

MG Northumbria Afternoon run 2<sup>nd</sup> August 2015

Miles	Increments	Directions
0	0	TL on leaving Heighleygate. Zero trip meter.
0.1	0.1	TL NSP
0.3	0.2	TL NSP
1.2	0.9	TR SP Harelaw
2.4	1.2	TL SP Stanton
3.2	0.8	TL SP Stanton
4.8	1.6	T Jn Bear right SP Netherwitton
7.0	2.2	TL SP Longwitton
11.3	4.3	X roads SO SP Hexham
13.0	1.7	TL SP Hexham
14.4	1.4	TR SP Knowlesgate
16.6	2.2	X roads SO SP Bellingham TAKE CARE A696
19.0	2.4	Bear left Road with 7.5 T sign Take Care SHEEP and COWS
22.5	3.5	TR NSP TAKE CARE A68
29.4	6.9	TL SP Bellingham
33.2	3.8	TR SP Keilder Black Midden Bastle
35.8	2.6	TL SP Lanehead
37.4	1.6	TL SP Henleyside (immediately after bridge)
41.4	4.0	TR Cyclerroute 68 NSP
43.5	2.1	TL SP Hexham Wark

46.8	3.3	T Jn TL SP Hexham Wark
47.4	0.6	T Jn Keep right SP Hexham. Then 1 <sup>st</sup> left over bridge SP Birtley.
47.6	0.2	TL SP Birtley Immediately over bridge
49.5	1.9	Keep right SP Woodburn
50.0	0.5	Keep right
50.9	0.9	TL NSP
52.6	1.7	TL NSP TAKE CARE A68
52.7	0.1	TR SP Throcklington
53.1	0.4	Keep right SP Kirkwelpington
54.0	0.9	SO
56.4	2.4	TR SP Great Bavington
58.2	1.8	T Jn TL SP Rothbury
60.0	1.8	TL SP Kirkharle
60.3	0.3	Kirkharle