

# What have I been sent?



great north  
run

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## YOUR RUN NUMBER

Please check that your run number is identical to the master number on your covering letter. If it is different please contact the Morrisons Great North Run team at [info@greatrun.org](mailto:info@greatrun.org). Please also fill in any additional personal details on the reverse of your number.

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 on to 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 race number timing chips for 2015. These are already attached to the back of your run number so 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 lines.

## Baggage label

Your personal baggage label will be attached to the bottom of your number.



Please ensure that you complete your details on the label and attach this to your bag. If you are not planning to use the baggage buses, please discard this label.

## Great North Run Pasta Party

Your pasta party tickets are attached to the bottom of your run number. See page 18 for more information.

## Great Run vouchers

Your run number also contains special offer vouchers from Aqua Pura, PUMA, Speedflex, Barbour and Benfield.

## GREAT RUN APP

The Great Run app is available for download from iTunes. Please review the information carefully and keep it on your phone for event day. It's great for last minute advice, handy maps and as a guide for spectators.

## GREAT RUNNERS WELCOME HERE

Great Runners Welcome Here brings you a great range of special offers from local businesses. Bars, restaurants, cafes and attractions across the region are involved find out more at [greatrun.org/north](http://greatrun.org/north)

## RECEIVE YOUR FINISHING TIME BY TEXT

You and two of your friends can receive your Morrisons Great North Run finishing time on your mobile phones within seconds of crossing the line. Add some friendly competition by registering for this FREE service. Visit [greatrun.org/SMSRegistration](http://greatrun.org/SMSRegistration) and follow the simple instructions online.

You can also share your results on Twitter. If you'd like Great Run to Tweet your results straight after your run, register now at [socialmediaregistration.greatrun.org](http://socialmediaregistration.greatrun.org). You will need your ID number, which can be found at the top of the covering letter (underneath the barcode) accompanying this magazine.

## WHAT NOW?

The most important thing to do now is read everything we've sent you. The more you know about the run, the better day you'll have on Sunday 13 September. We've tried to answer all your questions over the next few pages, if you can't find the answer to your question please check [greatrun.org/helpdesk](http://greatrun.org/helpdesk) or contact the customer services team at [info@greatrun.org](mailto:info@greatrun.org).



# Final preparation for your Run

By now you should be well into your training and starting to feel comfortable with the distance. This page is designed to assist with your final month's preparation for the Morrisons Great North Run.

## ONE MONTH BEFORE YOUR RUN

### Important training advice

One month before the event you should be able to run eight miles comfortably as part of your structured training plan. If you cannot, you will not manage your event safely and are unlikely to enjoy it. Please do not run on this occasion and consider withdrawing your entry (see page 49).

### Determine your event day kit

By now you should be running in the shoes that you are going to wear on the day. Make sure that you have used the running kit you will be wearing, including both warm and cool weather gear.

### Make your travel arrangements

Please plan your journey in advance and give yourself time to relax on the morning of the run. If you are looking to use the Tyne and Wear Metro to get between the start and finish, now is the time to pre-purchase your ticket. Read pages 38-39 for full travel information and to see local maps.

## THE NIGHT BEFORE YOUR RUN

Don't drink alcohol the night before the run. Remember to respect the challenge of a half marathon! If it's warm the day before, don't spend too long in the sun; stay hydrated and in the shade. Excessive tea and coffee can also cause fluid loss, which is not good on the start line!

### Run number

Please fill in the missing details on the back of your run number. This information may prove invaluable should you require medical assistance on the day.

### Baggage label

If you are planning to use the baggage buses fill out and attach your baggage label to the kit bag you will be using. If not, detach this from your number.

### Weather Watch

Check out the weather report the night before so you know what to expect. You could check the weather on [metoffice.gov.uk](http://metoffice.gov.uk) or [bbc.co.uk/weather](http://bbc.co.uk/weather).

### Motorists, bring supplies!

Pack a separate bag for the car with spare clothing, some water and some food just in case you get delayed.

### What to bring with you on the day

- Run number and safety pins
- Spare bottle of water
- Travel ticket (if bought in advance)
- Kit bag and completed baggage label (if using baggage buses)
- Clothing depending on the weather

### Five tips for the morning of the Run

- ☐ It will be cold first thing in the morning but it could warm up so be prepared.
- ☐ Please aim to arrive early. Thousands of people will be travelling to the area on the morning of the event.
- ☐ Stand in the right place in your assembly zone. If you know that you will soon be walking or running at a slower pace, please stand at the back of your zone so people don't have to push past. (Find out more on page 41 of this magazine.)
- ☐ If you wake up in the morning and don't feel well then don't push it: miss the run this year. You can always withdraw your place to 2016 (please see page 49).
- ☐ Enjoy the experience! We have brought in four big screens at the start, warm-up experts, celebrity starters and the BBC will be covering it all!

## ON THE DAY OF YOUR RUN

### Important medical advice

Many of the serious medical problems occur in people who have been slightly unwell but do not wish to miss the Morrisons Great North Run, or don't want to feel they have let down their friends or sponsoring charity. If you have, or have recently had a cold or flu, or are feverish, have been vomiting, or had chest pain, or otherwise feel weakened or unwell, it is unfair both to you and your family to risk serious illness and become a medical emergency. The Morrisons Great North Run will be back again next year. If you decide to do the run, it may feel like it, but it's not the end of the world if you don't do quite as well as you hoped.

## Travel guide

If you are travelling to the event by car, remember that the start area is in Newcastle upon Tyne and the finish is 13.1 miles away in South Shields, so please decide carefully where you will park.

However with road closures as well as limited parking, public transport is the best way to get to or from the Morrisons Great North Run for runners and spectators. There will be extra bus services, Metro trains and ferry trips throughout the day to help you get around quickly and easily.

## TRAVELLING BY METRO

- The run start is about a 15-minute walk from Haymarket Metro Station in Newcastle City Centre.
- South Shields Metro station is about a 15 minute walk from the finish line.
- Extra Metro services will be running. Trains will be very busy due to the high volume of people travelling, so please expect a significant wait on the way home
- Please see Metro map showing details of all Metro stations.
- Parking all day at Kingston Park,

Northumberland Park, Regent Centre, Bankfoot, Four Lane Ends, East Boldon, Fellgate and Callerton Parkway Stations is free on a Sunday. Heworth Station costs £1.20 for the day.

- For more information on travelling by Metro, please visit [nexus.org.uk/metro](http://nexus.org.uk/metro) or call 0191 20 20 747

## TRAVELLING BY BUS

- The start is about a 15 minute walk from Haymarket bus station in Newcastle City Centre.
- There are also bus services going to nearby Eldon Square bus station and many on-street bus stops.
- Shuttle bus services will be running between the start at Newcastle and the finish at South Shields (see start and finish map for details).
- For more information on bus services, please visit the following websites:

**Arriva bus services:**

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

**Go North East bus services:**

- [simplygo.com](http://simplygo.com)

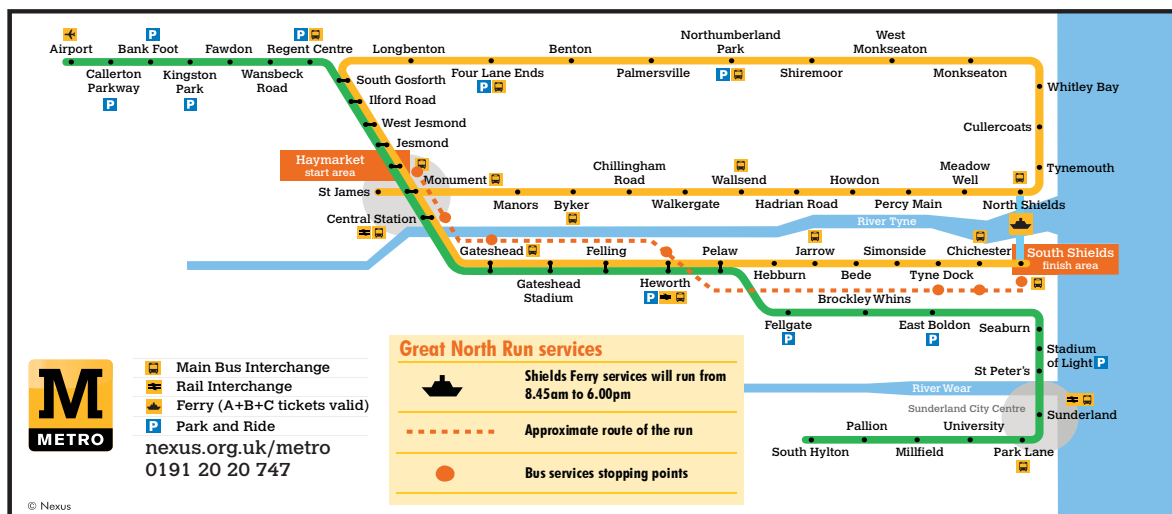
### Stagecoach bus services:

- [stagecoachbus.com](http://stagecoachbus.com)



## TRAVELLING BY FERRY

- The Shields Ferry connects North Shields and South Shields.
- Extra crossings will be operational on the day and will start at 8.45am, running until 6.00pm.





## Buying tickets in advance

Adult tickets	Sunday 13 – single trip	Sunday 13 – all day	Saturday 12 & Sunday 13	Friday 11, Saturday 12, Sunday 13	Buy from
Day Rover	–	£7.00	£14.00	£21.00	networkonetickets.co.uk
Metro* (wristband)	£3.40	£4.60	£9.20	–	nexus.org.uk Nexus TravelShop
Metro* (ticket)	–	£4.60	–	–	Metro ticket machine or Nexus TravelShop
Go North East (m-ticket)	–	£6.00	£11.00	£11.00	simplygo.com/m-ticket

## Buying tickets on the day

Adult tickets	Single trip	All day	Find out more
Day Rover	–	£7.00	networkonetickets.co.uk
Metro*	£3.40	£4.60	nexus.org.uk
Go North East R1 shuttle bus	£3.50	£6.00	simplygo.com
Stagecoach 552/553 shuttle bus	£3.50	£3.90	stagecoachbus.com/newcastle
Shields Ferry	£1.60	£2.60	nexus.org.uk

\*Valid on Metro, the Shields Ferry and Northern Rail trains between Newcastle and Sunderland

- Shuttle buses will connect North Shields Metro Station and ferry landing.
- For more information on travelling by Ferry, please visit [nexus.org.uk](http://nexus.org.uk) or call 0191 20 20 747.

## TRAVELLING BY BIKE

A bike park will be available at Gypsies Green, which is located close to the finish. There is also bike parking at Haven Point on Pier Parade in South Shields. Haven Point also has a pool, showers and café. We recommend that you bring a suitable bike lock and do not leave any valuables with your bike. The organisers cannot be held responsible for any loss or damage.

If you are travelling to the start from here, please see the relevant section of your preferred travel choice.

## TRAVELLING BY CAR

It is important to note no event parking is available at the start. We advise you to use one of the following options:

1) Drive and park at the finish in South Shields then catch a Metro or shuttle bus from the Leas or Bents Park Road to Haymarket Metro and the start. Parking is available on the seafront and

in South Shields town centre. Parking charges will apply so bring some change.

2) Park in one of the designated parking areas in Newcastle City Centre. Do not park in areas which have police restrictions in place.

3) Beat the South Shields traffic and park at a Metro station and catch a Metro to Haymarket station. Parking all day at Kingston Park, Northumberland Park, Regent Centre, Bankfoot, Four Lane Ends, East Boldon, Fellgate and Callerton Parkway Stations is free on a

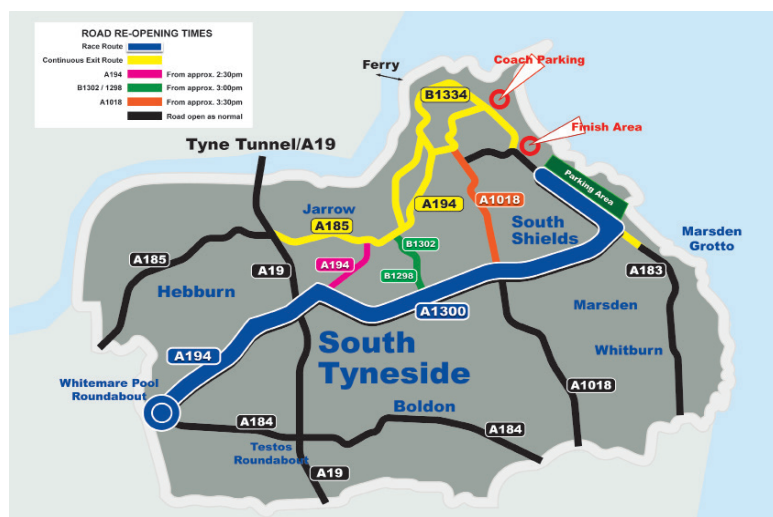
Sunday. Heworth Station costs £1.20 for the day.

4) Get dropped off at the start and collected from the finish. If you are being dropped off at the start we recommend you are dropped off near to Haymarket Metro station. If you have someone coming to collect you from the finish and you are being picked up on the Leas, please be aware that to speed up exit from the car parks there will be no entry after 14.00. Plan your journey in advance and stay relaxed. If you follow this advice you'll be able to relax on the morning of your run and make your day all the more enjoyable.

In the interests of motorists leaving the event, certain roads will be opened in accordance with the times detailed on the map below. Please be patient: 75,000 people exit South Shields after the event and it takes time. For all the local travel information call Traveline Northeast on 0871 200 2233. For up to the minute road advice follow @TyneWearTravel on Twitter.

## NIRVANA COACH INFORMATION

Event transfer pick-up points are available throughout the region. For further information see the advert on page 62 or call 0191 257 1750.





## TICKETS

If you are travelling by more than one form of public transport, Network One ([networkonetickets.co.uk](http://networkonetickets.co.uk)) offer a Day Rover ticket. This provides unlimited travel all day on Metro, any bus in Tyne and Wear (including special Great North Run services), Shields Ferry and the Sunderland-Blaydon rail line.

If you are travelling by bus, Go North East offer day and weekend tickets via their mobile phone app. Search for Go North East in the Apple or Android stores and download a day ticket for £6 (Sunday 13 Sept) or a weekend ticket (Friday 11 Sept - Sunday 13 Sept) for only £11 to give you unlimited travel on any Go North East bus.

## SPECTATORS

If you're seeing friends/relatives off at the start of the run, we recommend that you then head straight for South Shields if you want to see them finish.

- Take the Metro from Haymarket to South Shields – extra trains will be running all day.
- Shuttle bus services will also be running from Haymarket Bus Station to the finish area – see the start map for details.

## STAYING FOR THE WEEKEND?

There's lots to see and do in Tyne and Wear. Get around from your hotel or B&B using our great bus and Metro network. Find out more about how to get to our places of interest on [nexus.org.uk](http://nexus.org.uk) – and see above for the best ticket to buy for convenience and to save money on fares. For information on public transport throughout Tyne and Wear, including Metro, buses, and the Shields Ferry, go to [nexus.org.uk](http://nexus.org.uk), call 0191 202 0747 or email [customerservices@nexus.org.uk](mailto:customerservices@nexus.org.uk).

## GETTING HOME FROM THE FINISH

Avoid the queues for the Metro, the Shields Ferry and bus by having a meal or drink in South Shields before you

head home. Keep up to date with travel news on the day by following @My\_Metro and @gonortheast on Twitter.

# Run finish - South Shields





# Understanding your Number

**Run Number** – This is unique to your entry (including your name) and must not be copied, sold on or transferred

Where you stand at the start is dependent on the following:

The colour of your number

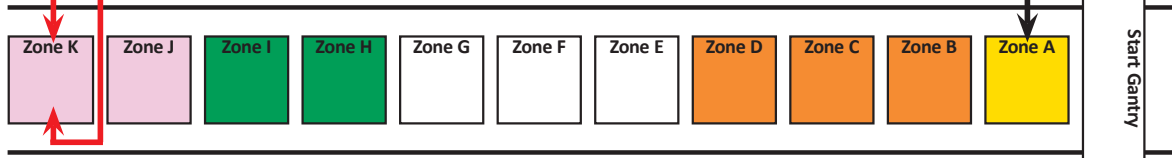
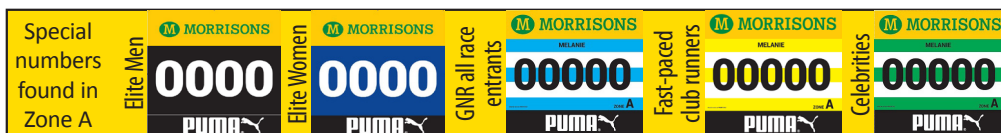
The Zone letter printed here

Therefore if you had received this number you would stand in **Orange Zone B**

**Baggage Label** – Please see the full guide to using the baggage buses on pages 42-43



You can enter your zone from either side



**Timing Chip**

Your name is  Assembly  Assembly  Name on  Date

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 to a new zone further away from the start but cannot move to a zone closer to the start line. For example, if you are with green run numbers you can move back into the pink zone but not forward into the white zone. If this rule is followed, there is no need to change the colour of your run number on event day.

**IMPORTANT RUNNER INFORMATION**

- This is a **SPORTS** event and complies with the rules of the event.
- Only the runner's colour is registered on their run number. The wearing or sale of run numbers is strictly prohibited.
- By displaying this number you are agreeing to abide by the terms, conditions and rules of the above event and for your personal contact details to be released to the event organisers and the emergency services in the event of an accident or illness.

**RUNNER DETAILS**

SURNAME  FIRST NAME

HOME ADDRESS

POST CODE

NAME OF THE HOTEL YOU ARE STAYING AT FOR THE RACE (if applicable)

**EMERGENCY CONTACT DETAILS**

NAME OF CONTACT IN CASE OF EMERGENCY

DATE OF CONTACT IN CASE OF EMERGENCY

IS THIS PERSON WITH YOU AT TODAY'S EVENT? YES ☐ NO ☐

MOBILE TELEPHONE NUMBER

HOME TELEPHONE NUMBER

**MEDICAL / ALLERGY DETAILS**

DO YOU HAVE ANY MEDICAL CONDITIONS SUCH AS HEART DISEASE, EPILEPSY OR DIABETES? YES ☐ NO ☐ (If YES, please give details below)

DO YOU HAVE ANY ALLERGIES THAT YOU ARE AWARE OF? YES ☐ NO ☐ (If YES, please give details below)

ALLERGIES / MEDICAL CONDITION

MEDICATION CURRENTLY BEING TAKEN

Visit [greatrun.org/respectthechallenge](http://greatrun.org/respectthechallenge) for further training and medical advice.

## IMPORTANT NUMBER INFORMATION AND ASSEMBLY INSTRUCTIONS

- Run numbers have been allocated on the basis of your predicted running time.
- Please be considerate to your fellow runners and assemble according to the colour and alphabetical letter of your number as indicated above.
- It is extremely annoying for faster runners to have their run interrupted by slower participants who cannot do the time and are walking. You will still get an accurate time, as this is calculated from your timing chip.
- On the day you must wear your number on your chest, not your back, to be allowed access to your zone.
- You must not use someone else's number, nor let anyone use yours. Imagine the anxiety caused to relatives or friends in the event of misidentification should there be a medical emergency.

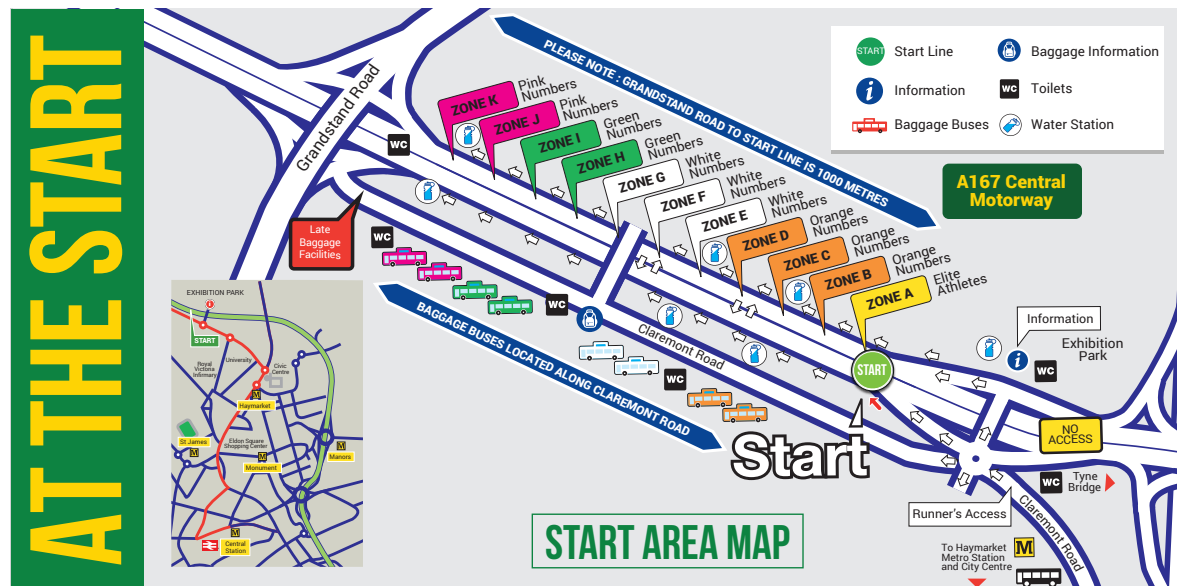
### DON'T DO IT.

- Don't forget your safety pins. Stewards and marshals are instructed to eject runners from the system if they are not wearing their official run number.
- Remember all of our marshals at the start area are there to make the start as smooth and safe as possible. Please help create a friendly Morrisons Great North Run and follow their instructions.

## Back of your run number

The reverse of the number will already be pre-printed with your name and address. It is really important that you take the time to fill in the missing details the night before the run. This could save a lot of stress for friends and family who are waiting to hear from you after the run.

# Key START points to REMEMBER



## PLAN YOUR JOURNEY

There will be thousands of other people heading towards the assembly area so please leave yourself plenty of time to get to the start, especially if you are looking to use the baggage buses located on Claremont Road (adjacent to the start).

Please approach the start area from Claremont Road which brings you safely down to the A167 Central Motorway. Remember you can access your assembly area using both sides of the carriage way.

### LATE START INFORMATION

Runners that arrive late, after the sweep vehicle has left (11.30) will not be allowed to participate. Any decision relating to late arrivals will be made at the sole discretion of the Start Director, and will be taken in the interest of the safety and well-being of all concerned. Please plan your arrival and get to the start on time.

## PARKING

No event parking is available at the start. Please use only designated car parking areas in the city and do not park in areas which have police restrictions in place. Main event parking is on The Leas in South Shields; please see the travel guide (starting p38) for full details.

## INFORMATION OFFICE

No late entries are possible on the day. All queries should be dealt with in advance by emailing [info@greatrun.org](mailto:info@greatrun.org). On the day, our information cabin will handle general enquiries from the Town Moor just up from the start line (see start map above). Alternatively please visit the information point situated within the Morrisons Great North Run Pasta Party on Saturday, 12 September, between 10am and 5pm.

## TOILETS

Toilets at the start are located adjacent to the baggage buses and at the information cabin on the Town Moor. We recommend that you don't forget to

pack some toilet tissue with you, just in case you get caught short!

## BAGGAGE BUSES

38 baggage buses are provided at the start for the safe 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 to charity to allow the reopening of the roads as quickly 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 race however caused.

## TOP 7 BAGGAGE BUS TIPS

- 1. The night before.** Complete all the details on your baggage label (this is attached to your number) and make sure you tie it to your bag.
- 2. Arrive early.** Make sure you allow sufficient time to get to the buses to deposit your bag as they leave at



10.05am prompt. If it's a cold day bring some old clothes to wear while you wait to start which you don't mind discarding before the run. Items will be collected by a clothing charity.

**PLEASE NOTE: LATE BAGGAGE BUSES SHOULD ONLY BE USED BY RUNNERS WHO HAVE ARRIVED LATE TO THE START LINE. THESE VEHICLES WILL NOT ARRIVE AT THE FINISH UNTIL AFTER 1.30PM**

**3. Valuables.** Please remember not to bring any valuables with you to the event. If you bring your mobile phone, please switch it off before you leave your bag.

**4. Remember your bus number.** The baggage buses are colour coded (see signage in windows) so please

deposit your baggage accordingly. Don't forget to remember the number of the bus you left your bag on. Stewards will stamp the bus number on your run number to help you remember.

**5. I missed the bus.** If you miss the buses that depart at 10.05am don't panic, you will be asked to put your bag on one of the late baggage vans at the Grandstand Road end of Claremont Road (see map). These vehicles will be clearly marked and will set off for the finish once the event has started. Any late baggage will be available for

collection from the late baggage vans on their arrival at the finish, or the baggage information cabin.

**6. At the finish.** Buses will be located on the grass by Bents Park Road (see map page 47). Please be aware that for security reasons, access will only be possible for runners wearing their number.

**7. Lost property.** If you can't find your bag at the finish please check at the baggage information cabin. Once the event has closed, any lost baggage enquiries will be handled by emailing [info@greatrun.org](mailto:info@greatrun.org).

**ALL BAGGAGE BUSES DEPART FOR THE FINISH AT 10.05am**

**DO NOT LEAVE YOUR BAG ON THE ROADSIDE EXPECTING IT TO BE COLLECTED AND TAKEN TO THE FINISH FOR YOU. IT WILL NOT AND COULD CAUSE A SECURITY ALERT. YOU MUST ENSURE IT IS PUT ON THE BUS ACCORDING TO YOUR NUMBER.**

### 1. ESSENTIAL GUIDE TO START ASSEMBLY

- On arrival familiarise yourself with the map in your pocket guide. Pay attention to the location of your coloured assembly zone, baggage buses, toilets and information point.
- Follow the signs which lead to the baggage buses (along Claremont Road) if you wish to use them.
- Follow the signs to your coloured assembly zones, your number/ alphabetical letter corresponds with your zone.
- Once at your coloured assembly zone you will be asked to show your number to gain entry.
- Please be considerate to your fellow runners and assemble according to the colour/alphabetical letter of your run number. On the day, signs will be clearly visible to direct you accordingly.
- When in your zone, please move

forward to allow others to assemble behind you.

- Prior to the event starting, make sure you deposit any rubbish or bin liners to the side of the road so as not to cause an obstacle to other runners.
- Behind the start line there will be four big screens which will advise you of any last minute information. After 9.30am these screens will periodically show live footage taken from the BBC.
- Please listen and watch out for any last minute details given either by the PA announcer or alternatively detailed on the big screen.

### 2. WHAT HAPPENS IF I NEED TO LEAVE THE ASSEMBLY ZONE?

- To allow safe management of assembly, each zone has a limit to the number of runners allowed in.
- If you leave your assembly zone, you will be allowed back in by showing event stewards your number up to 10.30am.

### 3. WHAT DO I DO WHEN I HEAR THE START GUN?

Please be patient once the gun has gone and soak up the atmosphere while you make your way to the start line. Don't worry about your time! Your timing chip will not activate until you cross the start line for a completely accurate time over the 13.1 miles.

**PLEASE BE AWARE THAT THE ASSEMBLY ZONES WILL CLOSE AT 10.30am. IF YOU MISS THIS DEADLINE, FOR SAFETY REASONS, MARSHALS WILL ASK YOU TO HEAD TOWARDS THE REAR OF THE FIELD WHERE YOU WILL BE ABLE TO JOIN THE RUN. DON'T WORRY ABOUT YOUR TIME AS YOUR CHIP WILL NOT ACTIVATE UNTIL YOU CROSS THE START LINE**





## ROAD CLOSURE TIMES

Sunday 13 September 2015

20.00 (Saturday) to 1  
A167 Central Motorway  
Cowgate Roundabout to  
Great North Road (B131)  
Interchange



START TIMES 10:10 Elite Wheelchairs 10:15 Elite

## 2015 COURSE

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



### CHARITY CHEERING POINTS

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

### MAP KEY

	Distance Markers		Toilets
	AQUA PURA Drinks Station		Bands On The Run
	Lucozade Sport		Cheering Point
	Shower Units		Photo Point
	Runners Welfare Pick-Up Point		Metro Stations
	Medical Point		Medical Point

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

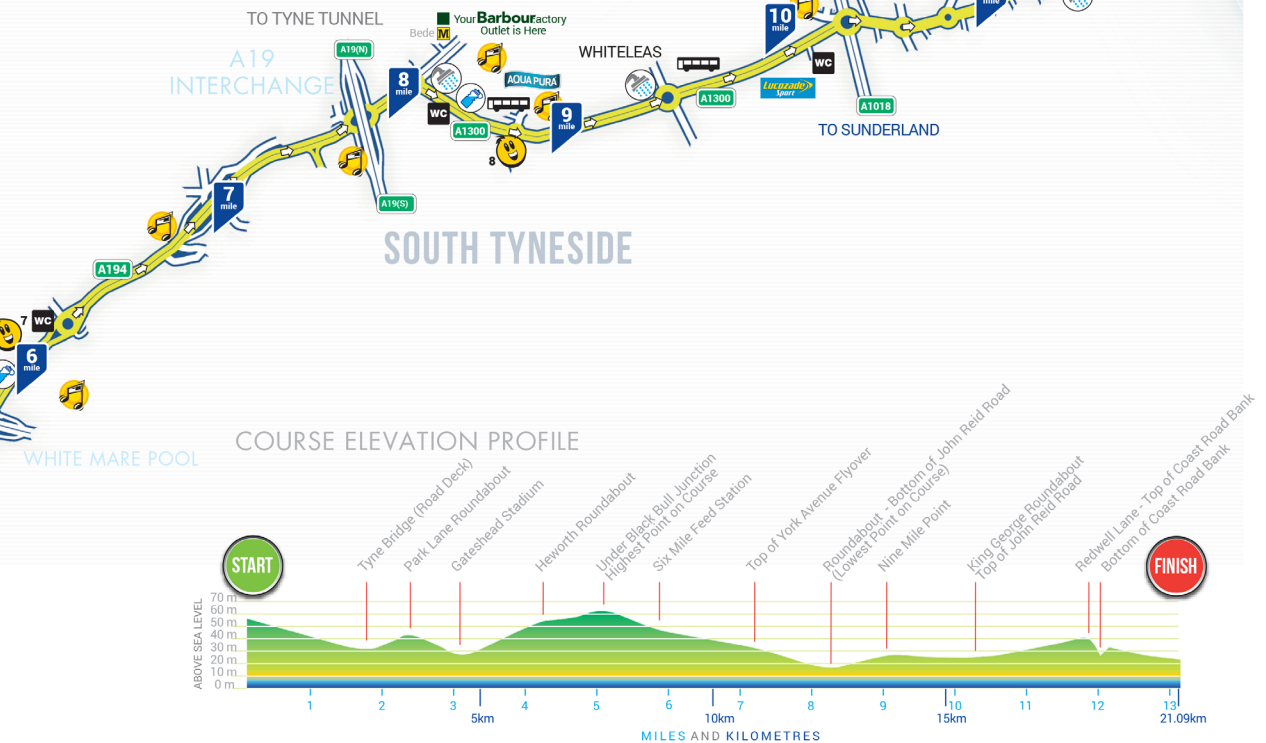


## Runner's Guide

7.00 way (8)	08.45 to 17.00 A167 Central Motorway Including Tyne Bridge B1318 Great North Road Interchange to A184 Park Lane	09.00 to 17.00 A184 Park Lane A184 Felling By-Pass to White Mare Pool Interchange (Leam Lane A194)	09.45 to 16.00 A194 Leam Lane White Mare Pool Interchange to John Reid Road Roundabout (A1300)	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 A183 Redwell Lane/ Coast Road Roundabout to Coast Road (A183) Roundabout with Sea Road and Mowbray Road	02.45 to 17.00 Bents Park Road in South Shields
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## INFORMATION



## MEDICAL POINTS ON THE COURSE

We have a full medical team in place at the event including doctors, nurses, and physiotherapists, the North East Ambulance Service, British Red Cross and St. John Ambulance. There are at least 21 first aid posts along the course as well as mobile medical units. Medics will be situated at each mile point and drinks station, and of course at the finish.

If you have any medical condition, for example asthma or an allergy, detail this on the back of your number, along with any medication so the doctors have the information – just in case you are one of those who need attention. If medical staff 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 recommended that you heed their advice.

## RUNNER'S WELFARE

### Pick-up points

This year we have three pick-up points along the course at the 8½, 9½ and 10¾ mile points. These mini buses are for runners who want to pull out of the event and need to go to the finish area. You will be dropped off as close to the baggage bus area as possible, traffic permitting.

### Event Sweep Vehicle

There will be a sweep vehicle travelling at a designated pace of 17 minutes per mile at the rear of the field. If you fall behind this vehicle you will be deemed to be out of the run and be instructed to complete the remainder of the run on the pavement. If you feel you are unable to complete the run a bus will transport you to the finish.

Finishers Packs, refreshments and the baggage service will be maintained at the finish until all runners have completed the course.



## DRINKS STATIONS

In addition to the start and finish, there are six drinks stations on the course. Bottled Aqua Pura water is available at 3 miles, 5¾ miles, 8½ miles and 11½ miles. Lucozade Sport will be available at 4½ miles and 10 miles (see course map p44-45). It is recommended that you try Lucozade Sport in advance before trying it on the run. Please remember that there are thousands of thirsty runners behind you so please move on from the tables once you have taken your drink. Mains water is available as an emergency back-up, courtesy of Northumbrian Water. Toilets are available on the course at all six water stations.

## SHOWERS

Showers will be set up on the course, so if you need to cool down don't grab extra bottles of water just to pour over yourself. There are three fine mist sprays between 8 and 12 miles – look for the large "shower ahead" signs.

## ENTERTAINMENT ON COURSE

There are 15 official Bands on the Run that are in position at set locations

around the course to help motivate and entertain you throughout your run. We also have 12 charity cheering points this year to cheer you on as you pass. For the location of your charity please refer to the key on the bottom left of this page and the map on p44-45.

## WALKERS

If you are planning on walking the Morrisons Great North Run or at any stage in your run you need to walk for a period, please keep to the left so runners can pass you with ease.

## BLUE FLASHING LIGHTS

During the planning of the Morrisons Great North Run we take every care to ensure the emergency services can still 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 to make this as easy as possible by clearing a route for the vehicle to cross safely.

## DRINKS BOTTLES

Please take care when disposing of your used bottles. Discard them on the side of the road when you get an opportunity, as they can be hazardous to runners behind you.

## FAQs

You can find answers to all FAQs for the Morrisons Great North Run at [greatrun.org](http://greatrun.org).

## Useful contacts

### Event queries (lost numbers etc)

[info@greatrun.org](mailto:info@greatrun.org)

### Nirvana Travel (accommodation)

0191 257 1750

### Newcastle Tourist Information

0191 277 8000

### Traveline (public transport)

0871 200 2233



# What to expect at the finish



There are two key things to bear in mind at the finish: the first is what to expect, and the second is what to do once you're through the finish system. The information below will answer the first point, and then we suggest you take a look at the following pages describing some of the things to do in South Shields. Leaving at peak times will inevitably involve long queues whether you opt for car, bus, metro or ferry so why not stay for a while?

## THE FINISH

We operate four finish systems side by side; our marshals will guide you in. Regardless of which funnel you use your time will be automatically recorded by the chip system. Although it may seem very tempting to stop please keep moving as you cross the line, as there will still be thousands of runners behind you. We have a comprehensive medical service at the finish should you need it.

## AQUA PURA

Keep moving through the finish to the

Aqua Pura water station. Please take only one bottle each. Once you have left the finish you can refill your water bottles at the signed drinking water points behind the finisher's marquee and by the baggage buses.

There is also water at South Shields Metro. Make sure you have extra drinks in your kit bag, with friends or in your car.

## MEDAL

New for 2015, after you collect your water you will reach our medal station where you will be presented with your well-earned finisher's medal.

## FINISHERS PACKS

To collect your Finishers Pack, simply follow the overhead signs in accordance with the t-shirt size you indicated at entry. Your pack also contains, a space blanket, a bottle of Lucozade Sport and other goodies. Non finishers are not eligible for Finishers Packs. **PLEASE NOTE IT IS STRICTLY ONE PACK PER FINISHER.**

## MEETING UP

The family reunion area is at the exit from the finish on the grass on the seaward side. Follow the signs to "Family Reunion". Meet up under the A-Z banner that matches the first letter of the runner's surname. You might choose to meet up elsewhere, e.g. at a charity tent or at your car – the important thing is to agree this in advance with everyone in your party.

## RECLAIMING YOUR BAGGAGE

The baggage buses are parked near the finish on the grass by Bents Park Road. Retain your number as only runners are allowed on board the buses. Late finishers may find that the buses have gone, if so, your bag will be held at the baggage information tent. Changing marquees and toilets are situated on the grassed area beyond the buses.

## MESSAGE CENTRE

If you can't find someone, try using the Message Centre next to the Information Point where you can leave messages

for friends and family. If that doesn't work then speak to the information team next door. We have specialist staff to help with general, travel and medical queries.

### FINISHER'S MARQUEE, FOOD & DRINK

Gypsies Green open air stadium contains the finisher's marquee, complete with food, drink and entertainment. Come and visit our official sportswear partner PUMA who will be present near the Charity Village on the day and see the new range of Great Run merchandise. We have a fantastic range of food at the catering courts near the finish, so whether you're looking for coffee or cakes you're bound to find something tasty.

Lucozade Sport will be waiting to meet you and Sony are on hand to showcase their latest runner friendly headphones.

### TOILETS

Gypsies Green open air stadium

contains the largest number of toilets, but you will find more in the Charity Village and in the Family Reunion area. There are also toilets near the grandstand and along the Coast Road and by the changing marquee. Male urinals/women only loos will be located near the Information Point.

### CHARITY VILLAGE

There are 100 charities with marquees in the Charity Village to meet and greet runners. Many of them will be



providing refreshments, massage and entertainment making it a great place for some post-event relaxation. Contact your charity to see if they will be there.

### RESULTS

Results will be available at [greatrun.org](http://greatrun.org) as soon as you have crossed the finish line. Check out [greatrun.org](http://greatrun.org) for video and photo downloads too.

### WHAT TO DO AFTERWARDS

The foreshore area at South Shields has some great pubs and cafes. If you're looking to keep children entertained while waiting don't forget about the South Marine Park, Ocean Beach Pleasure Park and Dunes Bowl & Amusements Centre, the brand new Haven Point Pool & Leisure Centre, as well as of course, the fantastic beach. There are more places to eat and drink in the town centre, including the world famous Ocean Road with its huge choice of Indian restaurants and the award-winning Colman's fish and chips.

# HAVE A GREAT DAY AND ENJOY THE RUN!

### Acknowledgements

**The organisers of the Morrisons Great North Run would like to thank all of the various individuals, organisations and companies who have helped in the build up to the event.**

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