



Event Guide

Event day is almost here.... It's time to get excited!

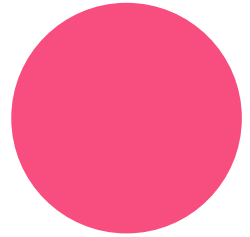
It's shaping up to be a fantastic day and we want you to make the most of it and enjoy your run. To help you with any on the day questions this guide has all the info you might need for the big day, including travel advice.

For on the go event information and selfie filters, download the FREE Great Run app from the Apple App Store or Google Play Store.

For real time updates and to follow all the action on event day join the conversation on social. Make sure you use #GreatNorthRun

Full Simplyhealth Great North Run weekend information, spectator guide and tips can be found at greatrun.org/north





Timetable

07:00	Event site / information opens
08:00	Simplyhealth Great North Run Event Village Opens
08:00	Simplyhealth Great North 5k - Red Wave Start
08:05	Simplyhealth Great North 5k - White Wave Start
08:10	Simplyhealth Great North 5k – Green Wave Start
08:10	Simplyhealth Great North 5k – NHS Wave Start
09:15	Elite Mile Races
10:00	Simplyhealth Junior Great North Run Girls Start (Green) (11-12yrs)
10:10	Simplyhealth Junior Great North Run Girls Start (Orange) (9-10yrs)
11:15	Simplyhealth Mini Great North Run Wave 1 Start – Purple
11:55	Simplyhealth Mini Great North Run Wave 2 Start – Blue Wave
12:35	Simplyhealth Mini Great North Run Wave 3 Start – Pink
13:15	Simplyhealth Mini Great North Run Wave 4 Start – Orange
13:55	Simplyhealth Mini Great North Run Wave 5 Start – Green
14:35	Simplyhealth Mini Great North Run Wave 6 Start – Red
15:05	Simplyhealth Junior and Mini Great North Wheelchair + Junior & Mini 50 Start
16:05	Simplyhealth Junior Great North Run Boys Start (Red) (15-16yrs)
16:10	Simplyhealth Junior Great North Run Girls Start (Red) (15-16yrs)
16:15	Simplyhealth Junior Great North Run Boys Start (Blue) (13-14yrs)
16:20	Simplyhealth Junior Great North Run Girls Start (Blue) (13-14yrs)
17:00	Simplyhealth Junior Great North Run Boys Start (Green) (11-12yrs)
17:10	Simplyhealth Junior Great North Run Boys Start (Orange) (9-10yrs)
18:15	Event village closes

Run number & timing chip



Your run number should be identical to the master number on your covering letter. If it's different please contact Customer Services on **info@greatrun.org**

This is your unique number, so only you must wear it on the day. Please don't swap, copy or change this number.

If you are running in the Simplyhealth Great North Junior Run you will have a timing chip. Your timing chip is attached to the back of your run number, do not remove or cover the chip as it will affect the accuracy of your time.

There is no need to register on the day. Once you have attached your run number to your front you are good to go. Go to your assembly point about 20 minutes before your start time.

Timing Chip



Run number & timing chip

NEW FOR 2019 - IMPORTANT INFORMATION

At the finish line we have a new exit system to help you meet up with your loved ones easily.

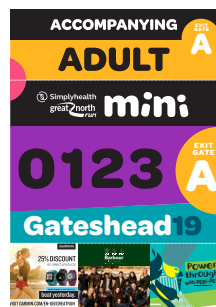
You have been allocated an exit gate letter A – D, it is printed on your run number. You should use this exit gate to meet up with your adult after you have finished your run. Our stewards will help to guide you out of the correct exit gate and your parent or guardian should wait outside of that gate. We won't make you leave the gate until you have found your adult.

Remember to ask your parent or guardian to put their details on the back of your run number. And ask them to take a picture of you in your running clothes. This will let our team know what you look like if your adult asks us to help find you.

Your free fruit voucher is on the bottom of your run number. Take this voucher to the Fruit Zone in the event village on the Gateshead side of the river to collect your two pieces of free fruit.



Front



Back

Travel advice

The best way to get to the event is by public transport. There will be some road closures around the Quayside and the extra people visiting might mean your journey will take longer than you think. Make sure you plan your journey to and from the events in advance.

If you're planning on coming by car, use Newcastle and Gateshead city centre car parks as there will be no on-site parking provided. The nearest car parks are: Mill Road in Gateshead, Sage Gateshead, Quarryfield Road in Gateshead, Sandgate in Newcastle, St Anns in Newcastle, Quayside in Newcastle.

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



By bus the Quaylink Q3 stops close to the Quayside and links to Gosforth and Newcastle Haymarket, or catch the Q1/Q2 to Sage Gateshead from Newcastle Central Station or Gateshead Interchange.

More travel information can be found at: Nexus: nexus.org.uk

For more information on buses go to: Arriva: arrivabus.co.uk/North-East

Go North East: gonortheast.co.uk/greatnorthrun

Stagecoach: stagecoachbus.com

At the start

The assembly areas are all on the Newcastle side of the Quayside and will be clearly signed. You will need to show your number to gain access.

If an adult is running with you, they will need to be wearing the "Accompanying Adult" bib too.

Your assembly area will open 20 minutes before your start time. The Quayside will be busy so please allow plenty of time to get to the start line. You don't need to register, just go straight to the start area.

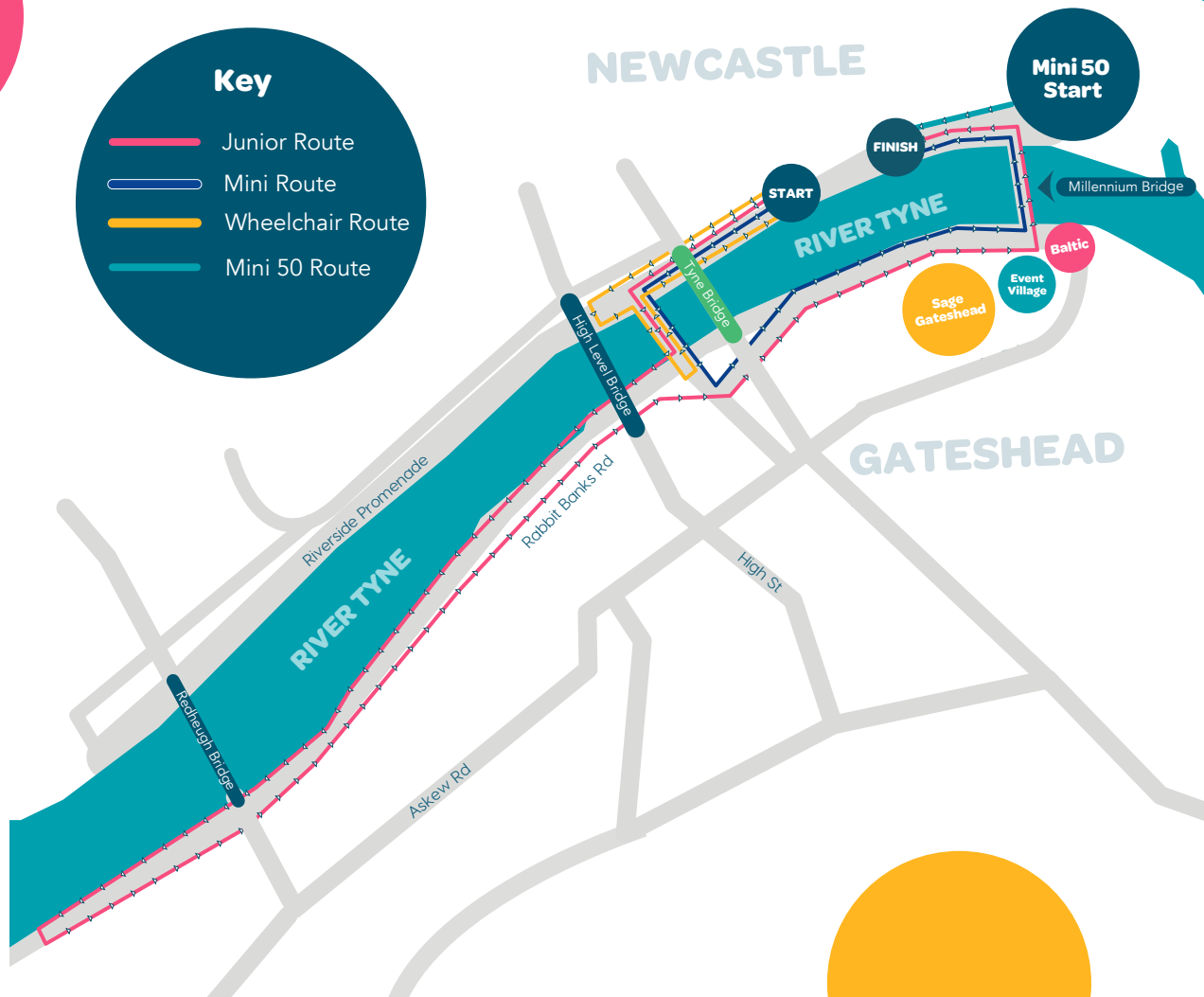
Please use all the space we have created for you, and move forward to allow other runners to assemble behind you.

Keep an eye on the big screen on the Newcastle side of the river for event information, as well as listening to the PA announcers.

When you hear the air horn, please be patient! Everyone is running the same race and you will all get to cross the finish line.



Course Map



At the finish

The runs all finish on the Newcastle side of the Quayside.

When you cross the finish line please don't stop immediately, as there could still be more runners behind you. Keep moving and collect your exclusive finisher medal and goodie bag.



Please make sure:

- You and your parent or guardian know your exit gate letter printed on your run number
- Only one person goes to the exit gate to meet each runner
- You don't use any other area to meet up after the run
- Once you have met your parent or guardian you move away from the exit gate safely
- You know where the information and missing persons point is (outside Newcastle Law Courts) and speak to our helpful staff there if you need anything

Finish Map



There will be four exit gates marked A – D. You have been allocated to one of these and the letter is printed on your run number. Use the gate with the same letter as the one on your run number to meet up with your parent or guardian after you have finished your run. Our marshals will guide you out of the correct exit gate, but will not make you leave until you have found your adult.



What else can I do?



Complete the day's Great Run experience with a trip to the Event Village.

Here you'll find come and try it activities, entertainment, food, information, merchandise and more. It's all outside so you can make the most of the Quayside views and cheer on the other runners as they run through Baltic Square.

The event village is over three levels from Baltic Square to South Shore Road car park.

Metro Radio will be in Baltic Square bringing the party vibe with a live PA, music and giveaways. You'll also find official Great Run merchandise to stock up on running essentials and the Simplyhealth Zone where you can get training and health advice. You can refuel or carb load with food from some of the top local street food stands, including amazing pizza from Streetzzeria, incredible burgers from Meat Stack, Greek treats from Acropolis Street Food and fresh brews from the well known Northshore Coffee.

Don't forget to visit the Fruit Zone where you can pick up two pieces of free fruit for a healthy energy boost. You can enjoy your tasty treats in the picnic area while watching all the action from the Great North CityGames, which will be streaming live from Stockton on Tees on the big screen.

As well as all of this, our partners will be on hand offering free samples, special offers and giveaways. Look out for the likes of Special K, Nandos and Arnold Clark to name a few. Children can try out some exciting sporting activities with the Newcastle Falcons, the Royal Army and Bitesize Bootcamp.

Our Information Point will open from 7am outside Newcastle Law Courts for any questions about the Saturday events and 8am in the Event Village for information about Sunday. Nexus will be on hand to offer travel advice and pre booked public transport tickets for runners and spectators ahead of the Simplyhealth Great North Run on Sunday.

Event Village





Recycling

We are constantly reviewing our sustainability and recycling practices and have made a concerted effort to reduce the amount of waste from plastic and other materials across the entire event.

We work with local partners to remove waste from site. This is not limited to plastic and includes, cardboard, wooden pallets, medals and signage. We ask that you please recycle any waste where possible.

We reuse generic signage and keep using it for as long as we can: our outdated signage is fully recycled. Clothing that is discarded at the start of our events is collected and donated to local charities.

As part of our drive to improve the sustainability at the event we have changed our water supplier to Harrogate Spring Water, who use 50% recycled plastic in their bottles, and the bottles themselves are 100% recyclable. We have also reduced the size of our bottled water on course from 330ml to 250ml, meaning less plastic and water waste overall. There is no water at the start we suggest arriving hydrated and ready to run, having had enough water before getting to the start.

Have a happy and healthy run



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



Don't run if you are feeling unwell or have been ill recently. Don't be tempted to start just because you have collected sponsorship to raise money for charity. If you are not feeling 100% before your run feel free to get in touch with our customer services team on info@greatrun.org or at the information point on the day.



Stay warm - You can bring warm clothes to wear and ask you parent or guardian to look after them while you run.



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



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



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



GARMIN.



**Arnold
Clark**



LA ROCHE-POSAY
LABORATOIRE DERMATOLOGIQUE

Newcastle
City Council

Gateshead
Council

**105.8
METRO RADIO**