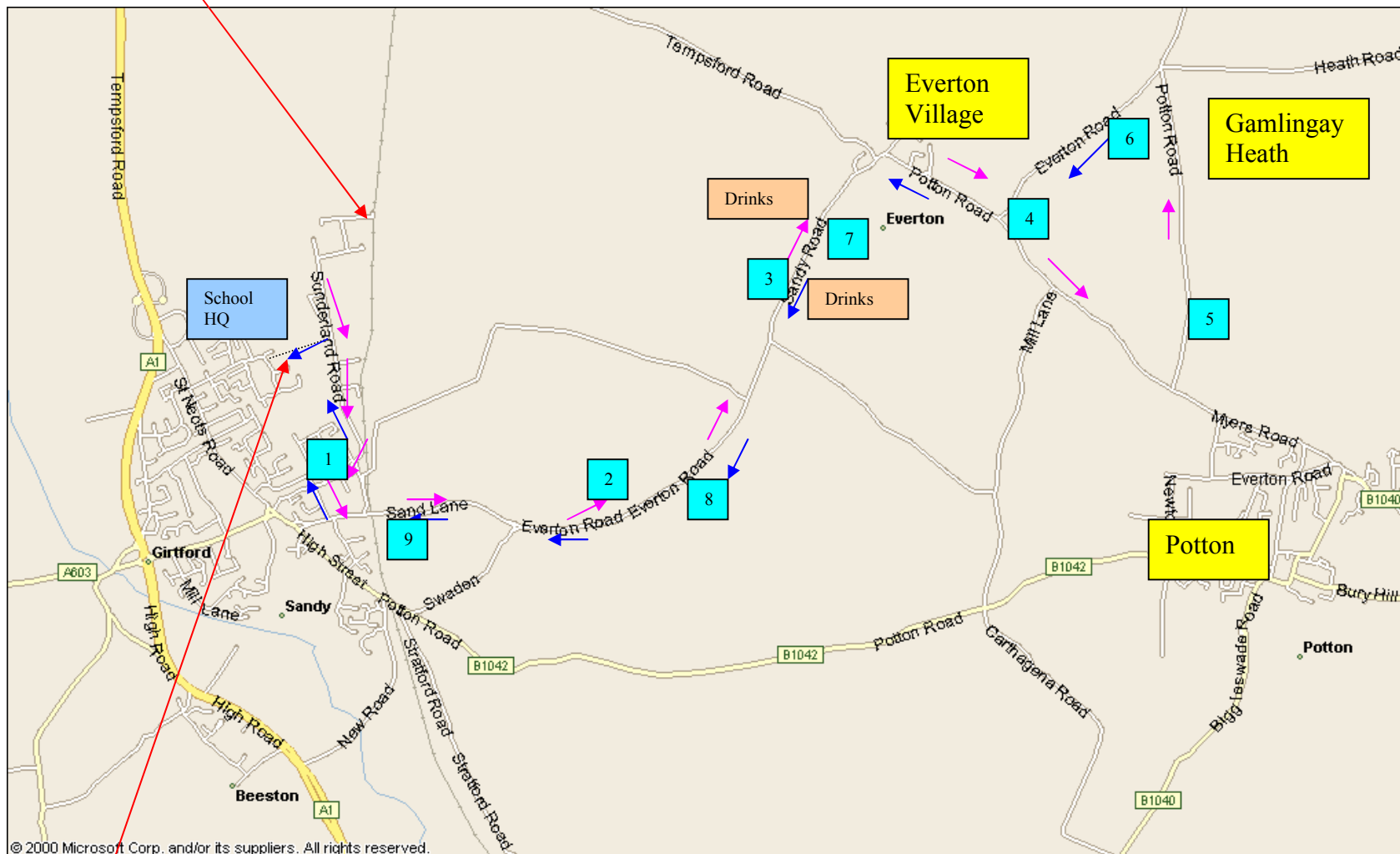


SANDY 10 MILE COURSE

Tyne Road/Gosforth Close
START



Sandy Sports Centre
FINISH



Outward route



Return route