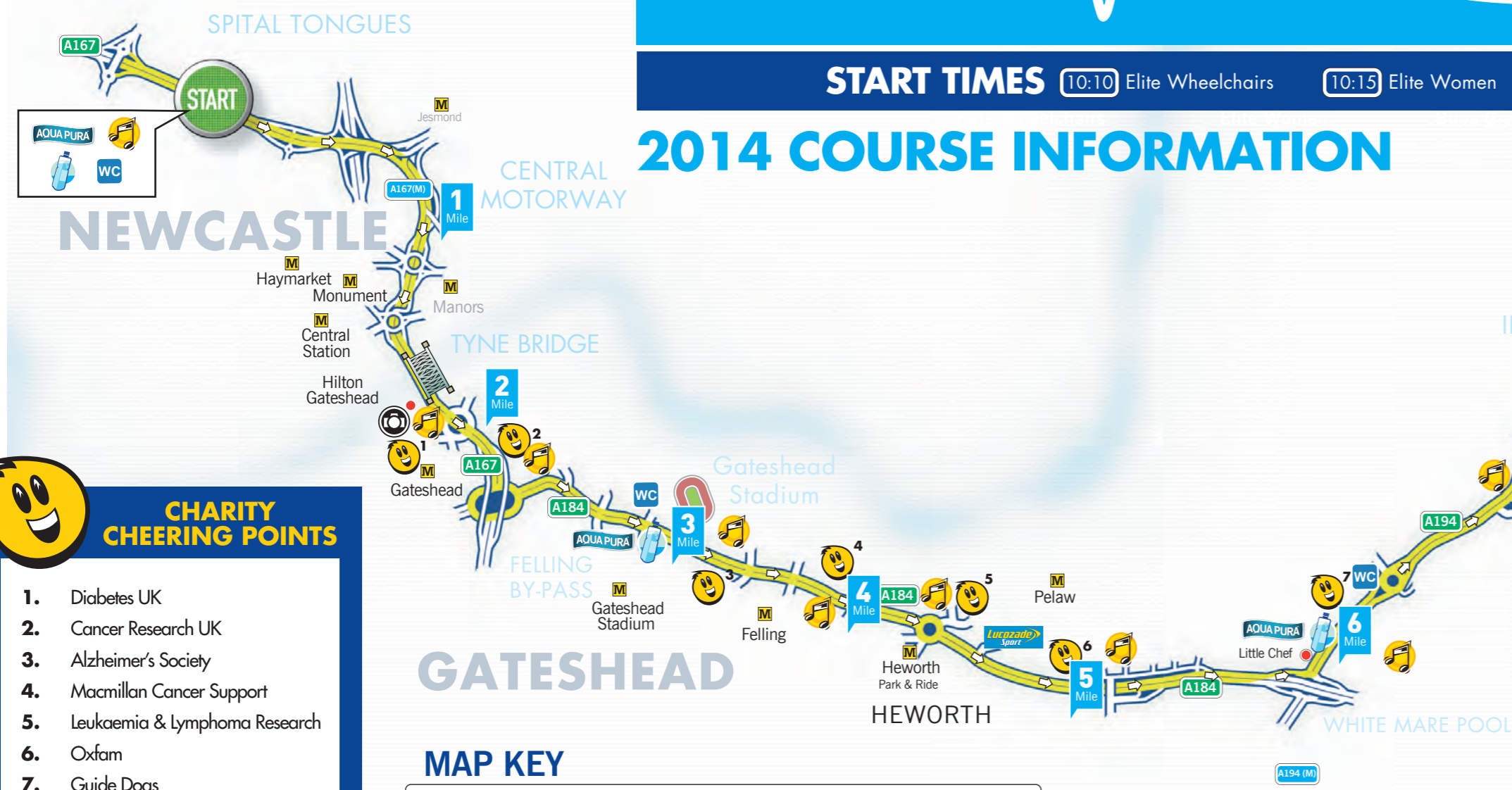
02.45 to 17.00
Bents Park Road
 in South Shields

Bupa great north run® 2014

START TIMES 10:10 Elite Wheelchairs 10:15 Elite Women 10:40 Bupa Great North Run

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

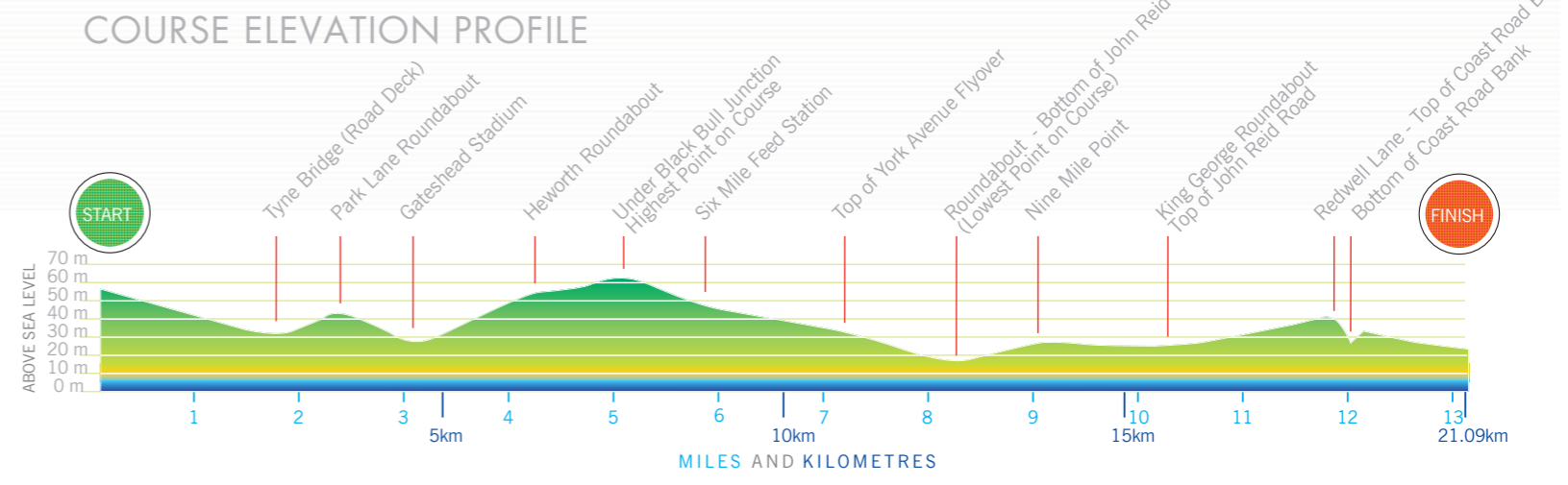
2014 COURSE INFORMATION



- ### CHARITY CHEERING POINTS
1. Diabetes UK
 2. Cancer Research UK
 3. Alzheimer's Society
 4. Macmillan Cancer Support
 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	Runners Welfare Pick-Up Point
Drinks Station	Bands On The Run	Metro Stations
Lucozade Sport	Cheering Point	Medical Point
Shower Units	Photo Point	<small>There are 21 Medical Points evenly distributed along the course. Look out for this symbol on the day</small>



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