



PEOPLE'S RUN 2 REMEMBER 2016 VENUE DETAILS FOR SUNDERLAND

Date of People's Run 2 Remember: Sunday 30 th October
Start time of People's Run 2 Remember: 11.00
Name of People's Run 2 Remember: Silksworth Sports Complex
Venue address: Silksworth Lane Sunderland Postcode (for SatNav users): SR3 1PD
Directions to venue by car: From the A690 (Durham Road) drive past McDonalds towards North Moor Lane, The entrance for the car park is on the left after you drive past the lake.
Public transport details: Stagecoach Bus routes 12 and 13 from Sunderland City Centre head up Silksworth Lane then from the bus stop head towards the Ski Slope and Skate Park.
Is there parking available at the venue: Yes If yes, is there a charge (and how much is it): No Charge
Will refreshments be available on the day: Yes.
Local information which may be of interest to participants: Silksworth Sports Complex is a large Park and has a children's play area, fishing lake, skate Park, Ski Slope and a Tennis Centre and wellness Centre.
The Sunderland People's Run 2 Remember is organised by Claire Douglas.

MAP OF THE VENUE/COURSE



The Course starts at the top of Silksworth Sports Complex near the Ski Slope. Runners head along towards Silksworth Lane but turn back on themselves around the tree, they then take the right fork in the path and head down the hill past the play park all the way to the bottom of the path and turn left, they then continue along the path until a left turn takes them up towards the lake. They then complete two laps of the lake before heading back along the path towards the start, to the top of the hill to the finish line (back at the start).