



Simplyhealth  
great *2* north  
run

# EVENT GUIDE

*SUNDAY 9 SEPTEMBER 2018*

It's finally here, event day has arrived and we want to help you with any on the day questions so you can focus on enjoying your run and soaking up the atmosphere.

Any info you might need before the big day including travel advice, accommodation recommendations or location information can be found at **[greatrun.org/north](http://greatrun.org/north)**

For on the go event information, selfie filters and live tracking for your family and friends, download the FREE Great Run app from iTunes app store or the Google Play Store.

For real time updates and to follow all the action on event day join the conversation on social - **#GreatNorthRun**



@great\_run



@greatnorthrunGNR



@great\_run



# ***EVENT TIMETABLE***

07:00	Information point opens
08:00	Baggage buses open
<b>09:15</b>	<b>Assembly area opens for all waves</b>
10:05	Baggage buses depart for the finish
10:10	Elite wheelchair race starts
10:15	Elite women start & mass Great North Run warm-up
10:30	Assembly area closes
<b>10:40</b>	<b>Start of the Simplyhealth Great North Run (Elite men and the masses)</b>
<b>11:05</b>	<b>Red Arrows flypast over the Tyne Bridge</b>
13:15	Red Arrows display at the finish

# RUN NUMBER & TIMING CHIP

Your run number should be identical to the master number on your covering letter. If it's different please contact Customer Services on [info@greatrun.org](mailto:info@greatrun.org)

**This is your unique number, so only you must wear it on the day. Please don't swap copy or change this number, selling it on or giving someone else access to your number might put them at risk if they're not properly prepared.**

Your timing chip is attached to the back of your run number, do not remove the chip as it will affect the accuracy of your time.

**The chip will automatically record your time, so you don't need to do anything. Your chip doesn't need to be returned at the end of the run.**

## Front



## Back



## Timing Chip





# TRAVEL ADVICE

Use public transport where possible and give yourself plenty of time.

**There is no official event parking available at the start. Parking will be available at the finish opening from 06:15, on the Leas or at Bents Park Playing fields, for £10 for the day. Alternatively, there is public parking around South Shields.**

If you need to travel by car, consider parking at a Metro station (Callerton Parkway, Bank Foot, Kingston Park, Regent Centre, Four Lane Ends, Northumberland Park, Heworth, Fellgate, East Boldon or Stadium of Light all have car parks) and take the Metro to the start and from the finish.

**There will be station closures in place and advance tickets on sale to speed up passenger flows, so visit [nexus.org.uk](https://nexus.org.uk) to plan your journey.**

The run start is about 15 minutes' walk from Haymarket Metro station in Newcastle and South Shields Metro station is about 20 minutes' walk from the finish line.

**Trains will be extremely busy getting to the start and finish, 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.**



# TRAVEL ADVICE

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).

**Stagecoach operates the 553 service from both Frenchman's leas next to the official event car park and from Bents Park Road North of the finish past the New Crown Pub to Haymarket near the start. The services from Frenchman's Leas operate until 08:30 when the road closes but the Bents Park services continue to operate.**

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)

**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 20747 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)

**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)**





# TRAVEL TICKETS

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 App store and download a day ticket for £6 (Sun Sept 9) or a weekend ticket (Fri 7-Sun 9 Sept) for £11.**

You can also buy tickets on the day and you don't need cash as you can pay via contactless card, Apple Pay or GPay 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 9 (£5.10); or for Saturday 8 and Sunday September 9 (£10.20) from**

**[nexus.org.uk](http://nexus.org.uk). Great North Run day tickets (£5.10 – valid on September 9) can be bought in advance from any Metro station ticket machine.**

Stagecoach will be at the Great North Pasta Party on September 8, selling all-day travel wristbands (£4.20) valid for bus travel across Tyne & Wear on September 9, or you can get a Dayrider (£4.20) for travel all day from any 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 (£1.60 single, £2.80 all day).**

Keep up to date with travel local information: Nexus Customer Services

– 0191 20 20 747 –

@NECATraffic – driving

@My\_Metro – Metro

@gonortheast – bus travel

@StagecoachNE – bus travel



# ***YOUR BAGGAGE***

38 baggage buses will be available for use on Claremont Road.

**Aim to arrive at 9:00 AM as the buses will depart at 10:05 AM. Your baggage will be transported to the finish for you to collect**

Baggage buses are colour coded to match your run number, with signage in the windows. Marshals will manage the access doors.

**Fill in your baggage label (tear off from your run number) before leaving the house.**

Make sure your baggage label is secured to your bag.

**Sorry, baggage buses aren't for changing.**

Please move off the bus as soon as you've dropped your bag off to make room for other runners.

**Remember your bus number, all buses will be numbered  
Expect extra security around the baggage area including spot checks. Only runners with numbers will be able to access this facility**

Please don't leave valuables in your bags - this is a self-service system and although there are security staff on the baggage buses, organisers can't accept any responsibility for lost or stolen items.

**To gain access to the buses you will need your run number, when collecting your bag we will ask you to show your run number to ensure they correspond.**

If you miss the buses, use the late baggage vans located on Claremont Road, please be aware they will not arrive at the finish until after 1:30PM. Late baggage can be collected from the vans on arrival or the baggage information cabin



# AT THE START

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

**Make sure you're in your assembly area by 10:30AM at the latest**

Please use all the space we have created for you, and move forward to allow other runners to assemble behind you

**If you want to run with a friend but have different coloured run numbers, you must both move back a wave to run together.**

Temporary toilets are available 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! Toilet facilities will be busy, so please allow plenty of time.

**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.**

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. Your timing chip does not activate until you cross the start line so you will receive a completely accurate finish time.**

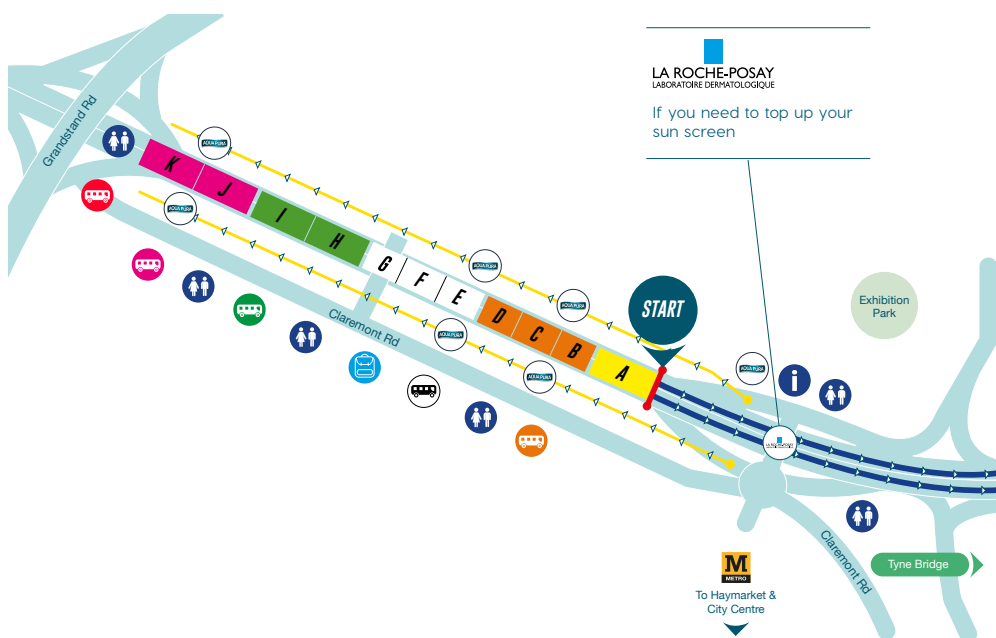
Anyone walking or part walking/ running the event should start at the rear of the wave and in the first few kilometres stay to the left-hand side of the road to allow runners who want to pass

**Sorry, any late runners that arrive after the sweep vehicle has left at 11.30am, will not be allowed to participate**



# START MAP

The start and assembly areas are located on the Central Motorway. Please follow the clearly-marked routes to your coloured start area access gates into the rear of each assembly area. Each area will be managed to make sure the correct coloured run numbers enter.



## Key

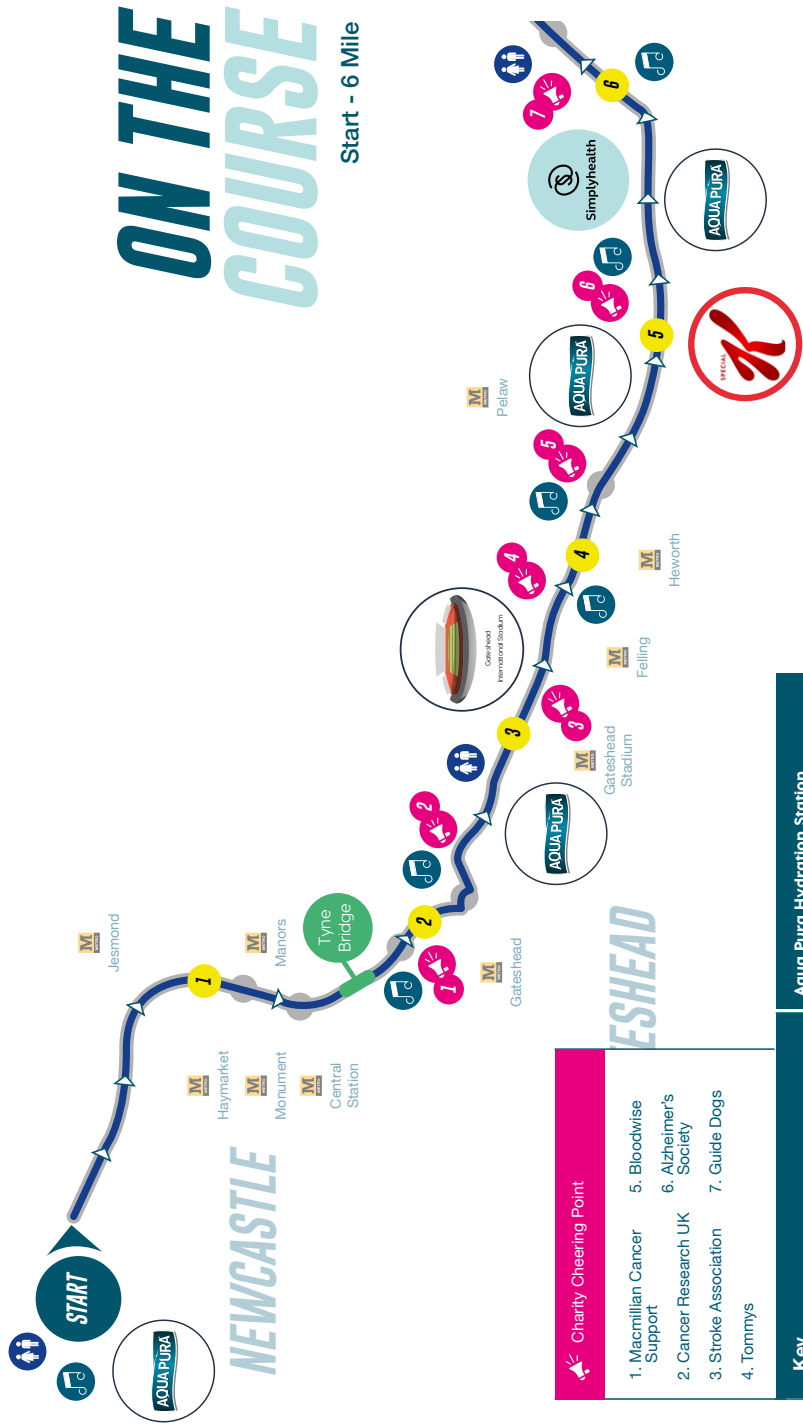
	Information Point		Baggage		Late Baggage Bus				
	Toilets		Aqua Pura Water Station		Runners route to Assembly zones			Assembly Zones	



Look out for the Duracell Bunny pacers helping you run for longer

# ON THE COURSE

Start - 6 Mile



- Charity Cheering Point**
1. Macmillan Cancer Support
  2. Cancer Research UK
  3. Stroke Association
  4. Tommys
  5. Bloodwise
  6. Alzheimer's Society
  7. Guide Dogs

Key	
	Mile Marker
	Simplyhealth Support Zone
	The Special K
	Aqua Pura Water Stations
	Toilets

**Aqua Pura Hydration Station**

Be prepared for the water station along the course - it will be signed in advance.

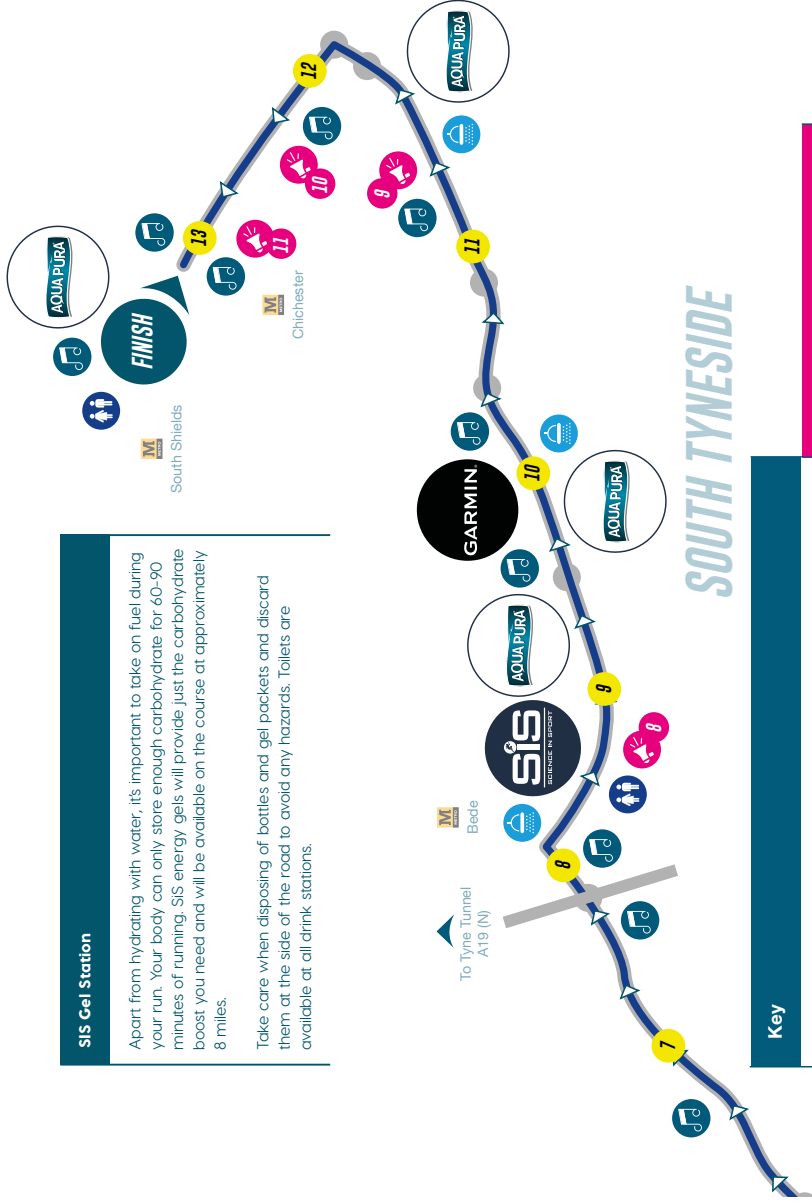
Make sure you are ready to take a bottle - Try not to stop dead when there are runners behind you.

Please take only 1 bottle - be considerate of others.

When you have finished, discard your bottle at the kerb edge or beyond and try and keep it from the running carriageway

7 Mile - Finish

# ON THE COURSE



SOUTH TYNESIDE



# AT THE FINISH

The Simplyhealth Great North Run finishes on The Leas at South Shields.

**No matter what your pace everyone has ran the same race and everyone will get to cross the finishing line. If you're running at a less than a 17 minute per mile pace you may be asked to move on to the footpath for the later sections of the race.**

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

**Don't 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. Please contact a medic or marshal if you need help at any time.

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.

**You will be presented with your well-earned finisher's medal at the medal station. Your pack contains your t-shirt and other goodies, please take a pack corresponding to the t-shirt size you indicated when you entered.**

The area will be extremely busy and leaving at peak times will inevitably involve long queues whether you travel by car, bus, Metro or ferry. Stuck around for a while and avoid the rush, See the next page for full information about everything there is to do at the finish

# FINISH MAP

KEY	
	Changing
	Toilets
	Charities
	Catering Courts
	VIP Parking
	Spectator Parking



## Stretch & Massage zones

Simplyhealth are here to support you every step of the way, so look out for the Simplyhealth Stretch Zone as you enter the event village. A fitness instructor will be on stage to guide you through a number of simple stretches. This area is open and completely free to all runners, helping you to stretch out, avoid injury and recover more quickly following your incredible achievement. The Simplyhealth Massage Team are also ready and waiting to help you recover in the Simplyhealth Massage Zone, within Gypsies Green Stadium.





# EVENT & CHARITY VILLAGE MAP

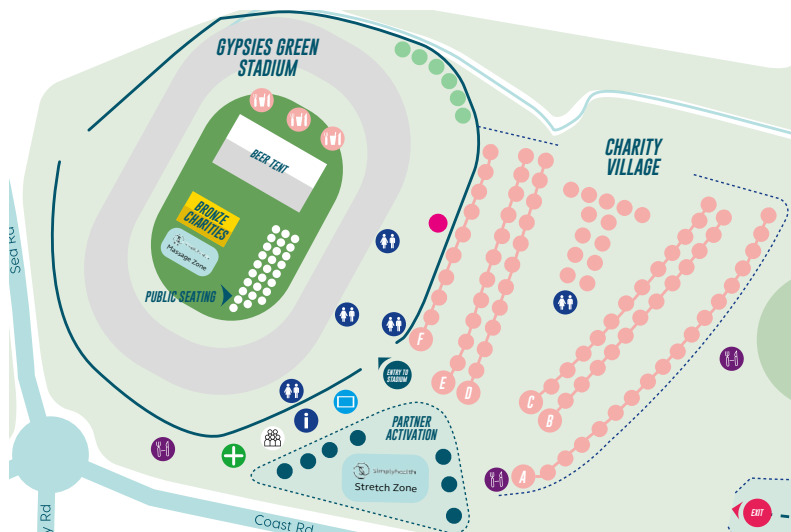
Partner  
Activation



GARMIN



wagamama



## Charities

### Avenue A

1. Mind
2. Macmillan Cancer Support
3. Alzheimer's Society
4. Clc Sargent
5. Diabetes UK
6. Great Ormond Street Hospital
7. St Benedict's Hospice
8. Dogs Trust
9. Children's Heart Unit Fund
10. Crohn's & Colitis UK
11. Zoes Place Baby Hospice
12. Leonard Cheshire Disability
13. Samaritans
14. Kidney Research UK
15. HospiceCare North Northumberland
16. Sue Ryder
17. The National Autistic Society

### Avenue B

18. Breast Cancer Care
19. Bloodwise
20. Butterwick Hospice Care
21. Tommys
22. Great North Air Ambulance
23. Scope
24. Rainbow Hospice for Children & Young People
25. Help for Heroes
26. Meningitis Research Foundation
27. Calvert Trust Kielder
28. Percy Hedley Foundation
29. Epilepsy Action

### Avenue C

30. British Heart Foundation
31. Guide Dogs
32. Breast Cancer Now
33. Make a Wish Foundation
34. Prostate Cancer UK
35. Get Kids Going
36. Heel & Toe
37. Muscular Dystrophy UK
38. Arthritis Research UK
39. The Tiny Lives Trust
40. Teesside Hospice
41. Newcastle Dog & Cat Centre

### Centre

42. North of England Children's Cancer Research
43. The Royal British Legion
44. St Teresa's Hospice
45. South Tees Hospital Charity
46. Graham Wylie Foundation
47. Barnardos
48. British Lung Foundation
49. Meningitis Now
50. Willow Burn Hospice
51. Action for Children
52. Asthma UK
53. Rainbow Trust Children's Charity
54. RSPCA

### Avenue D

55. Stroke Association
56. NSPCC
57. Alzheimer's Research UK
58. Anthony Nolan
59. Parkinsons UK

60. Great North Children's Hospital Foundation
61. Sir Bobby Robson Foundation
62. The Alan Shearer Foundation
63. St Clare's Hospice
64. Martin House Hospice
65. Hearing Dogs

### Avenue E

66. St Oswald's Hospice
67. Teenage Cancer Trust
68. Marie Curie
69. MS Society
70. Bowel Cancer UK
71. Saras Hope Foundation
72. Wellchild
73. The Roy Castle Lung Foundation
74. The Christie
75. British Red Cross
76. Shelter

### Avenue F

77. Children With Cancer
78. Save the Children
79. Cystic Fibrosis Trust
80. Yorkshire Cancer Research
81. Pancreatic Cancer UK
82. St Gemma's Hospice
83. The Brain Tumour Charity
84. Chronicle Sunshine Fund
85. Wateraid
86. Motor Neurone Disease

### Avenue G

87. 4 Louis
88. Dementia UK
89. Maggies

90. Candlelighters
91. St Cuthberts Hospice
92. Toma Fund
93. The UK Sepsis Trust

### 94. Cancer Research

### Bronze (Gypsies Green Stadium)

95. Worldwide Cancer Research
96. A Smile for a Child
97. Brain Tumour Research
98. Bliss
99. Josie's Dragonfly Trust
100. Cancer Connections
101. Shift ms
102. Rethink
103. RNIB
104. Smile for Life Children's Charity
105. Saint Michael's Hospice
106. MS Trust
107. Middlesbrough & Teesside Philanthropic Foundation
108. The Children's Foundation
109. Bright Red
110. Centrepont
111. Daisy Chain Respite Centre & Family Support
112. JDRF, the type 1 diabetes charity
113. Coping with Cancer NE
114. Crisis
115. Northumbria Blood Bikes
116. If U Care Share Foundation
117. Charlie Bear for Cancer Care
118. Bright Northumbria
119. Max Appeal
120. Cardic Risk in the Young



# HAVE A HAPPY & HEALTHY RUN



Make sure you are healthy enough to take part in your run.

Talk to your doctor if you have any long-term health conditions or any health concerns.

Don't run if you feel unwell or have been ill recently.

Running can put you at risk of serious illness if you experience heart palpitations, light-headedness or dizziness, chest pain or tightness, shortness of breath, excessive wheezing or severe joint and muscle pain.

Seek advice about taking part in the event after a bout of flu or gastroenteritis. Don't be tempted to start just because you have collected sponsorship to raise money for charity.



Stay comfortable - don't use new trainers for the first time, ideally, you should have run in your shoes for around a month.



Stay warm - You can bring old clothes to wear on the start line and throw them away, when you start (we donate these to charity).



Avoid chafing - Apply Vaseline to any areas where you have had chafing during training - e.g. groin, under your arms, the bra band or toes.



Protect your skin - Use weather resistant suncream, but not too much - you don't want it running into your eyes as you sweat.



**If the first few miles are crowded, don't tire yourself out dodging in and out of runners.**

Try to maintain a steady, even pace – enjoy the event.

**When you finish collect your bag as soon as you can.**

Put on some warm, dry clothing and don't get cold.

**Take a drink as soon as you can after crossing the finish line.**

Make sure you are fully hydrated with water or squash before consuming any alcohol.

Try to eat some starchy foods within two hours of finishing the event – your muscles can replace energy (in the form of glycogen) most efficiently during this post-run window.



**In the weeks leading up to the event, the colour of your urine is a useful indicator of hydration, pale straw-coloured water is ideal.**

Avoid dehydrating alcoholic drinks for 24 hours before you run.

**During a run, drink when you need to.**

Don't take big gulps if you are not thirsty – you could put yourself in a condition called hyponatraemia where your body salts become diluted, possibly causing confusion and vomiting.

**Make sure you know where the drink station is on route. Aqua Pura water will be available, but only take a drink if you need one.**

***GOOD LUCK AND ENJOY YOUR DAY FROM THE  
SIMPLYHEALTH GREAT RUN TEAM AND  
ALL OUR PARTNERS.***





***BRING YOUR  
INCREDIBLE***

**JOIN US ONLINE AT [PUREGYM.COM](https://www.puregym.com)**