

## Claremont intervals – in pictures

**Only one place to start and also a reminder of the times we currently live in:**

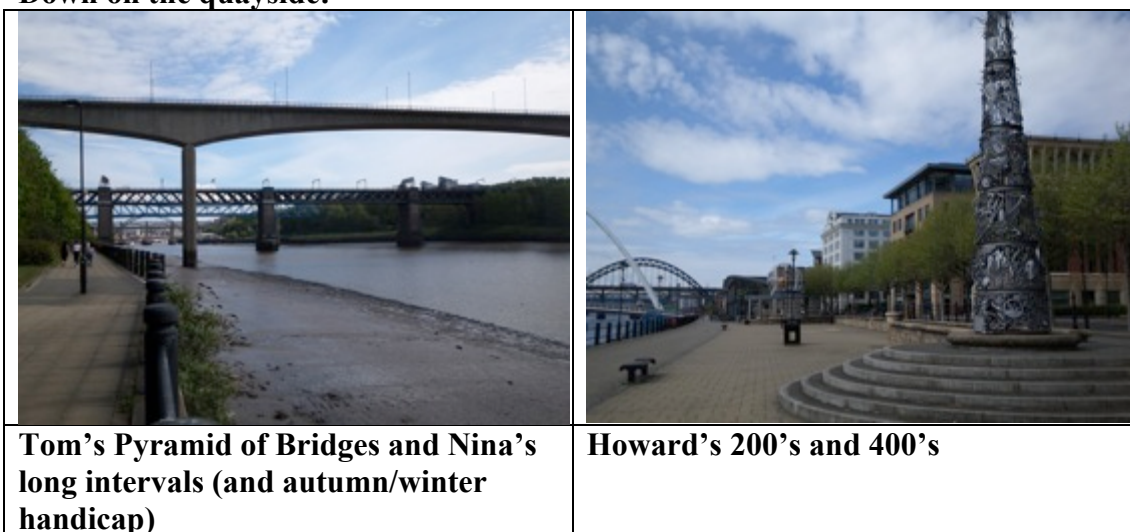


**Intervals are normally a blur with little time to appreciate the natural beauty and architecture of some of the locations that we run in.**

**Jamie's Legendary Abutment:**



**Down on the quayside:**



**Richard's Baltic Timed Miles:**



**The timed mile circuit**



**Baltic Square, start and finish**

**Staying near the quayside – the battle of the hills:**



**Tom's Gateshead Hills – this is the Hilton hill**



**Nina's Newcastle Hills by Broad Chare**

**And retaining the hill theme:**



**Cath's hill in Jesmond Dene**



**Tom's hill on the Moor (and spring/summer handicap)**



**On or around the town Moor:**



**Julie's lampposts and the crossroads**



**Jamie and The Agony of the BBC**

**Returning to Jesmond Dene:**



**Cath's sprint and put the chocolate coins in the tub on Armstrong Bridge**



**Jamie and Jesmond Dene's happy ending**

**City Stadium:**



**Nina's Bootcamp and Bill's long sprints**



**Home of the Rose Hawkswood Beer Mile**