



The Course

The course is almost totally flat, it starts in Marske, proceeds to Redcar and returns back to Marske. There is one loop round the estate, and then across the Coast Road (at 1.5k approx) and proceeds to Zetland roundabout at Redcar, with two laps round the Promenade and then back to the finish just outside Marske. The first small loop is on residential roads. Once Coast Road is crossed, the remainder of the course is on wide pavements