



RUN BETTER RUN TOGETHER GATESHEAD

10K | SUNDAY 5 JULY 2015
EVENT GUIDE

GREATRUN.ORG

great *run*[®]
The World's Favourite Run



CONTENTS

ESSENTIAL INFORMATION	2
GETTING THERE	3
EVENT DAY TIMETABLE	6
AT THE START	7
ON THE COURSE	8
COURSE MAP	9
WHEN YOU FINISH	10
FINISH MAP	11
RESPECT THE CHALLENGE	12



GET SET FOR THE MORRISONS GREAT NORTH 10K

At Morrisons, our aim is to get Britain running and with a community of more than 120,000 colleagues and 11 million customers, we're confident we can make that happen. During 2015 over 1,000 Morrisons members of staff are set to participate in one of the Great Runs and our goal is to at least double that by 2016.

For the moment though, our focus is on you. Whatever your reason for competing, the weekend truly is a great celebration of sport and community spirit.

We wish you the best of luck with your final preparations and look forward to seeing you at the main event in July.

ACKNOWLEDGEMENTS

The organisers of the Morrisons Great North 10K would like to thank the following organisations for their help and support in staging the event: Morrisons, PUMA, Aqua Pura, Daily Mirror, Gateshead Council, Northumbria Police, North East Ambulance Service, Tyne & Wear Fire & Rescue Service, British Red Cross, Virgin Trains, Chronicle Live, The Chronicle, The Journal, Metro Radio, Gateshead Harriers, Sunderland Strollers, Gateshead Scouts, South Tyneside Scouts.

GATESHEAD COUNCIL GOOD LUCK MESSAGE

Gateshead Council is delighted to play host to the Morrisons Great North 10k Gateshead for a fifth year and welcome back one of the North East's best 10k road races.

Thousands of runners will once again take in the quayside course, passing some of the region's most iconic sights including Gateshead Millennium Bridge, Sage Gateshead and BALTIC Centre for Contemporary Art, before finishing on the track inside Gateshead International Stadium, where they will receive a warm welcome on completion of the run.

Good luck to everyone taking part on the day, I wish you all well both in the run and in a healthy and active future!

Councillor Alex Geddes
Mayor of Gateshead

ESSENTIAL INFORMATION

YOUR RUN NUMBER AND ATTACHED TIMING CHIP

Please check that your run number is identical to the master number on your covering letter. If it is different please contact Morrisons Great North 10K at info@greatrun.org. This is your unique number and only you must wear it on the day. DO NOT swap, change or copy this number. Swapping numbers can be dangerous, by selling it onto someone else who may not be properly prepared for the event you could be putting their health at risk.

In order to simplify your running experience we have brought in run number timing chips for 2015. These are already attached to the back of your run number and eliminate the need for attaching and removing chips on your trainer or ankle. Please DO NOT remove this from the run number as doing so will prevent you getting an accurate time for your run. You don't need to do anything to activate this chip, just leave it attached and it will automatically scan when you cross the start and finish line to give you your finishing time. Your timing chips do not need to be returned at the end of the run.

GREAT RUN TRAINING

Great Run Training gives you everything you need for perfect event preparation at your fingertips. Log in to greatruntraining.org using your Great Run ID or download the FREE app from iTunes or Google's Play Store.

Great Run Training provides users with:

- Interactive training to suit all levels
- A route mapper to accurately measure your running
- Reviews of your progress and a place to share your achievements
- Answers to your questions and expert advice and support



GETTING THERE

TRAVEL INFORMATION

Top tips

Plan your travel well in advance of the event and aim to arrive at the start around one hour before you are due to run. This will ensure you have plenty of time to familiarise yourself with the facilities, relax and properly prepare for the run.

The Morrisons Great North 10k in Gateshead is well serviced by public transport. There are no event specific car parks, and we strongly recommend that you make use of the excellent public transport network the North East has to offer. We have worked closely with the relevant agencies to ensure that the services are running as fast as they can, however we still recommend that you allow plenty of time for your journey as it may take slightly longer than normal.

By metro

The start and finish areas are a short walk from Gateshead Stadium Metro station. Metro services provide a frequent service through the station providing links from Newcastle and Gateshead centres and from Heworth, plus a Metro about every 12 minutes from South Tyneside, from Sunderland, stations from Newcastle Airport and from North Tyneside.

Metro Park and Ride

You can Park and Ride to Gateshead Stadium Metro station from the following main Park & Ride stations on the Metro system: Callerton, Regent Centre, Four Lane Ends, Northumberland Park and Heworth.

By bus

The event is easily accessible by bus, with a variety of routes servicing Gateshead International Stadium.

Go North East Service 27 from bus stops on Sunderland Road (Felling) provides a link to Gateshead Stadium about every 20 minutes from Hebburn, Jarrow and South Shields. Quaylink Services Q1 and Q2 provide a link from Gateshead Metro (Q1) and Newcastle

City Centre (Q1 and Q2) to the Gateshead Quayside area, but Q1 will be disrupted by road closures for the event so you are recommended to use Q2 to Newcastle Quayside and cross the Millennium Bridge to Gateshead.

It is possible to get many bus services to Newcastle City Centre, Gateshead or Heworth Metro Stations then use the Metro to get to the event from Gateshead Stadium Metro Station.

Use the journey planner at nexus.org.uk to find out the best service for you or call 0191 20 20 747.

Fare Information

If you are travelling by more than one form of public transport the best ticket to buy is a Day Rover ticket. It gives you unlimited travel all day on Metro, most buses in Tyne and Wear, the Shields Ferry and the Sunderland - Blaydon rail line. Buy it on the day from your bus driver or Metro ticket machine - adult £7.00, child £3.90.

Children who have an Under 16 Pop Card can travel all day for just £1.10 with a Child All-day Ticket (CAT) available from ticket machines or bus drivers.

If you are using Metro only, or travelling on buses from just one bus company, buy one of their day tickets, or a return where available.

GETTING THERE



ACCOMMODATION

The North East of England is the place to come for dazzling culture, superb shopping, thrilling sport as well as great places to eat, and it's all served up with a hearty helping of our famous Geordie friendliness! If you are making a weekend of it visit newcastle Gateshead.com for ideas on things to see and do.

EVENT DAY INFORMATION POINT

On event day there will be a Morrisons Great Run customer services team located at Gateshead International Stadium. This will be open from 08.30 on event day.

Please note that any number of problems with your run entry, run number or electronic timing chip must be resolved at least one hour before the run starts. If you do encounter a problem we strongly advise that you contact us in advance of the day at info@greatrun.org.

TIMETABLE

08:30	Event day information point opens (Gateshead International Stadium)
08:30	Baggage drop off facility opens (Gateshead International Stadium)
09:45	Start assembly area opens (Saltmeadows Road)
10:15	Start of mass warm-up
10:30	Start of Morrisons Great North 10k ORANGE Wave
10:36	Start of Morrisons Great North 10k WHITE Wave
10:42	Start of Morrisons Great North 10k GREEN Wave
10:48	Start of Morrisons Great North 10k PINK Wave



AT THE START

ASSEMBLY INFORMATION

The start and assembly areas are located on Saltmeadows Road. This area is divided into 4 coloured areas - **ORANGE/WHITE/GREEN** and **PINK** (these correspond to your coloured run number).

If you're walking to the start from Gateshead Stadium Metro station then please follow the clearly-marked routes down Neilson Road to your coloured area. Access gates into the rear of each assembly area will be managed to make sure the correct colour run numbers enter the correct assembly area.

The assembly areas themselves have been measured and barriered to cater for the number of runners taking part. However, it will get busy so use all available space within the assembly areas.

The wave system will be used at the start. This will see each coloured wave set off in pulses. This measured control is to help regulate the flow of runners through the narrow sections of the course. Please be patient when waiting to start your run.

Remember that your timing chips provide a totally accurate time for your run and will not be activated until you cross the start line and when you finish.

RUNNING WITH FRIENDS OR FAMILY

If you want to run with a friend but have been issued different coloured run numbers, organisers ask that you follow a simple rule – runners can move down a zone (away from the start line) but cannot move up a zone (towards the start line). For example, a runner wearing a **WHITE** run number can move back into the **GREEN** assembly area but not forward into the **ORANGE** assembly area.

BAGGAGE DROP OFF

Due to the large number of entries we cannot provide changing facilities at the start or finish areas so please arrive changed and ready to run. We advise that you leave any baggage with friends/family or use the baggage drop off facility located within Gateshead International Stadium, which will be open from 08:30.

Important note – we strongly recommend that you do not leave any valuables within your baggage. We cannot accept any responsibility for the security of any items left in the baggage area.

If you plan to use the baggage drop off facility, please tear off the baggage tag attached to your run number, fill in your details and securely attach it to your bag.

TOILETS

Toilets are available around Gateshead International Stadium. It is inevitable that the toilet facilities will be busy before and after the run, so please allow plenty of time. There are also public toilets located within the East Stand for spectators.

MISSING PERSONS

There will be a missing person's point located at Gateshead International Stadium (next to the Information Point). In the event that you come across a missing person please contact the nearest event steward, official or police officer.

WARM UP

The Great Run warm up experts will be onsite to get every runner warmed up and stretched for the Morrisons Great North 10K. There will be one mass warm up starting at 10.15.

ON THE COURSE

The 10k course starts behind Gateshead International Stadium and makes its way to the beautiful Gateshead Quayside, passing iconic North East landmarks such as Sage Gateshead, Gateshead Millennium Bridge and BAL TIC Centre for Contemporary Art.

You will run underneath the Tyne Bridge before making your way back along the Quayside to the Gateshead International Stadium, where your family and friends can watch from the stands as you cross the finish line on the track.

STAY HYDRATED

Make sure you have plenty of water before your run. There will be a water station on the route at around the 5k point. You will also receive a bottle of Aqua Pura water and a bottle of Lucozade Lite in your finisher's pack.

KM MARKERS

Every kilometre on the route will be identified by a large flying banner on the side of the road giving you a clear indication as to how far into your run you are!

SLOWER-PACED PARTICIPANTS

The Police, Local Authority and the people of Gateshead are extremely supportive of the event

but we do need to reopen roads to a set time plan. There will be a vehicle at the rear of the field that will follow the last runners and those who are walking the route. The vehicle will move at a 15 minute per KM pace. If you are passed by this vehicle, then depending on where you are on the route, you may be asked to move to the footpaths to finish the event or even be required to deviate from the course in order to cross large trunk roads. There will be a sweep vehicle at the rear of the event which can relocate slower-paced runners to the finish area at Gateshead International Stadium.

Don't worry the finish line and finish system will remain in place so that everyone gets to cross the line to register their run time and receive their finisher's pack.

MEDICAL SUPPORT

Medical cover will be available across the event: At the start (Saltmeadows Rd) where runners will be assembling, on the course at various intervals and at the finish area where the main medical facility will be located at Gateshead International Stadium. Please ensure that you fill out the details on the reverse of your run number before event day as this information is valuable to medics in cases of emergency.



COURSE MAP



WHEN YOU FINISH

When you cross the finish line please don't stop immediately – there is a little way to walk before you can have a well-earned rest! However, you will be glad to know that you can walk once you've crossed the finish line, so keep moving and follow the instructions from the Great Run marshals who will direct you.

CHIP COLLECTION

There is no need to stop and remove your timing chip – as you know this is on the reverse of your run number and is disposable, therefore just carry on through the finish system. Please dispose of your run number responsibly post event.

AQUA PURA

Next on the agenda is a well-earned drink of water! Please keep moving through the finish system where marshals will direct you towards your finisher's pack. Your water is inside the goody bag.

FINISHER'S PACK

Finishers' packs will be sorted by T-shirt size. Please take a pack with the T-shirt size you specified when you entered the event. You've worked hard so enjoy the goodies inside including edible items, Lucozade Lite and that all important souvenir medal.

MEETING FAMILY AND FRIENDS

Family and friends will be able to wait for runners inside Gateshead International Stadium as they come through the finish exit. Signage will be positioned in the East Stand, please wait for your family and friends next to the letter that corresponds to the first letter of the surname of the runner. For example, runner John Smith's family would wait by the letter 'S'.

REFRESHMENTS

There will be a variety of concessions onsite at Gateshead International Stadium available to both runners and spectators before and after the run, so let your supporters know that they can enjoy a hot cup of tea while they wait for you to make your finish line moment! If you are eating and drinking in the streets outside the Stadium, please dispose of rubbish in the litter bins provided.

OFFICIAL PHOTOGRAPHS

Our official photographers from Marathon Photos will be at the event to capture all of the action. Visit greatrun.org in the days following the event to see if there are any snaps of you.

RESULTS

Full results will be available at greatrun.org following the event.

JOIN THE CONVERSATION

Stay up to date with all the latest event day information on our social media channels listed below. From travel tips and timetable information, to what to eat before your event, we provide a wide range of useful information before and after your big day.

We'd love to hear from you and see pictures of the highlights of your day. Follow the conversation: **#GreatNorth10k**.



GREATRUN.ORG



[@GREAT_RUN](https://twitter.com/GREAT_RUN)



[FACEBOOK.COM/GREATNORTH10K](https://facebook.com/GREATNORTH10K)



[GREAT_RUN](https://www.instagram.com/GREAT_RUN)

FINISH MAP



RESPECT THE CHALLENGE

OUR GUIDE TO A FIT, HAPPY AND HEALTHY MORRISONS GREAT RUN!

OVER the past 30 years more than one million people have completed a Great Run. Running is great for your health, but it does not suit everyone so it's important that you read the following information, have done all the training you need to and are ready to take part in your event.

FIT TO COMPETE

It's important to train properly for your run otherwise you will be at risk of injury. Here are some tips that will help ensure you enjoy your training safely.

1 Before you start any training programme, make sure you're healthy enough to run. Talk to your doctor if you have a long-term health condition that may affect your ability to exercise, such as:

HEART DISEASE

ASTHMA

DIABETES

EPILEPSY

ARTHRITIS



If you start your training programme and find that you feel unwell, see your doctor, especially if you:

- Have heart palpitations
- Feel light-headed, dizzy or faint
- Have chest pain or tightness
- Get excessively short of breath
- Get excessive wheezing or coughing
- Have severe joint or muscle pain

2 Start your training slowly and build up gradually, especially if you haven't exercised for some time. Allow yourself recovery time when training. This is when your body gets stronger and fitter. If you don't allow time for your body to recover, you may weaken your performance and feel tired. Muscle aches and pains happen most commonly after an increase in training and stress on your lower limbs can cause injuries.

3 Give yourself time to warm up and cool down before and after your run. Warming up allows time for your body to prepare mentally and physically for the exercise you're about to do. A good warm up should include activity that slightly raises your heart rate followed by stretching. This increases the blood flow to your muscles, improves flexibility and prepares your muscles. Cooling down after your run helps to reduce muscle soreness and stiffness.

4 To reduce your risk of injury, vary your routes, running surface, pace and distance. Ideally, swap between two pairs of shoes on alternate training days.

5 Face oncoming traffic and stay visible, especially when it's dark – for example, wear bright or reflective clothing.

RESPECT THE CHALLENGE

HYDRATION

It's important that your body stays hydrated – keeps the right level of water – so that it can function properly. You also need enough water to allow nutrients to be transported around your body.

The colour of your urine can be a helpful indicator of hydration. Generally, dark urine suggests dehydration, with pale, straw-coloured urine being ideal. If you don't usually drink caffeinated drinks, don't start now as they can be particularly dehydrating if you aren't used to them.

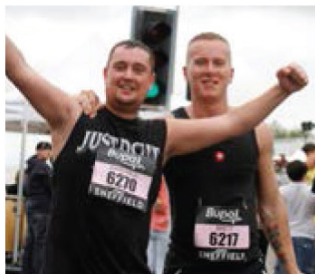
In general, drink when you feel the need and don't gulp large volumes of fluids before, during or after the run – this can result in a condition called hyponatraemia.

This happens when the salts in your body are diluted too much and can cause confusion, disorientation and vomiting.



BEFORE YOUR RUN

Start the run well hydrated. Drink enough fluids in the week leading up to the run and in particular the day before the event to ensure that you're properly hydrated. Alcoholic drinks are dehydrating, so don't drink them less than 24 hours before your run. Drink whatever you have practised with during training.



DURING YOUR RUN

During strenuous exercise, you can lose between half a litre and two litres of water per hour as sweat. Therefore it's important to replace the fluid and salts you lose.

Everyone is different; some people sweat more than others, and some lose more salt in their sweat. Because of this individual variation, it's not possible to give exact advice on how much you should drink during a training session. As a general rule, aim for 120 to 150ml of cold fluid every 10 to 15 minutes. Cooler fluids are recommended because they are usually more palatable and help to lower your core body temperature.

Make sure you know where the drink stations are on the run's route. Aqua-Pura water and Powerade will be available, but only take a drink if you need one. If it's hot, there will be extra water and showers may be available – use these to cool yourself rather than pouring drinking water over yourself.



AFTER YOUR RUN

Most runners don't drink enough during the run and need to rehydrate afterwards, so take on some fluid as soon as you can after crossing the finish line. Although you may feel like celebrating, make sure you're fully hydrated with water or squash before you have any alcohol.

**DO NOT
RUN**

If you feel unwell or have been unwell, even
if you are raising money for charity

**DO NOT
RUN**

RESPECT THE CHALLENGE

ARE YOU PREPARED FOR YOUR DISTANCE?

As a guide, during the weeks before your run aim to have run:

FOUR MILES CONTINUOUSLY

if taking part in a 10k run

SIX MILES CONTINUOUSLY

if taking part in a 10 mile run

EIGHT MILES CONTINUOUSLY

if taking part in a half marathon

If you can't manage this distance, you may not be able to complete the event safely and probably won't enjoy it.

PLEASE DO NOT RUN THIS TIME.

For all your training needs visit

www.greatruntraining.org

Respect the Challenge TOP TIPS

1 Check the weather forecast to help you decide what clothes you will need.

5 Make sure you have something to eat and drink to keep you going on the journey home after the run.

2 Apply Vaseline to any areas where you have had chafing during training, such as under your arms, bra band, toes or groin.

3 The first few miles can be very crowded. Many people tire themselves out by dodging in and out of runners because they are behind on run plans. Try to maintain a slow, even pace and enjoy the event.

6 You might want to bring some old clothes that you can start the run in and throw away once you have warmed up.

7 Wear water-resistant sun cream – just be careful not to put on too much otherwise when you sweat, the sun cream may run into your eyes.

4 Don't wear new trainers for the first time on run day – it's a good idea to run in them for at least a month before the event.

8 Remember to bring your own safety pins if your event requires you to wear a run number.

ILLNESS

During training

If you're injured, or have flu or gastroenteritis, don't train until you are fully recovered. Although the worst flu symptoms are usually over after five days, it can take much longer to recover completely. When you're better, start training gently and build up gradually. Don't try to make up for lost mileage – this may cause more damage or illness. Consider carefully whether or not to run if you have been ill or injured.

Fit to run?

Don't start a run if you feel unwell or have been ill recently. Running may put you at risk of serious illness if you have a fever, have been vomiting, have had severe diarrhoea or any chest pains, or otherwise feel unwell. Don't try to run just because you have collected sponsors to raise money for a charity – you will be able to attempt another run in future.



RESPECT THE CHALLENGE



EATING

During training

The best advice when training is to stick a healthy, balanced diet. If you do this, you will be getting all the nutrients you need to exercise regularly, so you won't need to take vitamins or other supplements to improve your running.

On training days, have a meal about three to four hours before you run if you can. This should be low in fat and fibre and high in carbohydrate and include some protein. Then have a snack half an hour to an hour before your training.

Try to eat some starchy food within two hours of finishing an event or when completing a training run – your muscles can replace energy (glycogen) twice as quickly during this time.

The week before your run

It's very important both in the days before your run and during it that you stick to food and drink that you have tried before. Don't start trying lots of new foods as it may affect your digestion.

If you're going to be running for

longer than 90 minutes, for example a marathon or half-marathon, you will perform better if you follow a programme of carbohydrate-loading in the three days before the run. This involves reducing your training and increasing the amount of starchy foods you eat while cutting down on protein. Sports dieticians recommend that in the three days leading up to the run more than the normal 60% of your food intake should be carbohydrates. This is important for maximising your muscles' energy stores.

The morning of your run

On the day of the run, have a meal that is high in carbohydrate and low in protein, fibre and fat, for example porridge with a banana or toast with honey. This will top up the level of energy in your muscles – particularly important if your run is first thing in the morning after eating nothing overnight.

Eat this meal between one and four hours before the start of the run so your stomach has time to empty.

AFTER THE RUN

Don't let yourself get cold by standing around after you have finished. Make sure you keep moving, especially if you feel dizzy, and have something to drink. Collect your bag as soon as you can and change into warm, dry clothing – foil blankets will help, but won't stop you from getting cold. Then go to wherever you have arranged to meet your friends and family.

If you haven't drunk enough or eaten anything, you can feel faint even over half an hour after finishing a run. If this happens, have something to eat and drink, but don't drink too much.

RUN NUMBERS

It is important to fill in all the requested information on the back of your run number – including contact numbers for the day of the event. You must run with your own run number and not let anyone else use it if you decide not to take part.

Agreeing to the conditions of entry means only you are registered to this number. This will help medical staff identify you in case of an emergency – imagine the stress that could be caused to friends and family if someone is mistakenly identified.



For all your training needs visit:

www.greatruntraining.org

