

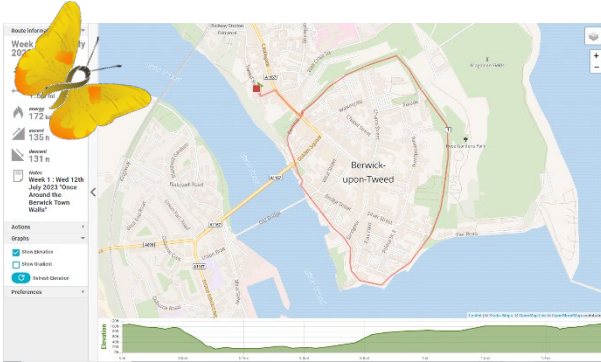
The Berwick & District Cancer Support Group

Berwick Cancer Cars

Great North Run Team 2023 – Training ‘Fun Runs’

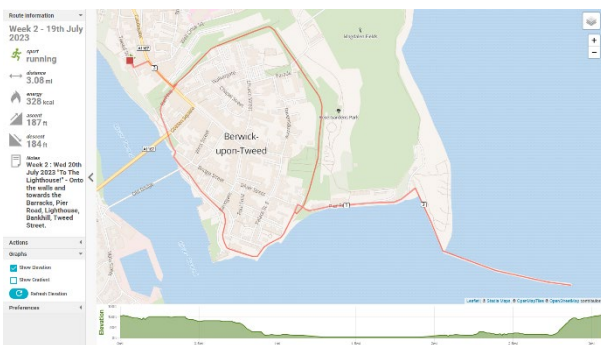
Wednesday 6.30pm for 6.45pm Start @TweedStreet

WEEK 1: 12th July 2023
Miles Approx 1.6



Route: Leave Tweed Street, Castlegate, up onto the Walls clockwise, up Bankhill, Castlegate and back to HQ @TweedStreet.

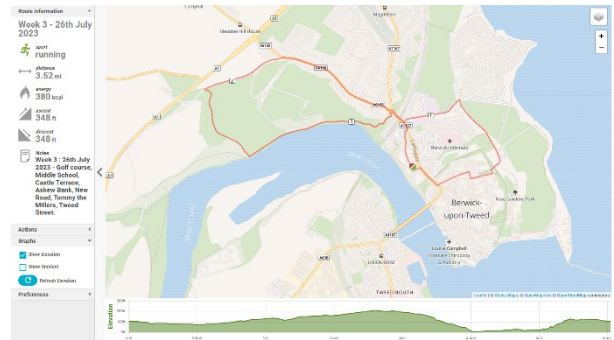
WEEK 2: 19th July 2023
Miles Approx 3



Route: Leave Tweed Street, Castlegate, up onto the Walls clockwise, along Pier Road, The Pier, back along Pier Road, up onto The Walls, Bankhill, Castlegate and back to HQ @TweedStreet.

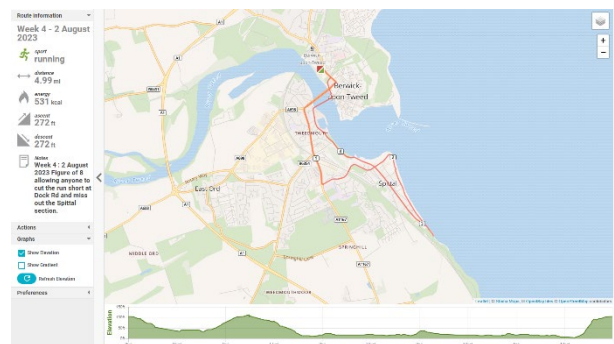
You are welcome to use our new home to get changed in as some of our wonderful volunteers have offered to open the building during our runs. They may even have some juice for us finishing so please feel free to recover in comfort. 😊

WEEK 3: 26th July 2023
Miles Approx 5



Route: Leave Tweed Street, along Walkergate, past The Barracks, around The Stanks, up Golf Ball Alley, left past Berwick Middle School, Castle Terrace, at the top of Castle Terrace go left towards Askew Walk, down to the River, along The New Road, up Tommy the Millers, Train Station side of The Castle Hotel, down Tweed Street to HQ @TweedStreet.

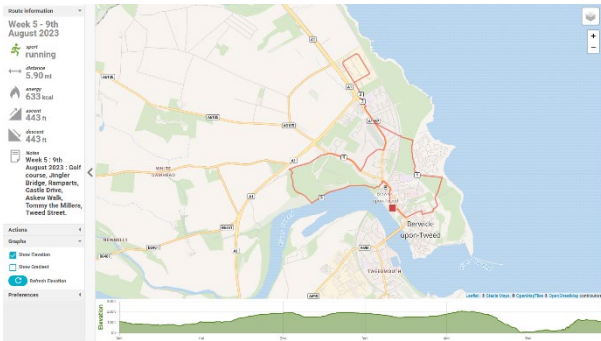
WEEK 4: 2nd August 2023
Miles Approx 5



Route: Leave Tweed Street, down Castlegate to Golden Square, over The New Bridge, up Northumberland Road to The Sports Centre Roundabout, left down to Spittal Point Car Park, right along The Prom to the very far end, return back along and up the little path to Spittal Main Street, carry on along Spittal Main Street, Dock Road and over the Old Bridge, up Bankhill, Castlegate and back to HQ @TweedStreet.

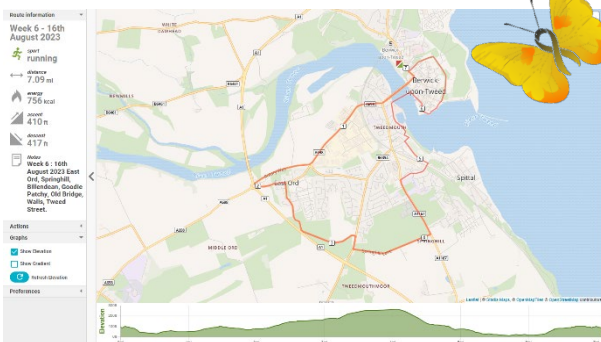
***** PLEASE NOTE PARKING IS LIMITED ON TWEED STREET SO YOU MAY BE BETTER USING CASTLEGATE CAR PARK OR CASTLEGATE ITSELF. *****

**WEEK 5: 9th August 2023
Miles Approx 6**



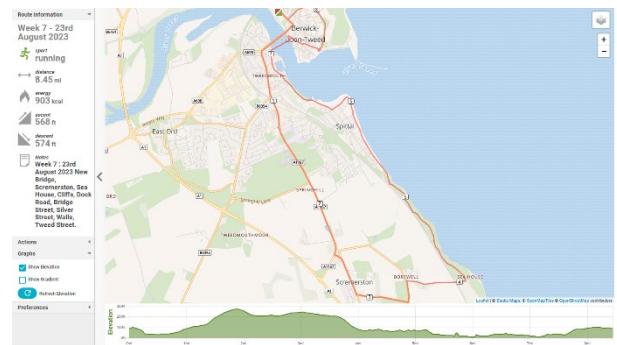
Route: Leave Tweed Street, Castlegate, along Walkergate, past the Stanx, Golf Club, towards the Holiday Camp entrance heading to Jangler Bridge, up Magdalene Drive towards the old Aldi, right up to Ramparts Business Park, turn left down to the Refuse Collection Depot and continue anti-clockwise, down North Road, Castle Drive, up Castle Terrace, all the way down Askew Walk to the River, New Road, Tommy the Miller's, back road to HQ @TweedStreet.

**WEEK 6: 16th August 2023
Miles Approx 7.1**



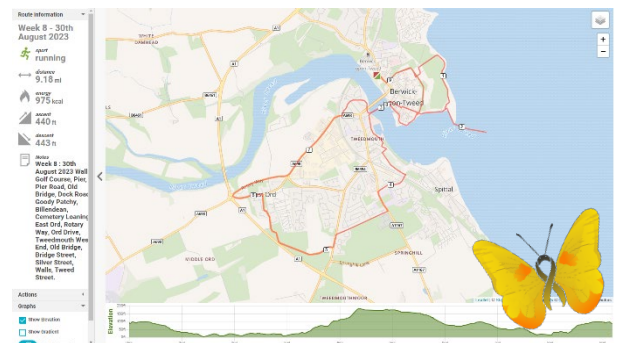
Route: Leave Tweed Street, Castlegate, New Bridge, Ord Drive, Rotary Way, past Garden Centre, East Ord Village Hill, back road to Etal Road, right up to Springhill Lane, down towards The Sports Centre, Billendean, Goody Patchy, Dock Road, Old Bridge, The Walls anti-clockwise, Castlegate and return to HQ @TweedStreet.

**Week 7: 23rd August 2023
Miles Approx 8.4**



Route: Leave Tweed Street, Castlegate, New Bridge, Northumberland Road and all the way to Scremerston, left after Scremerston Church and down to Sea House (Cocklawburn), left along the cliffs (enjoy the views), Spittal Prom, Spittal Point, Dock Road, Old Bridge, around the Granary, Bridge Street, Silver Street, Ness Street, up onto The Walls and continue round dropping down onto Castlegate and return to HQ @TweedStreet.

**Week 8: 30th August 2023
Miles Approx 9.2**



Route: Leave Tweed Street, Castlegate, up onto The Walls, The Stanx, right after Berwick Bowling Club towards the sea, edge of the Golf Course to Pier Field, Along the Pier and back, Pier Road then The Walls, over The Old Bridge, Dock Road, Tower Road, Goody Patchy, Billendean, left at Sports Centre, right along Cemetery Lane, back road to East Ord, Picnic Area, Rotary Way, Tesco, Ord Drive, West End, Old Bridge, Bridge Street, Silver Street, up onto The Walls (anti-clockwise), Castlegate and home to HQ @TweedStreet.