



### CHARITY CHEERING BUS

- |                            |                         |
|----------------------------|-------------------------|
| 1 Macmillan Cancer Support | 9. Mind                 |
| 2 Cancer Research UK       | 10. Alzheimer's Society |
| 3 Blood Cancer UK          | 11. Cancer Research UK  |
| 4 Stroke Association       |                         |
| 5 Alzheimers Society       |                         |
| 6 Guide Dogs               |                         |
| 7 British Heart Foundation |                         |
| 8 Breast Cancer Now        |                         |

### CHARITY CHEERING POINTS

- |                           |                            |                                      |
|---------------------------|----------------------------|--------------------------------------|
| 1 Children with Cancer UK | 9 Prostate Cancer UK       | 17 RNIB                              |
| 2 Maggie's                | 10 Anthony Nolan           | 18 Great North Air Ambulance Service |
| 3 Tommy's                 | 11 Bowel Cancer UK         | 19 Newcastle Hospitals Charity       |
| 4 Children's Cancer North | 12 Marie Curie             |                                      |
| 5 Diabetes UK             | 13 MS Society              |                                      |
| 6 St Oswald's Hospice     | 14 Alzheimer's Research UK |                                      |
| 7 Shelter                 | 15 Young Lives vs Cancer   |                                      |
| 8 Teenage Cancer Trust    | 16 Asthma + Lung UK        |                                      |

NORTH SEA

### SOUTH SHIELDS

South Shields

FINISH

NISSAN

Chichester

heart

### SOUTH TYNESIDE

RIVER TYNE

START

NEWCASTLE

GATESHEAD

Gateshead International Stadium

Whitemare Pool

To Tyne Tunnel A19 (N)

Bede

Jesmond

Haymarket

Monument

Central Station

Manors

Gateshead

Gateshead Stadium

Felling

Heworth

Pelaw

### ACTIVATION ZONES

**BEATS BOOST**

Tunes from the noughties to help you find your rhythm for your run.

**POWER THRU**

Our Power Thru crew will high-five you through, giving you an extra boost around the half-way mark. With the option to run through or sidestep this zone, the big question is are you in our out?

**PUMP IT UP!**

Expect throwback tunes and blasts from the past as you run & sing your way past this zone.

**PEOPLE'S PLAYLIST**

These are your tunes for your run. Enjoy the ultimate runners playlist, chosen by you.

**heart**

Heart will welcome runners to the coast and the start of the final mile. A DJ Truck will provide an extra dose of motivation to the finish.

**NISSAN**

Join us at our inclusive cheer zone which celebrates and welcomes the LGBTQ+ community.

### ON COURSE MUSIC

- |                                       |                              |
|---------------------------------------|------------------------------|
| 1 Newcastle All Stars Steel Orchestra | 8 The Commandments           |
| 2 Dinosaurs from Hell                 | 9 Gatecrashers               |
| 3 Drummed Up                          | 10 DrumDin                   |
| 4 Sunshine Panners                    | 11 Elvis                     |
| 5 Bangshees                           | 12 North Tyneside Steel Band |
| 6 APU                                 |                              |
| 7 Chilli Road Band                    |                              |