

MG Northumbria Run 16th August 2015

Zero trip meter

- 0.0 TR out of car park
- 0.3 3rd exit at Rbt (A688)
- 0.4 1st exit at Rbt (A688)
- 1.8 3rd exit at Rbt sp Quarrington Hill
- 2.1 Bear left no sp Watch out for hens in road!
- 3.3 Bear left at fork
- 3.3 TL no sp
- 4.6 3rd exit at Rbt sp Sherburn
- 5.5 SO at mini Rbt
- 7.2 SO at X roads
- 8.0 TR onto A690 CAUTION crossing dual carriageway
- 8.1 Immediate TL (West Rainton/Leamside)
- 8.2 TL (brown sp Finchale Priory)
- 9.0 TL (brown sp Finchale Priory)
- 9.9 Here you may stop at lay bye and follow steps down to the river and cross footbridge to 13th Century **Finchale Priory**, used as a retreat for the monks of Durham Cathedral. N.B. there are 144 steps down and 144 back up!

Following the death of St Godric of Finchale in 1170, two monks of Durham moved to Finchale, where there was already a church, mill, dam and fish pond. The site has been a dependency of Durham Cathedral since 1196, the year in which the chapel hermitage became known as Finchale Priory. The church remained in various stages of construction for over a century after 1196, whilst the Hospitium (guest house) and a part of the prior's house date from the mid-15th century.

Finchale remained a priory until the dissolution of the lesser monasteries in 1536. During this time Finchale had 52 priors and accounting records still exist for much of the period 1303-1535.^[4] During much of its history the priory served as a rest facility for the monks at Durham as four Durham monks would travel to Finchale for a three-week period to join the four monks in residence.

- 11.6 TR at TJ sp Plawsworth/Kimblesworth
- 13.2 TL and merge onto A167 sp Newcastle/Durham/Chester Le Street
- 13.8 3rd exit at Rbt sp Waldrige
- 14.0 1st at Rbt no sp
- 15.0 TL at TJ no sp
- 16.1 TR at X roads sp Stanley/Craghead
- 16.7 TR sp Grange Villa
- 17.6 TR at TJ sp Grange Villa/Chester Le Street
- 18.0 TL sp Grange Villa/Pelton
- 19.2 TL at TJ sp A693 Consett/ Stanley
- 19.7 3rd exit at Rbt sp Beamish
- 20.0 TR at junction just before red **Beamish Museum** sign sp Beamish

Beamish was the first regional open-air museum in England. The museum was first proposed in 1958 and the collections were established on the Beamish site in 1970 with the objective of to preserving the customs, traditions and ways of speech of the region, at a time when traditional industries of coal-mining, shipbuilding, and iron and steel manufacture were disappearing along with the communities that served them.

- 20.0 TL at Shepherd and Shepherdess PH
- 21.1 TL at TJ no sp
- 22.7 TR no sp
- 23.3 TR at TJ no sp
- 24.9 2nd exit at Rbt
- 25.8 TR at mini- Rbt
- 25.9 TL at mini-Rbt after emerging from underpass
- 26.0 Merge onto A167

*You will shortly be passing the **Angel of the North** to your right. After passing under a footbridge there is a lay bye approx. 150 yds further on if you wish to stop. The Angel is*

approx.. 150 yds ahead, accessed via a Pelican crossing. Designed by Anthony Gormley and completed in 1998, the Angel is 66ft. tall with a wingspan of 177ft.

- 26.8 2nd exit at Rbt sp The South A1M
- 27.1 Merge onto A1 M and stay in left hand lane
- 27.5 Take 1st exit sp Sunderland/Washington A1231
- 27.8 Stay in left lane at road merge T/Lights
- 27.9 2nd exit at Rbt B1288
- 28.7 1st exit at Rbt A194M
- 31.2 2nd exit at Rbt A194
- 31.8 middle lane then 2nd exit at Rbt sp South Shields/Tyne Tunnel
- 33.3 3rd exit at Rbt A194 sp South Shields
- 33.7 3rd exit at Rbt A1300 sp District Hospital/Sunderland

*Admittedly this is not a particularly inspiring part of the run but nevertheless has importance to the region as you are now on the course of the **Great North Run**, which now attracts some 50,000 entries each year.*

- 34.2 3rd exit at Rbt A1300
- 35.0 2nd exit at Rbt A1300
- 35.9 get in right hand lane then 2nd exit at Rbt A1300
- 36.1 2nd exit at Rbt A1300
- 36.3 2nd exit at Rbt A1300
- 37.3 2nd exit at Rbt A1300
- 37.4 1st exit at Rbt sp South Shields Town Centre
- 39.0 3rd exit at Rbt brown sp Gypsies Green
- 39.6 SO at T/Lights
- 39.8 2nd exit at Rbt sp Riverside B1344
- 40.0 TR into car park *for views of **Tynemouth Priory** on the other side of the River Tyne*

Founded in the early 7th century, Tynemouth Priory was to be the burial place of three kings. Having been destroyed by the invading Danes in 875, the Priory was re-founded under the Normans in 1090. When Malcolm III of Scotland invaded England in 1093 and was killed at the battle of Alnwick, he was buried at the Priory. After the disbanding of the monastery in 1538, the castle on the site was fortified but the north and east walls eventually fell into the sea and the south wall was demolished, leaving the remains that you see today.

Zero trip meter

TL out of car park

0.3 1st exit at Rbt sp Sunderland A183

0.5 SO at T/Lts

0.9 1st exit at Rbt (Whitburn A183)

2.5 1st exit at Rbt ie SO

3.4 On your left is **Souter lighthouse**.

Opened in 1871, Souter stands on the coastline midway between the Tyne and the Wear rivers and was the first lighthouse in the world designed and built to be powered by electricity.

4.8 TR at T/Lts (Grey Horse pub on right)

5.1 TR at TJ no SP

6.3 TL at TJ no SP

6.9 TR sp Boldon

8.1 TL at TJ no SP

8.5 TR at T/Lts sp Gateshead A184

9.0 SO at T/Lts

9.6 SO at T/Lts

9.7 SO at Rbt

10.0 SO at Rbt

10.3 Take left lane then 1st exit at Rbt A19 S

Merge onto A19

13.2 Left hand lane for A183 (Chester Le Street)

13.5 3rd exit at Rbt sp Chester Le Street A183

Pass Penshaw Monument to your right

The monument was built as a folly in 1844 and is officially called the Earl of Durham Monument. It is 98 ft. long, 52 ft. wide and 66 ft. high. Penshaw Hill, on which it stands, is 416 ft. high. If you wish to walk up there is car parking available – just take the 3rd exit at the upcoming roundabout instead of the 2nd exit.

14.6 2nd exit at Rbt sp Chester Le Street A183

15.3 2nd exit at Rbt sp Chester Le Street A183

15.7 Get in right hand lane before Rbt then 3rd exit sp Chester Le Street A183

16.1 1st exit at Rbt sp Chester Le Street A183

16.4 2nd exit at Rbt sp Chester Le Street A183

16.9 3rd exit at Rbt sp Chester Le Street A183

17.9 TL sp Houghton Le Spring A1052

18.0 Immediate TR at Houghton Gate sign

18.8 TL at TJ sp Houghton Le Spring

19.4 SO at Rbt sp Fencehouses B1284

19.6 TR (*at X roads just after bus stop on right*)

22.7 TR at TJ no sp

22.7 TR onto A690 CAUTION – crossing dual carriageway

22.8 Immediately take slip road left sp Pittington/Sherburn

23.6 TL at X roads sp Pittington

24.9 Bear right

25.8 SO at X roads sp Shadforth

26.9 TR (1st right after exiting Shadforth) no sp

28.0 TL at TJ no sp

- 29.0 3rd exit at Rbt sp Trimdon/Sedgefield B1278
- 29.9 TR sp Kelloe/Trimdom Grange/Trimdon B1278
- 30.0 TL sp Trimdom Grange/Trimdon/Sedgefield B1278
- 31.9 TR at X roads sp Coxhoe/Cornforth
- 33.2 TR at TJ no sp
- 33.5 TL (1st left) no sp
- 34.0 TL onto A177 sp Sedgefield
- 37.6 SO at rbt
- 37.7 2nd exit at Rbt sp Sedgefield Racecourse
- 38.0 TR sp Racecourse/Great Stainton
- 39.8 TL at TJ sp Great Stainton/Stillington
- 44.3 TL sp Sadberge (on 7.5 T limit sign)
- 45.8 SO at X roads sp Middleton St George/Darlington
- 47.3 2nd exit at Rbt
- 47.5 TL at TJ
- 48.0 2nd exit at mini Rbt sp Middleton One Row
- 48.1 TL at TJ sp Middleton One Row
- 49.0 Arrive at Devonport Hotel (parking available at back of hotel or on road)