

RUNNERS' GUIDE

THE ITEMS IN YOUR RUN PACK ARE IMPORTANT – PLEASE READ THIS SECTION CAREFULLY

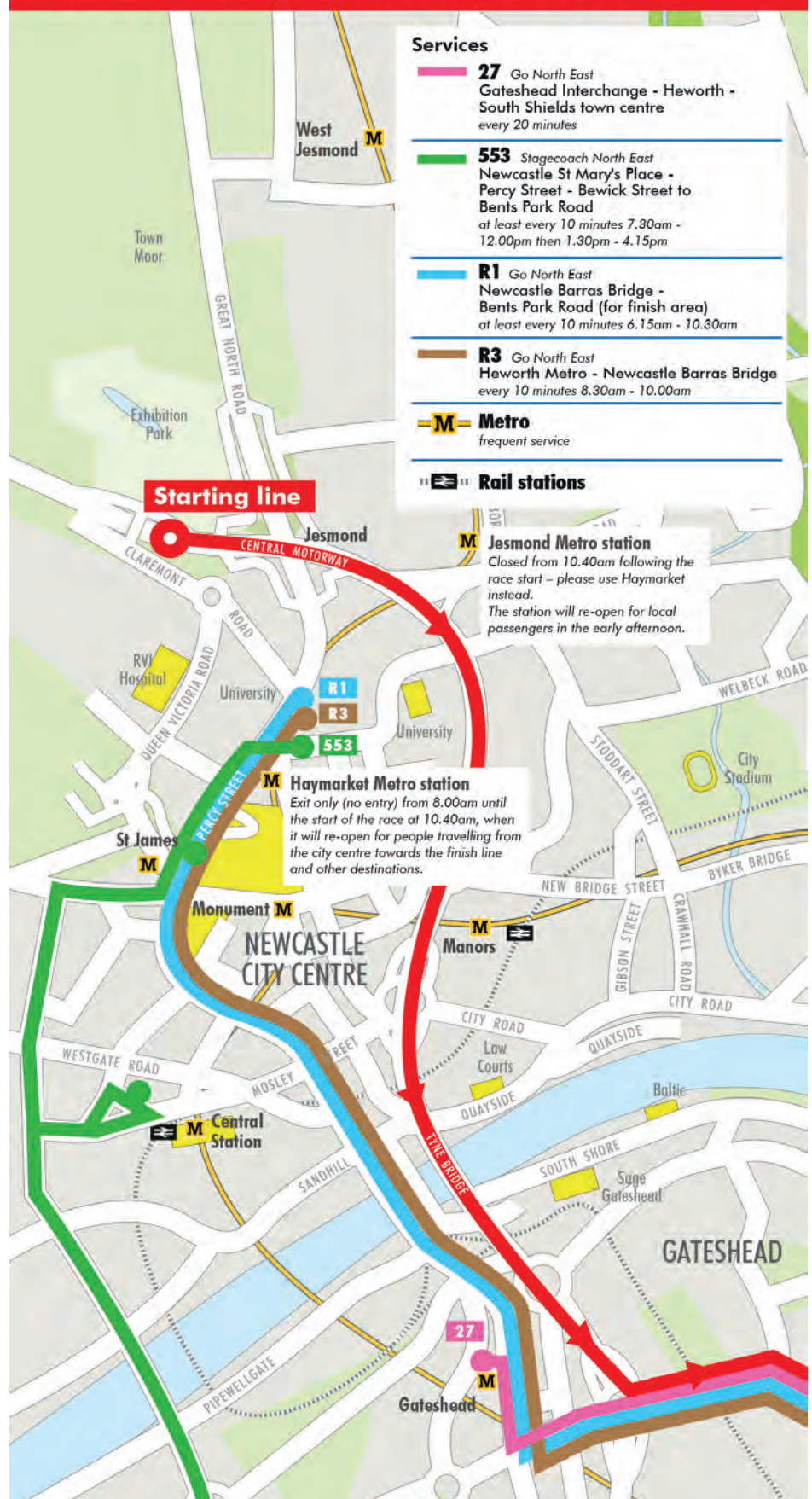
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ABOUT YOUR NUMBER AND TIMING CHIP

- Check that your run number is identical to the master number on your covering letter. If not, contact the Great North Run team at info@greatrun.org
- This is your unique number and only you must wear it on the day. Please don't swap, change or copy it.
- 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.
- A timing chip is attached to the back of your run number and it will automatically scan when you cross the start and finish lines. Please don't remove it or you will not get an accurate time.
- Remember to fasten your number securely to the front of your top using four safety pins, one at each corner. You must finish with your number intact in order to claim your Finishers Pack.
- If you intend using the baggage buses, your personal baggage label will be

Run start - Newcastle



attached to your number. Complete your details and fasten securely to your bag.

- Your free Pasta Party tickets are attached to the bottom of your number.
- Visit greatrun.org/north for the printer friendly version of your *On the Day* guide.

GREAT RUN APP

Download the new Great Run app from iTunes or Google Play. It's great for tracking runners, handy maps and as a guide for spectators.

SHARE YOUR FINISHING TIME

You can share your results for free on your social media platforms. If you'd like Great Run to Tweet your results straight after your run or post on Facebook, register now at 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.

FREE WIFI

There will be free wifi available to all runners and spectators on event day at both the start and finish areas.

Simply locate 'Great Run Free Wifi' on mobile devices and enter your email address



IMPORTANT MEDICAL ADVICE

Many of the serious medical problems occur in people who have been slightly unwell but do not wish to miss the 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, are feverish or have been vomiting or had chest pain or otherwise feel weakened or unwell, it is unfair to both you and your family to risk serious illness and become a medical emergency and should withdraw your entry till the following year.

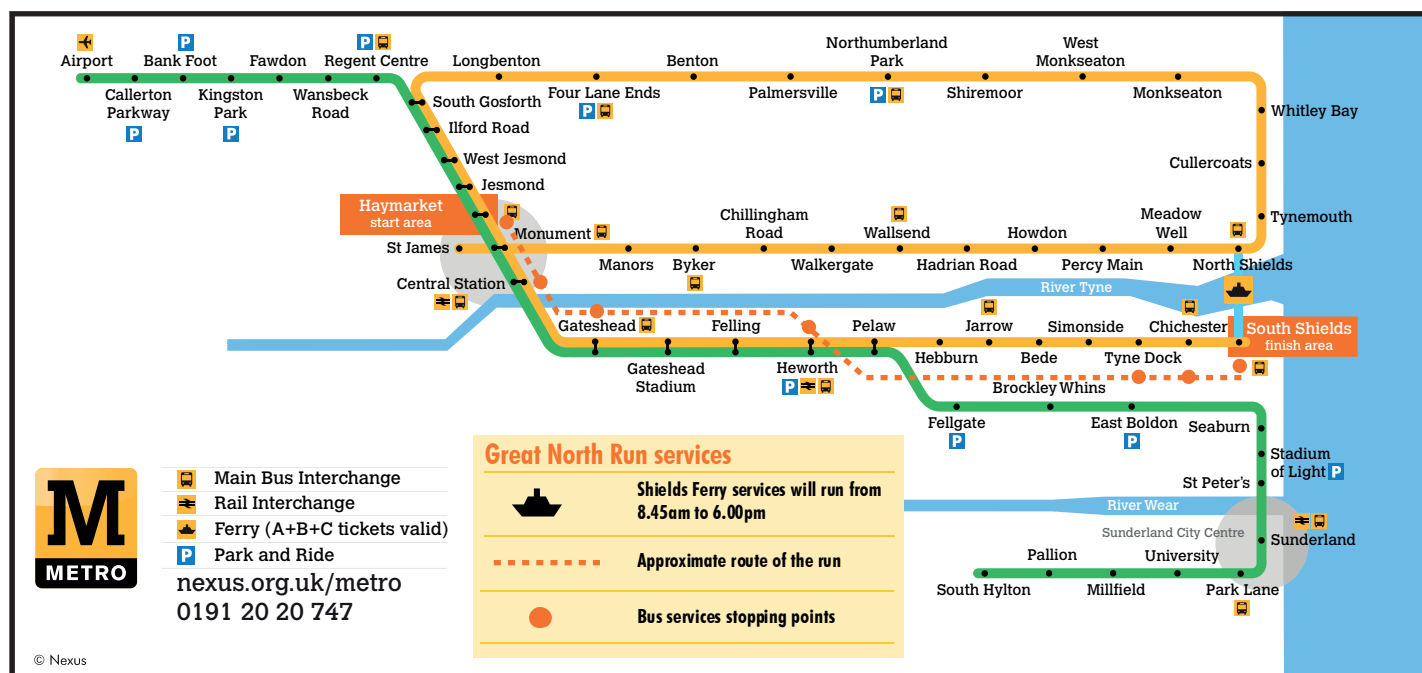
For more information on withdrawal, see page 45.

GETTING THERE

Allow plenty of time to get to the start. Newcastle has an excellent public transport system, so please consider these options wherever possible.

Travelling by car

There is no 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 as roads might be closed for the event.



Consider parking at a Metro station, as detailed below, and hop on Metro for the remainder of your journey.

Get dropped off near to Haymarket Metro and walk to the start, approximately 15 minutes.

Travelling by Metro

The run start is about 15 minutes walk from Haymarket Metro station in Newcastle City Centre.

South Shields Metro station is about 15 minutes walk from the finish line.

Trains will be extremely busy so please leave plenty of time to get to the start.

Please expect a significant wait on the way home at South Shields Metro station.

Tyne and Wear Metro will be running additional services 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.

Parking is available at Callerton Parkway, Bank Foot, Kingston Park, Regent Centre, Four Lane Ends, Northumberland Park, Heworth, East Boldon and Stadium of Light stations.

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 before using Metro on the day.

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

Go North East bus services: simplygo.com

Stagecoach bus services:

stagecoachbus.com

Run finish - South Shields



Travelling by ferry

The Shields Ferry connects North Shields and South Shields.

Extra crossings will be operational on the day from 8.45am until 6.00pm

Shuttle buses will connect North Shields Metro Station and ferry landing

For more information visit nexus.org.uk or call **0191 20 20 747**

Travelling by bike

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

TICKETS

Network One offer Day Rover tickets that provide unlimited travel all day on Metro, any bus in Tyne and Wear, Shields Ferry and the Sunderland-Blaydon rail line. Visit 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 11 Sept) or a weekend ticket (Fri 9-Sun 11 Sept) for £11.

Tickets for travel on Metro can also be bought in advance. Buy a wristband that's valid for a single trip (£3.30) or all day on 11 September (£4.80); or for Saturday 10 and Sunday 11 September (£9.60) from nexus.org.uk. Or buy a GNR day ticket (£4.80 – valid on 11 September) in advance from any Metro station ticket machine.

Buy tickets for Stagecoach buses from the driver on the day, including a Dayrider (£3.95) for travel all day.

And buy tickets for the Shields Ferry 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

@My_Metro

@gonortheast

@StagecoachNE

NIRVANA COACH TRAVEL

For information on event transfer pick up points throughout the region visit

nirvanaeurope.com

Be patient and prepared – however you decide to travel to and from the event, it will be busy so expect delays.

GREAT NORTH CITYGAMES, GREAT NORTH 5K AND JUNIOR & MINI GREAT NORTH RUN

As well as the Great North Run, the city will also be hosting the Great North 5k, which kicks off the weekend on the morning of Saturday 10 September, followed by the Mini Great North Run.

On the Saturday afternoon it's the turn of the Junior Great North Runners before a host of international athletics stars head to the purpose-built arena on the Quayside for the Great North CityGames, exciting and innovative street athletics.

For more information on the Great North 5k and children's events, visit greatrun.org/north. Find out more about the Great North CityGames at greatcitygames.org

RUN FACILITIES

Information Point

This is located on the Town Moor, just up from the start line (see map on page 40) for general enquiries, open from 7.30am. Alternatively visit the Information Point situated within the Great North Run Pasta Party on Saturday 10 September, between 10am and 5pm. For entry, run number or timing chip problems please check the FAQ section at greatrun.org or email the Great North Run team at info@greatrun.org in advance.

Baggage buses

Thirty-eight baggage buses are 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 to charity to allow the reopening of the roads as soon as possible.

Baggage bus tips

- 1 Prepare the night before, fill out and attach your baggage label securely
- 2 Arrive early to deposit your bag, buses leave at 10.05am prompt
- 3 Do not leave valuables in your bags. 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.
- 4 Buses are colour coded (see window signage). Don't forget which number bus you left your bag on (stewards will stamp your run number to help you)
- 5 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 at the finish until after 1.30pm. Late baggage can be collected from the vans on arrival or the baggage information cabin.
- 6 At the finish baggage buses will be located on the grass by Bents Park Road (see map on page 43) For security reasons, access will only be granted to runners wearing their numbers.
- 7 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
- 8 Do not leave your bag unattended at any time as this could cause a security alert.

TOILETS

At the start toilets are located adjacent to the baggage buses and at the Information Point on the Town Moor. We recommend you bring some toilet tissue with you, just in case you get caught short!

great north run®

START TIMES 10:10 Elite Wheelchairs 10:15 Elite Women 10:40 Great North Run 13:15 Red Arrows Display

*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. Tommy's
5. Leukaemia & Lymphoma Research
6. Stroke Association
7. Guide Dogs
8. British Heart Foundation
9. Breast Cancer Care
10. Mind
11. NSPCC
12. Cancer Research UK

MAP KEY

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

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



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

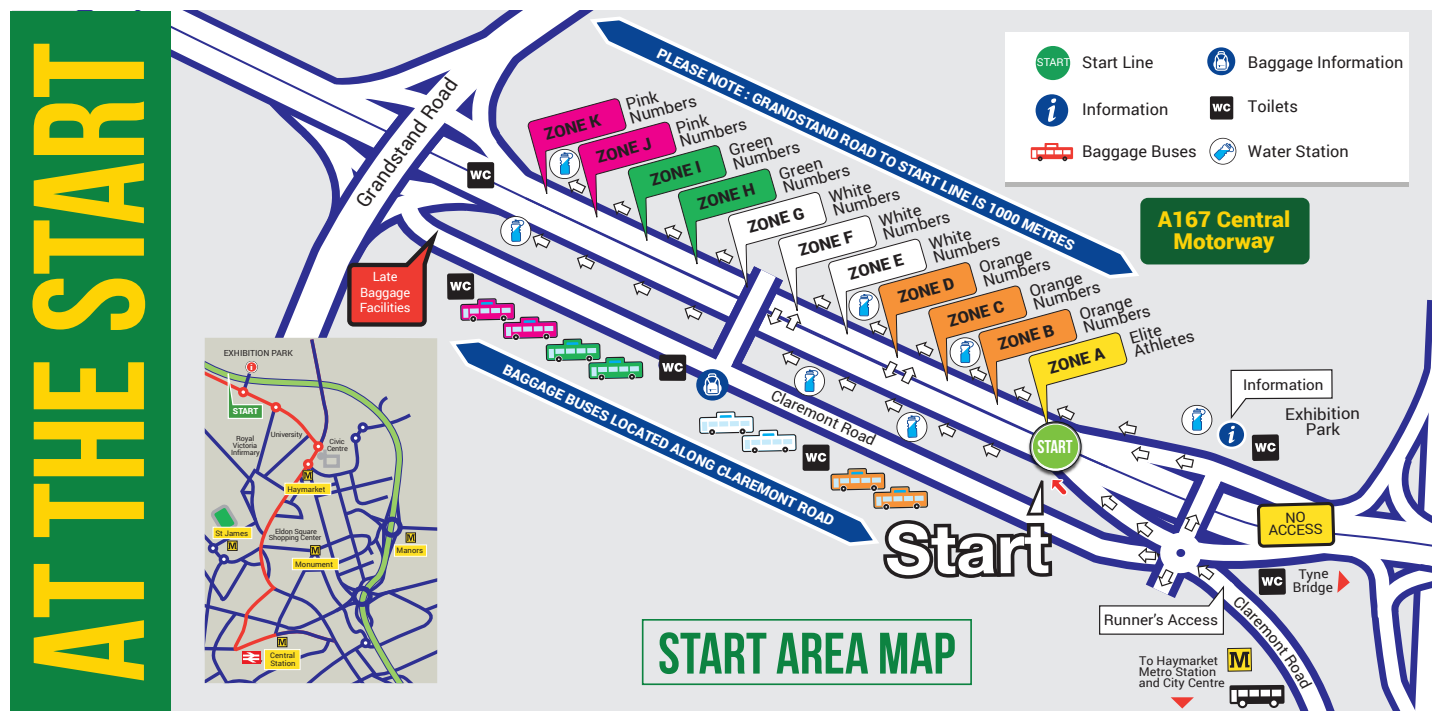
09.45 to 16.00
A194 Leam Lane
White Mare Pool
Interchange to John Reid
Road Roundabout (A1300)

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





AT THE START

- Make sure you read this magazine so you are aware of the location of your coloured assembly zone, baggage buses, toilets and Information Point.
- If you wish to use the baggage buses, follow the signs along Clarendon Road.
- Follow the signs to your coloured assembly zone, your number/alphabetical letter corresponds with your zone. You will need to show your number to gain access to your zone.
- Be considerate of other runners and assemble according to your colour/ alphabetical letter. Move forward to allow others to assemble behind you.
- Prior to the start, deposit any rubbish, bin liners or old clothing to the side of the road to avoid causing obstacles to other runners.
- Four big screens behind the start line will advise you of any last minute information, so please watch. After 9.30am these will periodically show live footage from the BBC.
- Listen out for any information given by the PA announcer.
- Each assembly zone has a limit to number of runners allowed in. You can leave your zone and will be allowed back

in up to 10.30am, by showing the steward your number.

- 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.
- Assembly zones will close at 10.30am. If you miss this deadline, marshals will direct you to the rear of the field where you will be able to join the run.
- Any runners that arrive late to the start, 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.

ABOUT THE COURSE

- The Great North Run features a 13.1-mile course which has been officially measured and certified.
- There is 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, with at least 21 first aid points along the course and mobile medical units. Medics will be situated at

each mile point and drinks station and at the finish. If you require assistance and 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.

- There are three runner's welfare pick up points along the course at 8½, 9½ and 10½ mile points. If you are unable to continue, these mini buses will transport you to the finish area, as near to the baggage bus area as possible.
- The event sweep vehicle will travel at a designated pace of 17 minutes per mile at the rear of the field. If you fall behind this vehicle you will be instructed to complete the remainder of the event on the pavement. If you feel unable to continue, a bus will transport you to the finish. The finish area will remain in place until the last entrant has crossed the finish line.
- In addition to the start and finish, there are six drinks stations on the course. Bottled Aqua Pura Water is available at 3 miles, 5½ miles, 8½ and 11½ miles. Lucozade Sport is available at 4½ and 10 miles (see map on p40-41). Be courteous of runners behind you, take only one bottle per station and move on once you

have taken your drink. Take care when disposing of bottles and discard at the side of the road to avoid hazards to other runners. Do not throw bottles over the barriers onto the live side of the road. Mains water, supplied by Northumbrian Water, is available as an emergency back up. Toilets are available at all six drink stations.

- There are three fine mist run through showers on course between 8 and 12 miles if you need to cool down. Look out for the large 'shower ahead' signs.
- There are 13 official Bands on the Run, in set locations around the course to help motivate and entertain you, as well as 12 charity cheering points. Refer to the key on the course map on p40-41 to see where charities are located.
- If you are planning to walk the Great North Run or find at any stage you need to walk for a period, please keep to the left so runners can pass you with ease.
- 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 need to cross the course, we ask you make this as

easy as possible by clearing a route for the vehicle to cross safely.

- For any queries, check out the FAQ section at greatrun.org

Useful contacts

Event queries (lost numbers etc) –

info@greatrun.org

Nirvana Travel (accommodation) –

0191 257 1750

Newcastle Tourist Information –

0191 277 8000

Traveline (public transport) –

0871 200 2233

THE FINISH

- 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 keep moving once you cross the finish line, as there will still be thousands of runners coming in 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. Bottles can be

refilled at the signed drinking water points behind the finisher's 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 extra in your kit bag.

- When you reach the medal station, you will be presented with your well-earned finisher's medal rather than finding this in your Finisher's Pack.

• Follow the overhead signs to the Finisher's Packs and take one in accordance with the T-shirt size you indicated on your entry form. Your pack will also contain a space blanket, bottle of Lucozade Sport and other goodies.

PLEASE NOTE 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?

COLLECTING YOUR BAGGAGE AND MEETING UP

The family reunion area 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 choose to meet up elsewhere, make sure you plan this in advance of event day so everyone in your party is aware. If you can't find someone, try using the Message Centre next to the Information Point.

Retain your run number until you have collected your baggage as only runners will be allowed on board. The buses are parked near the finish on the grass by Bents Park Road. If you are a late finisher and the buses have left, your bag will be held at the baggage information tent. Changing marquees and toilets are situated on the grassed area beyond the buses.

CHARITY VILLAGE

There are 112 charities with marquees in the Charity Village to meet and greet runners, with many 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 by the Finishers' Marquee. The Charity Village is where you will find our official partners: Puma, TomTom, Pure Gym and 9BAR.

OFFICIAL PARTNERS

PUMA – Once you #CrossTheLine, head to see PUMA who are waiting to celebrate your victory with a unique

photo opportunity, then browse the latest range of PUMA Ignite running shoes to help you stay #ForeverFaster on your next run.

Aqua Pura is the Official Water Brand of the Great North Run – grab your bottle before the run at the start, out on the course and at the finish line!

Lucozade Sport is the Official Sports Drink Partner – Lucozade Sport is available in all Finisher's Packs.

Series sponsor **Duracell** wants to help you unlock the power to go for longer. Stick close to one of the Duracell bunny pacemakers. They'll help you pace your run and go for longer to achieve your best time. Duracell bunnies are also out in the crowd handing out Duracell PowerBoards, so look out for your friends and family holding out special motivational messages just for you!

TomTom – Official Wearable Technology Partner – come and visit our brand new partner located by the charity village..

Pure Gym is the Official Gym Partner – check out one of our 150 gyms nationwide by using promo code GREATR7 for a seven-day pass, or use promo code GRNRTH10 for zero joining fee when you sign up.

9BAR is our Official Energy Bar Partner – Super Seed 9BAR is available in all Finisher's Packs providing a natural good energy fix!

FINISHERS' MARQUEE, FOOD, DRINK & MASSAGE

Gypsies Green open air stadium contains the finishers' marquee bar and live music stage. Next to it is the Find-a-Physio Massage Zone (by the Bronze Charity tent). You can pre book your slot by visiting find-aphysio.com, then just click on the 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 are located near to the Information Point.

GREAT RUN ONLINE

Full results will be available at greatrun.org, together with run reports and details of other Great Runs in 2016. Official Great North Run photographers will be there to capture some of your proudest moments. Visit greatrun.org and follow links to your own Great Run photo album.

SEE YOURSELF ON TV

The 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.

ACKNOWLEDGEMENTS

The organisers of the 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.

Special thanks go to: Great Run, Aqua Pura, 9BAR, 13 Strides, Alan Carr Print and Design, Arts Council North East, Athletics Weekly Ltd, Aurora AC, Bands on the Run, BBC North East, BBC Radio Five live, BBC Sport, Benfield Motors, Birtley AC, Blackhill Bounders, British Red Cross, Chester-le-Street Harriers, Coldstream Guards, Darlington Harriers, Duracell, Durham City Harriers, Durham 6th Form Centre, Elvet Striders, Gateshead RFC, Gateshead MBC, Gateshead Senators, Gateshead Scouts, Girls Venture Corps Air Cadets, INEOS, Jarrow & Hebburn AC, Jerrovians RUFC, Lucozade Sport, Metro Radio/Magic 1152, National Trust, NB Group, New Marske Harriers, Newcastle College, Newcastle City Council, Newcastle Journal, Newton Aycliffe AC, Nexus, NGI, Nirvana Europe, North Durham RUFC, North East Ambulance Service, Northern Counties AA Officials, Northumbria Police & Police Cadets, Northumbrian Water, Penny Print, Puma, Pure Gym, Queen Elizabeth Hospital Gateshead, Redcar Running Club, Ryton Tri, RVI Newcastle, Doctors & Nurses, Shildon AC, South Shields Harriers AC, South Tyneside District Hospital, South Tyneside MBC, South Tyneside Scouts, Sport England, St. Anthony's Academy Sunderland, St. Clare's Hospice, St. John Ambulance Brigade, Sunderland Harriers & Strollers, 204th (Tyneside Scottish) TA 201, (N) Field Hospital Regiment, Territorial Army (Hebburn), The Journal, The Royal Marines, TNT, TomTom, T&W Metropolitan Fire Brigade, Vodafone Just Giving, Voluntary stewards and marshals, Westoe Rugby Club Juniors

RUN WITHDRAWAL POLICY



RUNNING is good for the heart and, over the past 35 years, more than a million runners have successfully taken part in Great Run events. We fully recognise however that there may be a number of reasons why people may not have been able to prepare and train properly for the event.

In this instance, please be aware that our withdrawal policy enables people to come back next year when they have had better preparation. Should you find yourself in this position, please read on for details of what to do.

A person who has been accepted as an entrant in the 2016 Great North Run who subsequently decides not to run prior to the event is eligible for a guaranteed place at the **standard entry fee** in the 2017 Great North Run.

- Entrants can only withdraw their place for a maximum of one year.
- Once the entrant has committed to withdrawing their entry they cannot be reinstated into the 2016 event. Their decision is final.
- All requests to withdraw entry must be made prior to the event. No withdrawals can be made retrospectively.

The following procedures must be adopted when requesting a withdrawal:

BY POST: In order to withdraw your place until 2017, you must send back the completed withdrawal slip shown below along with your event number (with timing chip attached) to Great North Run 2016 Withdrawal, PO BOX 1RY, Newcastle upon Tyne, NE99 1RY. Withdrawal by post will be accepted if the postmark is September 10, 2016 or before.

IN PERSON: If withdrawing your entry in person you must bring your slip requesting withdrawal along with your run number/timing to the Great North Run Information Desk at the Great North Run Pasta Party on Saturday September 10, 2017. The latest time that a withdrawal will be accepted in person is 3.00pm on Saturday September 10, 2016.

What happens next?

Entrants opting for withdrawal will be added to a database and will be contacted via email in November, prior to the opening of the ballot for the 2017 Great North Run. Charity withdrawals will be passed back to the relevant charity to action. They will be given a period of 28 days to commit and pay for the guaranteed place in 2017. If you haven't received anything by December, please get in touch with us by emailing info@greatrun.org.

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 2017 Great North Run.

Transferring the guaranteed place to another person is not permitted.

Please note that payment is not carried over, the entry fee for 2017 must be paid for upon registration.



2016 Great North Run WITHDRAWAL SLIP



I wish to withdraw my entry from 2016 to 2017

Name: Race number

Address:
.....

Signed Dated

Checklist

- Have you included:
- ☐ Completed withdrawal slip
 - ☐ Run number/timing chip
- Detach this slip and return with your run number/timing chip