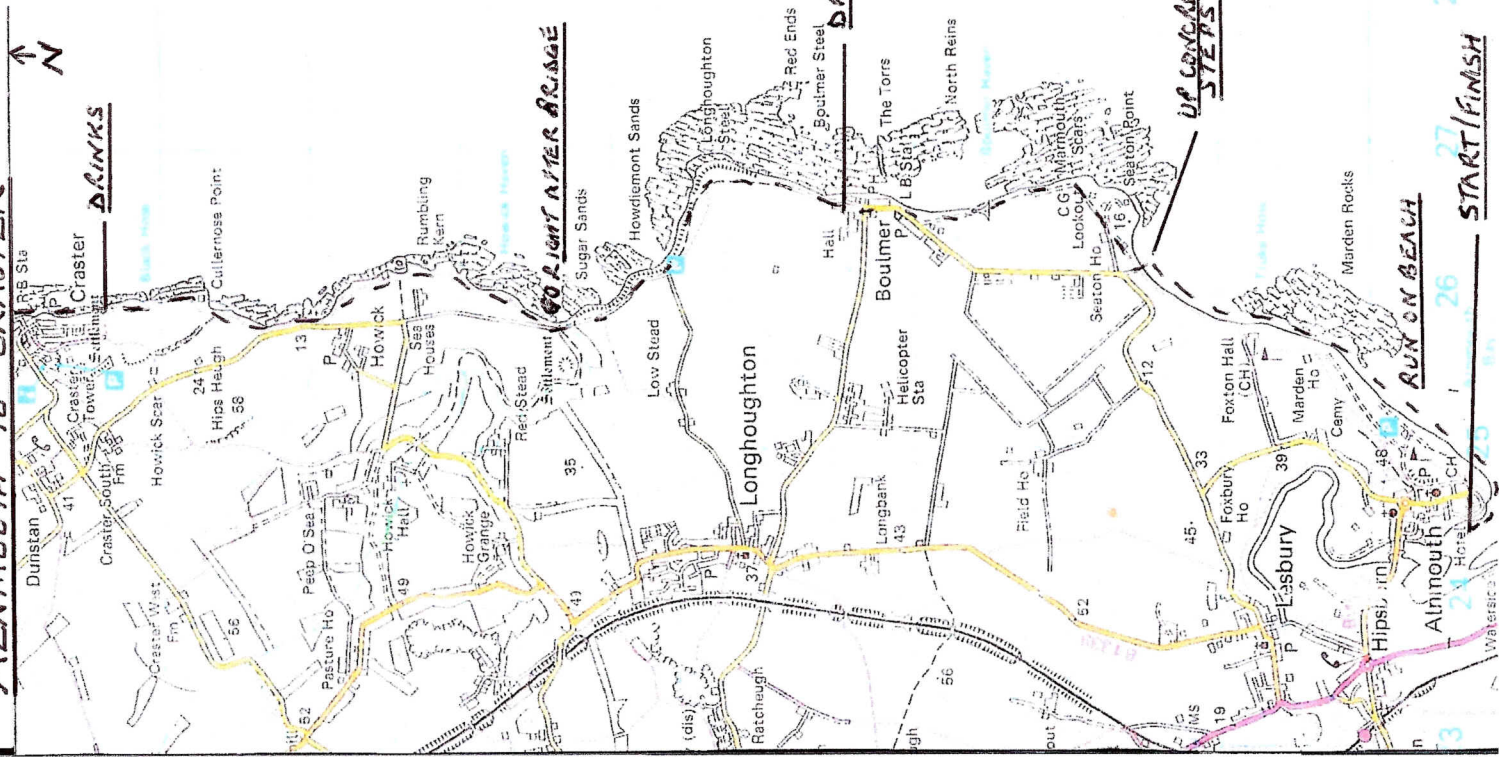


ALNMOUTH TO CRASTER



NORTHUMBERLAND

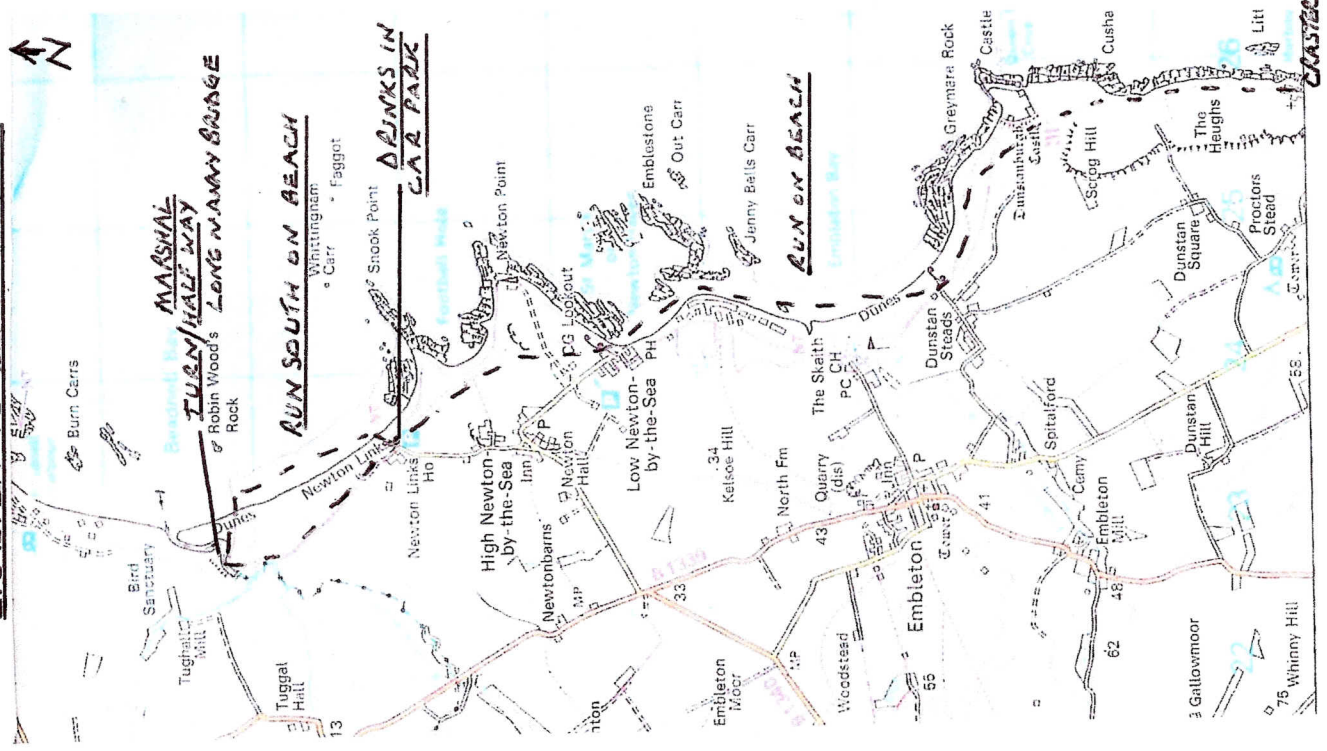
COAST

MARATHON

SCALE:

1 1/4 in to 1 mile
2 cm to 1 km

CRASTER TO BEANWELL BAY



START/FINISH

RUN ON BEACH

UP CONCRETE STEPS

DRINKS

GO RIGHT AFTER BRIDGE