



SPECTATORS' *GUIDE*



@great_run



@greatnorthrunGNR



@great_run



TRAVEL

The best way to get around during the Simplyhealth Great North Run Weekend is public transport. Sunday road closures mean your journey will probably take longer than you think. See the map in this guide for a timetable and more details. Make sure you plan your journey to and from the events in advance.

BY CAR

Saturday 8 September - Quayside Events

If you're planning on coming along to watch the Saturday events, use Newcastle and Gateshead city centre car parks as there will be no on-site parking provided. From here you can walk to the Quayside, activities start from 8:30am and continue throughout the day.

Sunday 9 September - Simplyhealth Great North Run

There is no official event parking available at the start. If you decide to travel by car please remember the finish line is 13.1 miles away, so decide carefully where to park

You can park in one of the city centre car parks (see city centre map) but don't park in areas that have police restrictions in place. You can walk to the start which is located near Claremont Road Bridge.

If you're planning on meeting a runner at the finish, catch the Metro to South Shields or jump on a bus which runs between Newcastle Haymarket and South Shields. Go North East service R1 runs a frequent service will run in both directions from 07:00-12:00.

Alternatively, drive to and park at the finish. Parking charges apply around South Shields town centre. Parking will be available at the finish operating from 06:15 - 13:00, on the Leas or at Bents Park Playing Fields, for £10.

Consider parking at a Metro station (available at Callerton Parkway, Bank Foot, Kingston Park, Regent Centre, Four Lane Ends, Northumberland Park, Heworth, Fellgate, East Boldon or Stadium of Light) and hop on the Metro for the remainder of your journey to the start or finish.

For up to the minute information on the day, including road re-openings, tune into Metro Radio 97.1FM.



TRAVEL

BY METRO

Saturday 8 September - Quayside Events

The Quayside is a short walk from Newcastle city centre. Central Station or Monument are the closest stations in Newcastle, both around a 10 minute walk away. You can also reach the Quayside from Gateshead Interchange, which is a 15-20 minute walk away on the south side of the river.

Sunday 9 September - Simplyhealth Great North Run

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 very busy getting to the start and back again afterwards, so please expect delays and allow plenty of time. There will be Metro station closures in place and advance tickets on sale to speed up passenger flows.

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 passengers to the start of the run. Once the run has started there will be a train every 7.5 minutes from Newcastle to South Shields. After the run, there will be a train every 7.5 minutes from South Shields into Newcastle, visit nexus.org.uk for more information.

BY BUS

Arriva, Go North East and Stagecoach will provide extra bus services alongside their regular services. For full service and timetable details visit gonortheast.co.uk, stagecoachbus.com and arrivabus.co.uk/North-East

BY FERRY

The Shields Ferry operates connections between North Shields and South Shields and extra crossings will be operational on the day from 8.45am until 6.00pm

SATURDAY 8 SEPTEMBER

SIMPLYHEALTH MINI & JUNIOR GREAT NORTH RUN
& GREAT NORTH CITYGAMES

- 08:40 - Mini Great North Run Purple Wave**
- 09:20 - Mini Great North Run Blue Wave**
- 09:30 - Great North Pasta Party Opens**
- 10:00 - Mini Great North Run Pink Wave**
- 10:40 - Mini Great North Run Orange Wave**
- 11:20 - Mini Great North Run Green Wave**
- 11:55 - Mini Great North Run Red Wave**
- 12:15 - Junior & Mini Great North Run Wheelchair Race**
- 13:15 - Great North CityGames Start**
 - Pole Vault Women - Long Jump Men
 - 110m Hurdles Men - 150m Men - 150m women -
 - 100m Hurdles Women - 500m Women - 500m Men
- 15:09 - Junior Great North Run Boys Red Wave**
- 15:13 - Junior Great North Run Girls Red Wave**
- 15:19 - Junior Great North Run Boys Blue Wave**
- 15:24 - Junior Great North Run Girls Blue Wave**
- 15:50 - Junior Great North Run Girls Green Wave**
- 15:55 - Junior Great North Run Girls Orange Wave**
- 16:25 - Junior Great North Run Boys Green Wave**
- 16:30 - Junior Great North Run Boys Orange Wave**
- 17:10 - Great North 5k Start**
- 17:30 - Great North Pasta Party Closes**

SUNDAY 9 SEPTEMBER

SIMPLYHEALTH GREAT NORTH RUN

- 09:30 - BBC One live coverage starts**
- 10:10 - Elite Wheelchair start**
- 10:15 - Elite Women start**
- 10:40 - Elite Men and mass start**
- 11:05 - Red Arrows flypast the Tyne Bridge**
- 13:15 - Red Arrows display (South Shields)**
- 13:30 - BBC One live coverage ends**
- 17:00 - BBC One highlights programme**

All times correct at time of going to press but may be subject to change.

For up to the minute information on these and all Great Run events visit
greatrun.org.

NEWCASTLE GATESHEAD



GREAT NORTH CITYGAMES

Saturday 8 September, 13:15 - 16:15

The Great North CityGames has become an established highlight in an action-packed sporting weekend for the region. Once again the event is set to bring world-class athletics competition to the NewcastleGateshead Quayside. Taking place on a unique, purpose-built track in the heart of the city, the exciting format lets spectators get up close to the action. Last year crowds of over 25,000 watched performances from some of the most recognisable names in international sport.

No need for tickets, come down and enjoy international athletics in the North East – completely free of charge!

Find out more at greatcitygames.org

GREAT NORTH PASTA PARTY

Saturday 8 September, 09:30 - 17:30

The official Great North Pasta Party will take place from 09:30-17:30 on the Gateshead Quayside at Mill Road car park. The huge indoor and outdoor exhibition space features a wide variety of retail stands, interactive demonstrations, prizes, free samples and giveaways. Come along and watch interviews with our elite athletes on the pasta stage and sample the fantastic street food on offer.

SIMPLYHEALTH GREAT NORTH RUN

Sunday 9 September 10:40 - 16:00

There's lots to see and do at the finish while you wait, and once your runners have crossed the line. Check out the event and charity village (it's not just for runners), the Wylam Craft Beer Tent in Gypsies Green where you can try the official GNR beer, Runner's Reward, sample street food, listen to live music and let the kid's get involved with craft activities at the Creation Station. Check out our partners stands and the many exhibitors and retail areas across the finish area from Simplyhealth, Duracell, Garmin, SiS, PureGym, Nando's, Wagamama, Kellogg's, La Roche-Posay, Arnold Clark, TransPennine Express. Many will be offering samples and special offers.

1 Visitor Information Centre

2 Travelshop

3 Railway Station

M Metro Station

Q QuayLink buses

C CentreLink

B Bus

T Taxis

1 Great North Run Pasta Party

2 Great North 5k / Junior & Mini Start/Finish

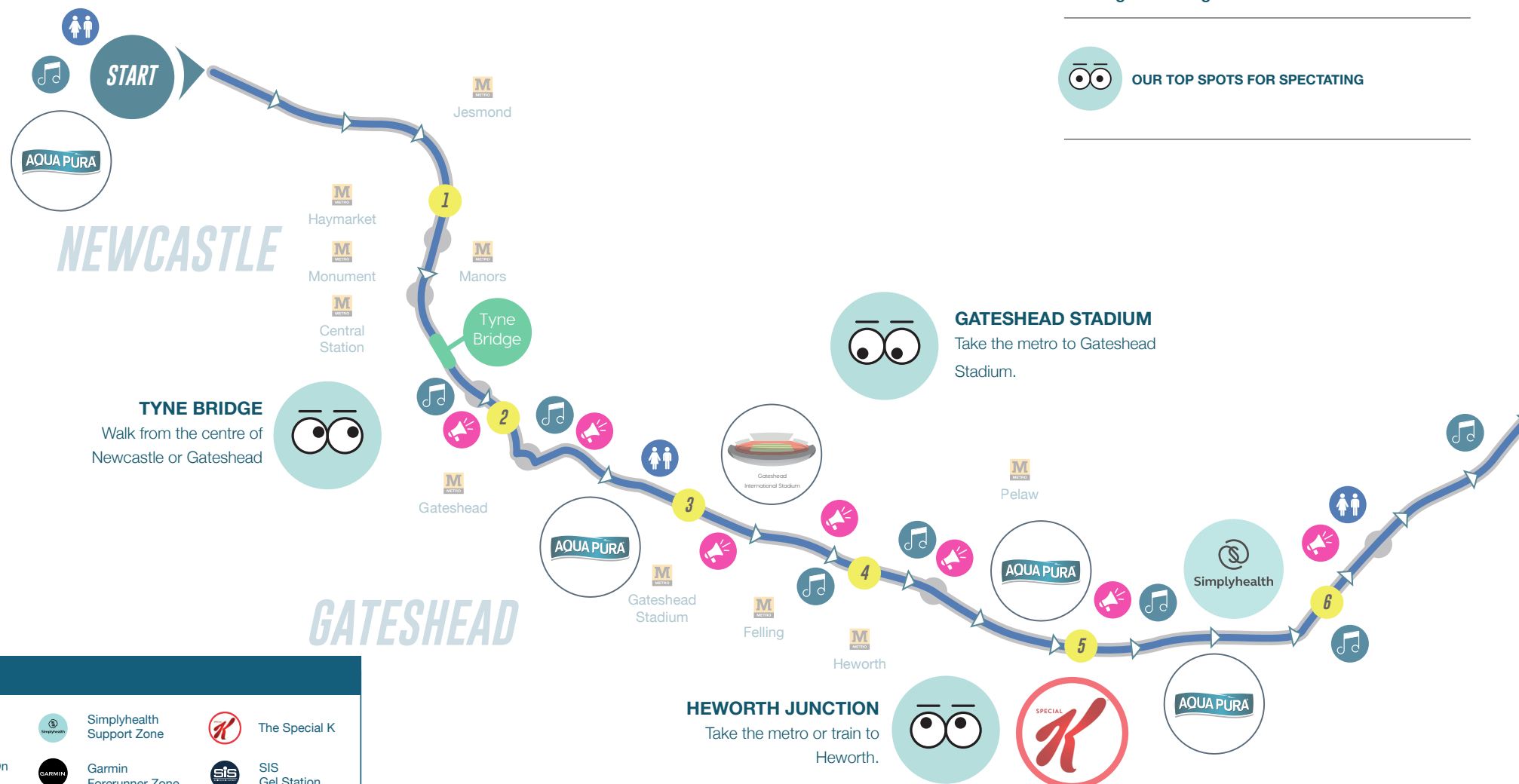
3 Track Events & Pole Vault

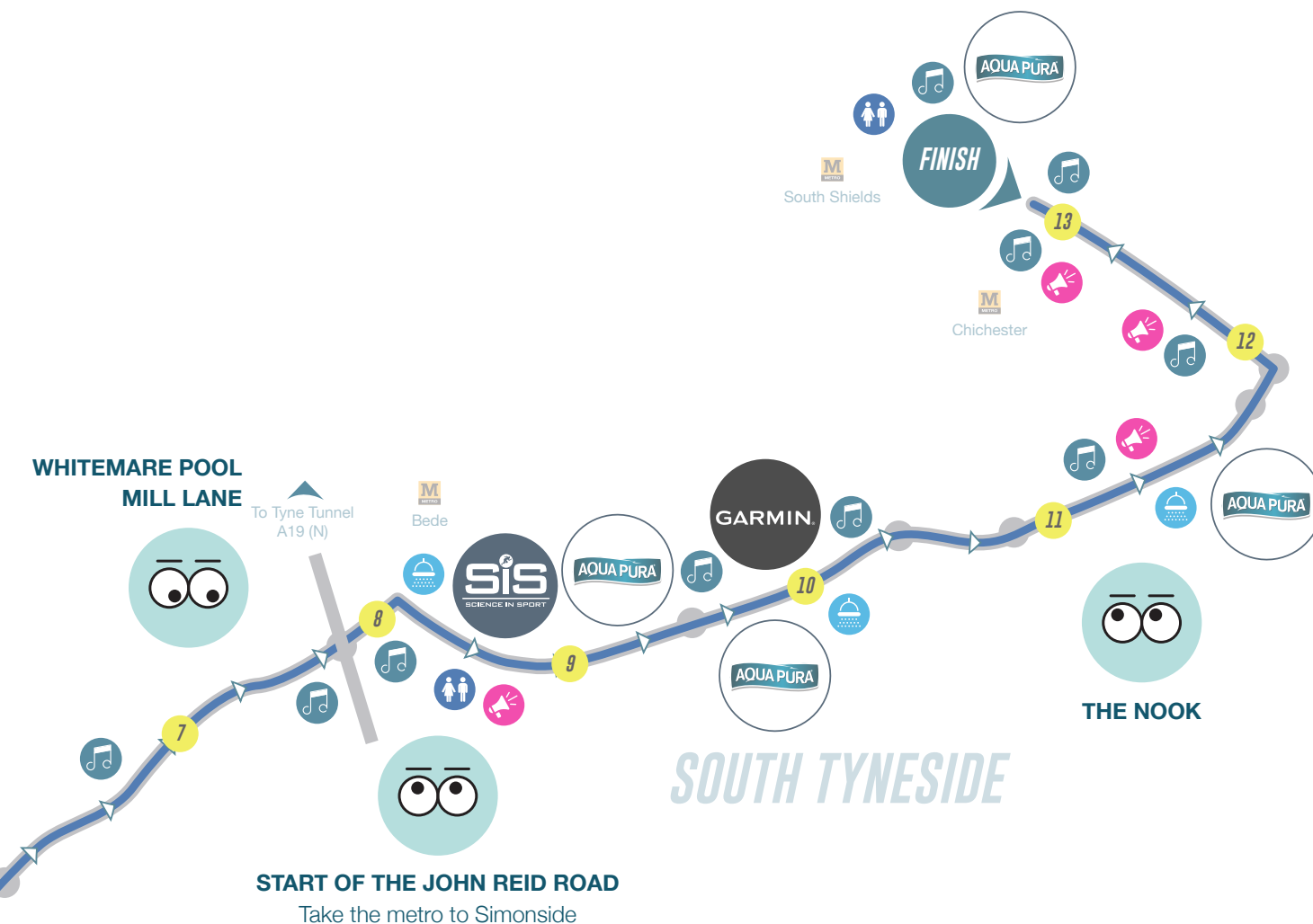
ON THE COURSE

Be aware if you choose to spectate along the course it will be difficult to make it to the finish. If you don't need to meet a runner after they cross the line, get a spot along the route to spend a few hours soaking up the spectacle. Find out more at greatrun.org

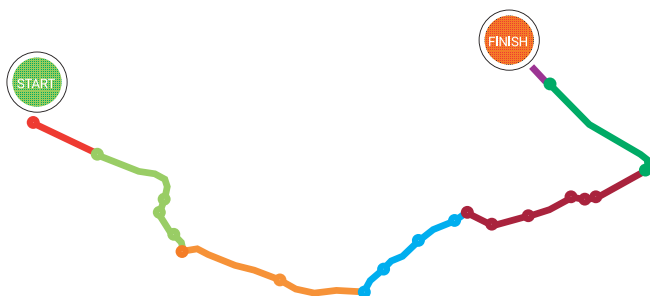


OUR TOP SPOTS FOR SPECTATING





ROAD CLOSURES



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

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

02.45 to 17.00
Bents Park Road
in South Shields

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

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

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

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

MEETING RUNNERS AT THE FINISH

If you are meeting a runner at the Finish, agree a meeting point in advance. Official meeting points are on the grass area near the finish system and are clearly signposted. We suggest meeting under the A-Z banner that matches the first letter of the runner's surname. If you still can't find someone, try the message centre next to the information point.

THE FINISH

Check out the Simplyhealth Support Zone

Simplyhealth is supporting runners every step of the way, including on course at our brand new Support Zone at mile 6. Come join us at this 150-metre-long corridor of support, and help make some noise. Keep your friends and family runners motivated with rousing cheers, applause and well-deserved jelly babies. You might even spot the odd celebrity.

If you're heading to the finish, drop in to the Simplyhealth Active Zone in the finishers' village, to enjoy free and fun experiences.

Test your reflexes and hand - eye co-ordination on our Batak machine

Get a snapshot of your body health on our Tanita body composition analyser

Record an animated photo GIF to share on social and keep as a memento of your day at the Simplyhealth Great North Run – tag us - **@SimplyhealthUK #myeverystep**

There are plenty of places along the route to watch elite athletes race, spot celebs or offer your support to runners. Here are our top suggestions for an alternative to the start and finish areas, please plan your journey in advance and be aware if you do spectate on course it will be tricky to make it down to the finish.

Tyne Bridge

Probably the most iconic spot to watch the 57,000 participants of the Simplyhealth Great North Run. Expect it get very busy, arrive early to bag your spot and you might even catch a fly-past from the legendary Red Arrows. Walk from the centre of Newcastle or Gateshead.

Gateshead Stadium

Outside the iconic stadium where the founder of the event, Brendan Foster, broke the 3,000m world record in 1974 is a great place to cheer on runners and enjoy the sounds of the 12-piece band Drummed Up. Three miles in they should all still be smiling! Take the metro to Gateshead Stadium.

Heworth Junction

Between four and five miles, the race passes Heworth Junction and the field starts to thin out, so you might have a better chance of spotting your own local hero. Check the Great Run app to find out when they're passed 4 miles so you know when to shout the loudest, while you're waiting enjoy the international rhythms of the Bylth Valley Samba band. Take the metro or train to Heworth.

Whitemare Pool – Mill Lane

Coming up to halfway, some runners might be starting to lag, they'll need your loudest cheers to fire them up for the rest of the course. This is definitely a local's spot as it's a bit of walk from public transport links, but if you're staying nearby there's lots of room to get set up for the day. Enjoy music from Peruvian pipe band Apu or walk a little further down the road to hear the Bangshees an all women drumming group.

Start of the John Reid Road

The John Reid Road might be the most challenging part of race for many runners as they hit mile 8 and start heading towards the coast. Shortly after the Lindisfarne Roundabout, where The Commandments provide the soundtrack before runners will take a right turn up the John Reid Road, past Brockley Whins and along a gradual uphill stretch towards South Tyneside Hospital. This is where runners are going to need support the most, as the end is almost in sight but there are still around three miles to go. Legs will be aching and every cheer is going to help! Park near the Lindisfarne Roundabout or walk from Brockley Whins metro station.

The Nook

The Nook's range of shops and cafes will give spectators the perfect opportunity to refuel while they wait for the throng of runners to pass. It's a long, straight road out to Marsden before runners hit the coast and take on their final mile of the half marathon. There's no public transport close by, so you'll have to negotiate the road closures and find somewhere close by to park or it's a 25-minute walk from Chichester Metro station.

****ROAD CLOSURES WILL BE IN PLACE ALL DAY - CHECK MAPS AND TIMINGS IF YOU'RE PLANNING TO DRIVE ****