

## MG Northumbria Run 24<sup>th</sup> August 2014

Turn right onto A192 at the southern end of the garden centre road after zeroing trip meter.

- 0.1 TL (Hartley/Seaton Sluice)
- 2.6 1<sup>st</sup> exit at roundabout
- 3.5 2<sup>nd</sup> exit at roundabout (Seaton Delaval)
- 5.5 3<sup>rd</sup> exit at roundabout (Seaton Burn/Newcastle)
- 5.9 SO at roundabout
- 7.0 1<sup>st</sup> exit at roundabout (Backworth)
- 8.1 TR (Killingworth/Tyne Tunnel)
- 8.2 1<sup>st</sup> Left onto A19 sliproad
- 11.4 3<sup>rd</sup> exit at roundabout (for Tyne Tunnel)
- 12.7 Proceed through Tyne Tunnel (£1.60 toll)

Keep in left lane through tunnel

- 13.8 On emerging from tunnel take left hand slip road
- 13.9 1<sup>st</sup> exit at roundabout
- 14.0 3<sup>rd</sup> exit at roundabout (B1297 Viking/ Royal)
- 14.3 TR into Church Bank (no SP)

This road takes you past St Paul's Monastery, home of the Venerable Bede, commemorated at **Bede's World**, on your left.

- 14.9 TL (South Shields A185)
- 15.1 SO at T/L (keep in middle lane)
- 15.7 1<sup>st</sup> exit at roundabout (South Shields Town Centre A194)
- 15.9 2<sup>nd</sup> exit at roundabout (South Shields Town Centre)
- 16.0 2<sup>nd</sup> exit at roundabout
- 16.2 1<sup>st</sup> exit at roundabout (South Shields Town Centre A194)

- 16.4 2<sup>nd</sup> exit at roundabout
- 16.7 2<sup>nd</sup> exit at roundabout
- 16.8 3<sup>rd</sup> exit at roundabout
- 17.0 SO at roundabout
- 17.1 2<sup>nd</sup> exit at roundabout (South Shields Town Centre)
- 17.4 L at T/Lts then immediately get into right hand lane and keep right through immediate T/Lts
- 17.5 1<sup>st</sup> exit at roundabout (Town Centre)
- 17.6 2<sup>nd</sup> exit at roundabout
- 17.7 TR at T/Lts
- 18.2 2<sup>nd</sup> exit at roundabout (Sunderland)
- 18.3 SO at T/Lts
- 18.8 1<sup>st</sup> exit at roundabout (Whitburn A183)
- 20.4 1<sup>st</sup> exit at roundabout ie SO

You will no doubt recognise **Souter lighthouse** on your left, as featured in our calendar.

- 22.7 TR at T/Lts (Grey Horse pub on right)
- 22.9 TR at TJ (no SP)
- 24.2 TL at TJ (no SP)
- 24.8 TR (Boldon)
- 25.9 TL at TJ (no SP)
- 26.3 TR at T/Lts (Gateshead A184)
- 26.8 SO at T/Lts
- 27.4 SO at T/Lts
- 27.5 SO at roundabout
- 27.6 1<sup>st</sup> L just after traffic island (no SP)

- 28.4 R at TJ (Sunderland/Teesside/Tyne Tunnel)
- 28.4 1<sup>st</sup> exit at roundabout
- 28.6 Merge onto A19
- 31.1 Slip road off for A183 (Chester Le Street)
- 31.5 3<sup>rd</sup> exit at roundabout
- 31.7 1<sup>st</sup> L (left turn lane, no SP)
- 33.0 Bear L at twin 30 signs
- 33.2 TL at TJ (no SP)
- 33.3 TR at TJ (no SP)
- 33.4 2<sup>nd</sup> exit at roundabout (A690)
- 33.8 3<sup>rd</sup> exit at roundabout (Durham A690)
- 34.4 TL (Karting North East/Ryhope)
- 35.9 TR at TJ (no SP)
- 36.6 TR at X roads (B1404)
- 38.7 1<sup>st</sup> exit at roundabout (A182)
- 39.0 1<sup>st</sup> exit at Rbt (Hetton Le Hole)
- 39.1 2<sup>nd</sup> exit at roundabout (Hetton Le Hole)
- 39.4 SO at T/Lts
- 40.5 SO at T/Lts
- 40.9 1<sup>st</sup> exit at Rbt
- 40.9 2<sup>nd</sup> exit at Rbt
- 41.5 SO at T/Lts
- 41.7 2<sup>nd</sup> exit at roundabout (Hetton Le Hill/Pittington)
- 43.9 TR (no SP)
- 44.2 TR at TJ (no SP)
- 44.6 TR at X roads (Blacksmith's pub on right)

- 45.4 TR onto A690
- 45.5 Immediate 1<sup>st</sup> L (West Rainton/Leamside)
- 45.6 TL (Finchale Priory)
- 46.3 TL (Finchale Priory/ Cocken)
- 47.3 Here you may stop at lay bye and follow steps down to the river and cross footbridge to 13<sup>th</sup> Century **Finchale Priory**, used as a retreat for the monks of Durham Cathedral. N.B. there are 144 steps down and 144 back up!
  
- 48.9 TR at TJ (Plawsworth/Kimblesworth)
- 50.5 TL and merge onto A167 (Newcastle/Durham/Chester Le Street)
- 51.0 TL into Church Mouse PH car park