

# RUNNERS' GUIDE

ALL THE EVENT INFORMATION YOU'LL NEED TO MAKE YOUR RUN TRULY GREAT!



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## WELCOME FROM ROMANA ABDIN, SIMPLYHEALTH CHIEF EXECUTIVE

You are amazing! Yes, YOU! You may be asking why a random person you've never heard of is telling you such a thing. I'm a less than perfectly fit and able person who, in January this year stood in awe on

the start line of the Simplyhealth Great Edinburgh Winter Run, watching 3,000 people of every imaginable shape, size, age and physical ability doing something I think is amazing – getting active by running with friends, family and colleagues, sharing together in moving and being healthier.



I'm also lucky enough to lead Simplyhealth and we're the partner of the Great Run Company, the organisers of the Simplyhealth Great North Run. We're doing this with one simple aim: to get millions moving.

We at Simplyhealth are people with a

passion and a purpose that's all about helping people to make the most of life through better everyday health.

You might be one of our three and a half million customers who we help every day in lots of ways but, even if you're not, I hope that through our support of the Simplyhealth Great North Run we can help you in a small way to make the most of life.

My dad, who was a GP all of his working life, told me that if you want to be healthy you should smile a lot, sleep enough and get out of breath at least three times a week doing something you love.

So, as you do your final training for the Simplyhealth Great North Run I wish you every success for the big day and, of course, to remind you that you are amazing!

## GRAB A CUPPA, GET COMFORTABLE AND READ CAREFULLY

The items in your run pack are very important so take the time to read this section carefully.

But, before we begin, please remember that many of the serious medical problems occur in people who have been slightly unwell but do not wish to miss the event or feel like they have let down their friends or charity.

If this sounds like you, please don't risk becoming a medical emergency – the Simplyhealth Great North Run will be back next year and you can defer your place until then!

## RUN NUMBER AND TIMING CHIP – IT'S YOURS AND YOURS ALONE!

This is your unique number and only you must wear it on the day. Please don't swap, change or copy it in any way – and definitely don't remove your timing chip from the back otherwise we won't be able to give you an accurate finishing time!

Fill in any missing details on the back of the number and pin it securely to the front of your top as you will need your number to claim your Finisher's Pack and get your baggage back if you have used the baggage bus facility. If you have any queries about your number get in touch sooner rather than later at [info@greatrun.org](mailto:info@greatrun.org)

The colour of your number and zone relates to your assembly area, which is based on the estimated time you put on your entry form, so basically the faster you are, the closer to the front you will start.

If you think you're going to run faster than you estimated, please contact us at [info@greatrun.org](mailto:info@greatrun.org) prior to the event as you cannot automatically move forward.

On the other hand, if you plan to run slower or your mates are in an assembly area further back, you can move back without having to tell us.

Your free Barilla Pasta Party tickets are attached to the bottom of your number.



## WILL THERE BE WIFI?

Of course there will be wifi and it will be free, available at the start and finish areas. Simply locate 'Great Run Free Wifi' on mobile devices, enter your email address and start sharing those pictures! Remember to use the hashtag #GreatNorthRun.

This also means you can download the Great Run App from iTunes or Google Play. It contains loads of event day info and your loved ones can track you on your journey round the course.

## HOW DO I GET TO THE START LINE?

Newcastle's got it all and we urge you to use the excellent public transport system where possible, but still give yourself plenty of time.

There is no official event parking available at the start. If you decide to travel by car please remember the finish line is 13.1 miles away, so decide carefully where to park (parking is available on the seafront and in the town centre at South Shields). Please don't rely on satnav devices, though – they don't know which roads we've closed for you!

Consider parking at a Metro station (available at Callerton Parkway, Bank Foot, Kingston Park, Regent Centre, Four Lane Ends, Northumberland Park, Heworth, Fellgate, East Boldon or Stadium of Light) and hop on the Metro for the remainder of your journey. There will be station closures in place and advance tickets on sale to speed up passenger flows, so it is important to visit [nexus.org.uk](http://nexus.org.uk) before using the Metro on the day.

The run start is about 15 minutes' walk from Haymarket Metro station in Newcastle and South Shields Metro station is about 15 minutes' walk from the finish line. Trains will be extremely busy getting to the start and home again afterwards, so please expect delays and allow plenty of time.

Tyne and Wear Metro will be running additional trains from the start of service until approximately 19:00. Additional trains have been planned for all areas of the network to get runners and spectators to the start of the run. Once the run has started there will be a train every 7.5 minutes to South Shields. After the run there will be a train every 7.5 minutes from South Shields into Newcastle.



The nearest bus stations to the start are Haymarket and Eldon Square, plus many on-street bus stops. Shuttle bus services will run between the start at Newcastle and the finish at South Shields (see start and finish map for details). For more information on bus services, see:

**Arriva:** [arrivabus.co.uk/North-East](http://arrivabus.co.uk/North-East)

**Go North East:** [gonortheast.co.uk/greatnorthrun](http://gonortheast.co.uk/greatnorthrun)

**Stagecoach:** [stagecoachbus.com](http://stagecoachbus.com)

**Nexus:** [nexus.org.uk](http://nexus.org.uk)

Fancy coming over the water? The Shields Ferry connects North Shields and South Shields. Extra crossings will be available on the day from 8.45am until 6.00pm. Shuttle buses will connect North Shields Metro station and ferry landing. Check out [nexus.org.uk](http://nexus.org.uk) or call 0191 20 20 747 for more information.

Or give your legs an early warm-up and cycle! A bike park will be available at Gypsies Green, near to the finish line, and at Haven Point on Pier Parade. For further information and cycle routes visit [southtyneside.gov.uk/article/8795/cycling-maps](http://southtyneside.gov.uk/article/8795/cycling-maps)

WHERE DO I GET MY TRAVEL TICKET?

Network One offer Day Rover tickets that provide unlimited travel all day on the Metro, any bus in Tyne and Wear, Shields Ferry and the Sunderland-Blaydon rail line. Visit [networkonetickets.co.uk](http://networkonetickets.co.uk) for further information.

Go North East buses offer unlimited travel on day and weekend tickets via their app. Search Go North East in the Apple or Android stores and download a day ticket for £6 (Sun September 10) or a weekend ticket (Fri 8-Sun 10 September) for £11.

You can also buy tickets on the day and you don't need cash as you can pay via contactless card or Apple Pay on the bus.

Metro tickets can also be bought in advance. Buy a wristband that's valid for a single trip (£3.30) or all day on Sunday September 10 (£5); or for Saturday 9 and Sunday September 10 (£10) from nexus.

# GETTING TO THE START

**Services**

- 27** Go North East Gateshead Interchange - Heworth - South Shields town centre every 20 minutes
- 553** Stagecoach North East Newcastle St Mary's Place - Percy Street - Bewick Street to Bents Park Road at least every 10 minutes 7.30am - 12.00pm then 1.30pm - 4.15pm
- R1** Go North East Newcastle Barras Bridge - Bents Park Road (for finish area) at least every 10 minutes 6.15am - 10.30am
- R3** Go North East Heworth Metro - Newcastle Barras Bridge every 10 minutes 8.30am - 10.00am

**Metro** frequent service

**Rail stations**

**Jesmond Metro station**  
Closed from 10.40am following the race start - please use Haymarket instead. The station will re-open for local passengers in the early afternoon.

**Haymarket Metro station**  
Exit only (no entry) from 8.00am until the start of the race at 10.40am, when it will re-open for people travelling from the city centre towards the finish line and other destinations.

# AT THE START

**PLEASE NOTE: GRANDSTAND ROAD TO START LINE IS 1000 METRES**

**A167 Central Motorway**

**Start**

**BAGGAGE BUSES LOCATED ALONG CLAREMONT ROAD**

**NO ACCESS**

**Runner's Access**

**To Haymarket Metro Station and City Centre**

**Exhibition Park**

**WC** Toilets

**Water Station**

**Baggage Buses**

**Information**

**Baggage Information**

**Start Line**

org.uk. Great North Run day tickets (£5 – valid on September 10) can be bought in advance from any Metro station ticket machine.

Stagecoach will be at the Barilla Pasta Party on September 9, selling all-day travel wristbands (£4) valid for bus travel across Tyne & Wear on September 10, or you can get a Tyne & Wear Dayrider (£4) for travel all day from your Stagecoach bus driver.

Mobile tickets can be bought via the Stagecoach Bus App. Tickets for the Shields Ferry can be bought directly from the ferry crew (£1.50 single, £2.70 all day).

**Keep up to date with local travel information:**

**Nexus Customer Services –**

**0191 20 20 747**

**@NECATraffic – driving**

**@My\_Metro – Metro**

**@gonortheast – bus travel**

**@StagecoachNE – bus travel**

Book your return travel to the Simplyhealth Great North Run with Nirvana Europe from a variety of pick-up points throughout the region and the UK!

For information please visit [nirvanaeurope.com](http://nirvanaeurope.com)

WHERE WILL I STAY?

If you are coming the night before and need somewhere to lay your head, Nirvana Europe are the official travel partners of the event and specialise in putting packages together across a range of budgets. Give them a call on 0191 257 1750 or visit [nirvanaeurope.com](http://nirvanaeurope.com).

WHAT WILL I FIND WHEN I ARRIVE?

The Information Point is on the Town Moor, just up from the start line (see map above). You can't miss it, it's the Great Run branded marquee. You can also visit the Information Point situated within the Barilla Pasta Party on September 9, between 10am and 5pm.

Any problems that can be sorted in advance though, check the FAQs at [greatrun.org/faqs](http://greatrun.org/faqs) or get in touch with the team at [info@greatrun.org](mailto:info@greatrun.org) so we can sort the issue out and put your mind at rest.

Temporary toilets will have popped up adjacent to the baggage buses near the start and over by the Information Point on the Town Moor. We recommend you bring some toilet tissue with you, just in case you get caught short!

WHAT CAN I BRING AND WHAT DO I DO WITH ALL OF MY STUFF?

Bring as little as possible, only the essentials. We do have baggage buses (located on Claremont Road), but anyone using them should expect additional security which will mean you need to allow more time to use them.

If possible, please do not bring a bag at all. If you do bring a bag try and leave it with friends or family or locked in your car.

There will be 38 baggage buses provided at the start for the storage of your belongings, which are then transported to the finish for your convenience. Any clothing, etc. left on the carriageway at the start will be removed during the clean-up operation and donated



START TIMES 10:10 Elite Wheelchairs 10:15 Elite Women 10:40 Simplyhealth Great North Run

\*times correct at time of print and are subject to change



CHARITY CHEERING POINTS

- 1. Macmillan Cancer Support
- 2. Cancer Research UK
- 3. Stroke Association
- 4. Tommy's
- 5. Leukaemia & Lymphoma Research
- 6. Alzheimer's Society
- 7. Guide Dogs
- 8. British Heart Foundation
- 9. Breast Cancer Care
- 10. Mind
- 11. NSPCC
- 12. Cancer Research UK

MAP KEY

Distance Markers

Cheering Point

Shower Units

Medical Point

Toilets

Bands On The Run

Photo Point

Aqua Pura Drinks Station

Runners Welfare Pick-Up Point

Metro Stations

There are 21 Medical Points evenly distributed along the course. Look out for this symbol on the day



ROAD CLOSURE TIMES SUNDAY 10 SEPTEMBER 2017

20.00 (Saturday) to 17.00  
A167 Central Motorway  
Cowgate Roundabout to Great North Road (B1318) Interchange

09.45 to 16.00  
A194 Leam Lane  
White Mare Pool Interchange to John Reid Road Roundabout (A1300)

02.45 to 17.00  
Bents Park Road  
in South Shields

08.45 to 17.00  
A167 Central Motorway Including Tyne Bridge  
B1318 Great North Road Interchange to A184 Park Lane

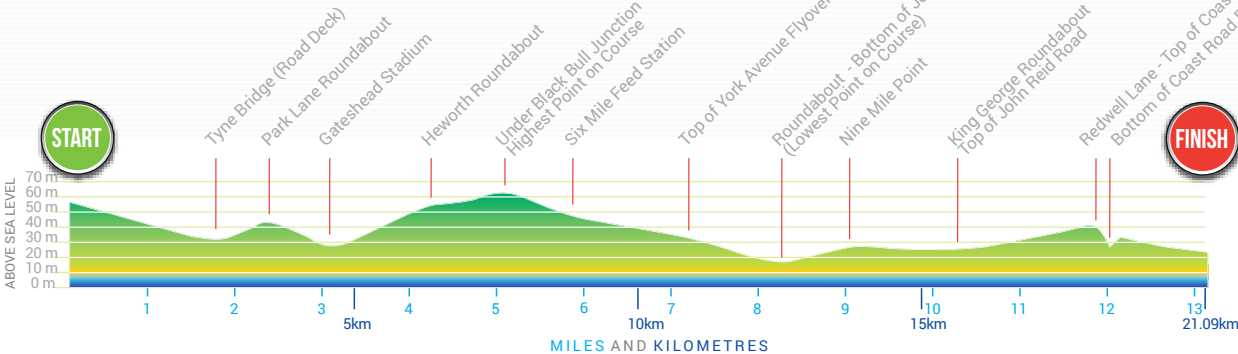
09.45 to 16.00  
A1300 John Reid Road to Prince Edward Road (A1300) to Redwell Lane/Coast Road (A183) Roundabout

09.00 to 17.00  
A184 Park Lane  
A184 Felling By-Pass to White Mare Pool Interchange (Leam Lane A194)

08.00 to 17.00  
A183 Redwell Lane/Coast Road Roundabout to Coast Road (A183) Roundabout with Sea Road and Mowbray Road



COURSE ELEVATION PROFILE





to charity to allow the reopening of the roads as soon as possible.

BAGGAGE BUS TIPS

- 1 Come prepared
- 2 Aim to arrive at the bus area by 9.00am as buses leave at 10.05am prompt.
- 3 Runners should expect additional security checks around the baggage drop-off, including bag spot checks. Only runners with run numbers will be able to access the bus facility.
- 4 Bring as little as possible. The organisers cannot be held responsible for the loss, damage or theft of belongings on the baggage buses or at the end of the run, however caused.
- 5 Buses are colour-coded to match your run number (see window signage). Don't forget which number bus you left your bag on (stewards will stamp your run number to help you).
- 6 If you miss the buses you will be asked to deposit your bag on one of the late baggage vans at the Grandstand Road end of Claremont Road. These vans leave once the event has started so will not get to the finish until after 1.30pm. Late baggage can be collected from the vans on arrival or at the baggage information cabin.
- 7 At the finish baggage buses will be located on the grass by Bents Park Road (see map on page 52) For security reasons, access will only be granted to runners wearing their numbers.
- 8 If you can't locate your bag, please check at the baggage information cabin. For lost property enquiries after the event please email [info@greatrun.org](mailto:info@greatrun.org)
- 9 Do not leave your bag unattended at any time as this could cause a security alert.

I WANT TO GET STARTED

Okay, so you're itching to get over the start line but have you read this magazine, have you made sure you can find the baggage bus and do you know your coloured assembly zone?

Follow the signs to your assembly area,

EVENT DAY TIMETABLE	
07:30	Information point opens
08:00	Baggage buses open
09:00	Start assembly area opens
10:05	Baggage buses depart for the finish
10:10	Elite wheelchair race starts
10:15	Elite women start
10.17	Mass Great North Run warm-up
10:30	Assembly area closes
10:40	START OF THE SIMPLYHEALTH GREAT NORTH RUN (Elite men and the masses)
11:30	Sweep vehicle leaves start

which corresponds to the colour/letter of your run number. You will need to show your number to gain access.

Once you're in, move forward so other runners can assemble behind you.

**Be in your zone by 10.30am at the latest, if you miss this deadline marshals will direct you to the rear of the field.**

Please keep an eye on the four big screens behind the start line for any last-minute information, as well as listening to the PA announcers (they don't just like the sound of their own voices!).

Before you start, deposit any rubbish, bin liners or old clothing in the bins provided or to the side of the assembly area to avoid causing obstacles to other runners.

When you hear the gun go, please be patient. Soak up the atmosphere while you make your way to the start line. Your timing chip does not activate until you cross the start line so you will receive a completely accurate finish time.

**Any late runners that arrive after the sweep vehicle has left at 11.30am, will NOT be allowed to participate in the interest of safety and well-being of all concerned. The Start Director's decision is final.**

LET'S GET WARMED UP

The Simplyhealth Great North Run features a half marathon course which has been officially measured and certified. The start line is on the A167 Central Motorway. Each mile will be accurately marked by large signs at the side of the road.

To make sure you are ready to take on 13.1 miles there will be one mass warm-up for all runners at 10.17am.

I'M FEELING FIT BUT IS THERE HELP AT HAND IF THAT CHANGES?

We hope you don't need them, but there is a full medical team consisting of doctors, nurses, paramedics and physiotherapists in place from North East Ambulance Service, British Red Cross and St John Ambulance. There are at least 21 first aid points along the course and mobile medical units.

Medics will be situated at each mile point, drinks station and at the finish.

If the medical team think it is unwise for you to carry on, they will suggest you retire from the event.

Nobody can be forced to stop, but it is strongly recommended that you heed their advice.

During the planning of the event, every care is taken to ensure emergency services can go about their duties with limited hindrance.

However, if an emergency situation does arise and a vehicle with blue flashing lights needs to cross the course, we ask you make this as easy as possible by clearing a route for the vehicle to cross safely.

WHAT HAPPENS IF I CAN'T CARRY ON?

Any runners who feel they are unable to complete the half marathon can use the Runners Welfare mini buses that operate from the 8½, 9½ and 10½ mile points and be transported to the finish area, dropping as near to the baggage bus area as possible.



DURACELL

**DON'T forget to look out for the Duracell Pacers who are there to help you reach your target time. Pacers will be running in all waves with predicted finish times ranging from 1hr 35sec to 2hrs 45sec.**

HOW CAN I STAY HYDRATED?

As well as at the start and finish, there will be Aqua Pura water stations available at 3 miles, 4½ miles, 5½ miles, 8½ miles, 10 miles and 11 ½ miles (see map on pages 48-49). Only take one bottle per station and move straight on (there's lots of thirsty runners behind you).

Take care when disposing of bottles and discard them at the side of the road to avoid any hazards. Mains water, supplied by Northumbrian Water, is available as an emergency back-up. Toilets are available at all drink stations.

HOW CAN I KEEP COOL?

You don't need to pour bottled water over your head to cool down. Run through the three fine mist showers between 8 and 12 miles. The clue that you've nearly reached them are the large 'shower ahead' signs.

MUSIC TO MY EARS

We've got a great Bands on the Run programme for you with 13 music zones across the course to help entertain and motivate you. See the course map on pages 48-49 for band locations.

WHAT IF I HAVE TO WALK?

If you are planning to walk all or part of the event we ask that you keep to the left so

runners can pass you with ease. If you fall behind the sweep vehicle that travels at a 17-minute mile pace, you will be instructed to complete the remainder of the event on the pavement. The finish area will remain in place until the last entrant has crossed the finish line.

WHERE'S A GOOD PLACE FOR SUPPORTERS TO GO?

The start and finish areas are open to spectators, although both areas will be very busy so we can't guarantee the best seats in the house!

There are 12 Charity Cheering Points on course where supporters will be cheering you on and viewing is available all the way along the Coast Road towards the finish.

We have three big screens where you can watch the action unfold before you cheer your own runners over the line: one by the finish line near the grandstand (please note this area fills up soon after 9.00am), one at the Charity Village and one by the Finishers' Marquee.

Overhead signs are there to direct you around the finish area, our PA announcers will keep you informed and if you need help look out for the Great Run info teams.

FINALLY ... THE FINISH LINE IS IN SIGHT!

The Simplyhealth Great North Run finishes

on The Leas at South Shields and the finish system will remain in operation until the last runner has crossed the line.

There will be four finish systems in operation side by side, please allow the marshals on duty to guide you in. Regardless of which funnel you use, your time will be automatically recorded by the chip on the back of your run number.

Please resist the urge to stop immediately, as there could still be thousands of runners behind you. There is a comprehensive medical service at the finish should you require it.

Keep moving through the finish funnel to the Aqua Pura water station and take one bottle per runner. You can refill your bottle at the signed drinking water points behind the Finishers' Marquee and by the baggage buses.

There is also water at South Shields Metro Station. Ask friends and family to bring extra drinks along too and have a spare drink in your kitbag.

When you reach the medal station, you will be presented with your well-earned finisher's medal at your very own medal ceremony.

Your Finisher's Pack contains your exclusive t-shirt and medal, please take a pack corresponding to the t-shirt size you indicated on your entry form. Your pack will also contain a space blanket, and other goodies. **IT IS STRICTLY ONE PACK PER FINISHER. NON FINISHERS ARE NOT ELIGIBLE FOR PACKS.**

The finish area will be extremely busy and leaving at peak times will inevitably involve long queues whether you travel by car, bus, Metro or ferry so why not stay for a while? Once through the finish exit there is lots to see and do, and free samples from Arla Yoghurt and Heineken 0.0 to pick up near the charity village.

WHERE DID I LEAVE MY BAGGAGE? AND WHERE ARE MY FRIENDS AND FAMILY?

The buses are parked near the finish on



the grass by Bents Park Road and you will need to show your run number to gain access and collect your bag.

If you are a late finisher and the buses have left, check at the baggage information tent. Changing marquees and toilets are situated on the grassed area beyond the buses.

The meeting point is at the exit from the finish on the seaward side. Follow the signs and meet up under the A-Z banner that matches the first letter of the runner's surname. If you can't find someone, try using the Message Centre next to the Information Point.

I'VE FINISHED RUNNING, NOW WHAT?

You could head straight home for a well-earned rest! But, better still, complete the day's Great Run experience with a trip to the Charity Village and Finishers' Marquee.

There are 118 charities with marquees waiting to meet and greet runners. Many will be providing food, drink and massage – making it a great place for post-run relaxation. Contact your charity to see if they will be there.

The Bronze charity tent is located in Gypsies Green open air stadium by the Finishers' Marquee and next to the Massage tent.

Around the Charity Village, our partners will be on hand to help you rest and recover. TransPennine Express, PureGym, Garmin and Arnold Clark will be there with bespoke Great Run Offers.

Joining them will be a whole host of brands including Nando's, Arla and Heineken. They will be providing you with well-earned complimentary refreshments.

Gypsies Green open air stadium contains the Finishers' Marquee. This hosts the Wylam Brewery Bar where you can get your hands on the famous

Runners Reward pale ale. There's also live music, street food and Creation Station providing craft activities for kids.

Next to it is the Find-a-Physio Massage Zone (by the Bronze charity tent). You can pre book your slot by visiting find-a-physio.com, then just click on the Simplyhealth Great North Run image on the homepage. We have bookable massage sessions and free sessions you can walk up to.

Gypsies Green is where you will find the largest number of toilets, but there are more at the Meeting Point area, at the Baggage buses, by the Grandstand, and along the Coast Road. Male urinals and women-only loos can be found near to the Information Point.

I'VE DONE IT AND I WANT TO SHOUT ABOUT IT

Of course you do and you can! If you'd like Great Run to share your results for free on your personal social media platforms, we can Tweet your results straight after your run or post on Facebook.

All you need to do is register now at [socialmediaregistration.greatrun.org](http://socialmediaregistration.greatrun.org). You will need your ID number, which can be found just under the barcode at the top of the letter you received with this magazine.

Full results will be available at [greatrun.org](http://greatrun.org), together with an event report and details of other Great Runs. Official Simplyhealth Great North Run photographers will be there to capture some of your proudest moments. Visit [greatrun.org](http://greatrun.org) and follow links to your own Great Run photo album.

WILL I BE ON TV?

The Simplyhealth Great North Run will be broadcast live on BBC Two. Coverage starts at 09.30, with a highlights programme from 18:00 (time tbc, check listings) on the same day.

Make sure you set your recorder or catch up on iPlayer.

HAVE A GREAT DAY AND ENJOY THE RUN!

# TRAVEL FROM THE FINISH

**Services**

- 19A** Go North East Ferry Landing - North Shields town centre every 10 minutes 2.45pm - 4.45pm
- 27** Go North East South Shields town centre - Heworth - Gateshead - Newcastle every 20 minutes
- X27** Go North East South Shields town centre - Newcastle every 10 minutes 1.00pm - 5.00pm
- 552** Stagecoach Bents Park Road - South Shields town centre - Ferry Landing every 10 minutes until 4.30pm
- 553** Stagecoach Bents Park Road - Chichester - Tyne Dock - then non stop to Newcastle Haymarket and Central Station every 10 minutes 7am - 10.30am, and every 10 minutes 1.00pm - 5.00pm
- R1** Go North East Bents Park Road - Newcastle Haymarket every 10 minutes 6.30am - 10.00am, and every 10 minutes 1.00pm - 5.00pm
- Metro** frequent service
- Shields Ferry** North Shields - South Shields extra crossings 8.45am - 6.00pm

# AT THE FINISH

**Finish Line**

**Elite Finish**

**South Shields**

**Finish Area Map**

**Legend:**

- Finish Line
- Information
- Baggage Buses
- Parking
- Public House/Restaurant
- Baggage Queries
- Toilets
- Aqua Pura
- Medical Point

# RUN WITHDRAWAL POLICY

If you are unable to run and have to withdraw from the 2017 event, we will guarantee you an entry for the 2018 event providing that you follow these simple instructions:

- Visit [greatrun.org/defer](http://greatrun.org/defer)
- Select the event you wish to withdraw from
- Complete the online withdrawal form
- Return your run number/timing chip to **Great Run, PO Box 1RY, Newcastle Upon Tyne NE99 1RY** before the event day (N.B there is no need to return the Great Run magazine)

Please note that entry fees are not refundable under any circumstances,

(see terms and conditions). However, we do offer the option to apply for a guaranteed entry for the following year. Please note that it is only possible to withdraw and apply for a guaranteed place once.

If you take up a guaranteed place for 2018 and then withdraw again, you will not be eligible for a guaranteed place in 2019.

**In order to secure your guaranteed place in 2018, you must meet the deadlines outlined in the withdrawal process and pay the entry fee for the 2018 event.**

## WHAT HAPPENS NEXT?

Entrants opting for withdrawal will be contacted via email, prior to the opening of the 2018 event. Charity withdrawals will be passed back to the relevant charity to action.

There will be a period of 28 days in which to commit and pay for the 2018 guaranteed place.

Once this time period has passed the offer of the guaranteed place automatically lapses and the event organisers have no further commitment to providing a place to the runner in the 2018 event. Transferring the guaranteed place to another person is not permitted.



GREAT PEOPLE, GREAT COMMUNITY  
**greatrun**  
local



FREE, WEEKLY  
2KM AND 5KM EVENTS  
ORGANISED BY FANTASTIC VOLUNTEERS

**GREATRUNLOCAL.ORG**



@ GreatRunLocal

greatrun  
local



**SPECIAL EVENT COMING SOON**

**GREAT RUN LOCAL GIBSIDE | THURSDAY 7 SEPTEMBER, 18:15**

FEATURING GREAT NORTH RUN/GREAT CITYGAMES GUEST ATHLETE!

greatrun  
local



**GREAT RUN LOCAL  
GIBSIDE**

EVERY SUNDAY AT 09:15 | GIBSIDE NATIONAL TRUST

greatrun  
local



**GREAT RUN LOCAL  
SUNDERLAND**

EVERY SUNDAY AT 09:30 | MOWBRAY PARK

greatrun  
local



**GREAT RUN LOCAL  
SOUTER  
LIGHTHOUSE**

COMING THIS SEPTEMBER | SOUTER LIGHTHOUSE

FIND OUT MORE AT **GREATRUNLOCAL.ORG**