



# SPECTATORS' GUIDE



@great\_run



@greatnorthrunGNR



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# 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 7 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 8:00am and continue throughout the day.

### **Sunday 8 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 7 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 8 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](http://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](http://gonortheast.co.uk), [stagecoachbus.com](http://stagecoachbus.com) and [arrivabus.co.uk/North-East](http://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

There will be a brand new Metro station in South Shields, just across the road from the old one. Simply head down Ocean Road and King Street from the event finish and staff will meet and direct you towards the Metro station, buses or Shields Ferry.

## **SATURDAY 7 SEPTEMBER**

### **SIMPLYHEALTH MINI & JUNIOR GREAT NORTH RUN**

- 08:00 - Great North Run Event Village opens**
- 08:00 - START of Simplyhealth Great North 5k - Red Wave**
- 08:05 - START of Simplyhealth Great North 5k - White Wave**
- 08:10 - START of Simplyhealth Great North 5k - Green Wave**
- 08:12 - START of Simplyhealth Great North 5k - NHS Wave**
- 09:15 - Elite Male Mile Race**
- 09:22 - Elite Female Mile Race**
- 10:00 - Start of Simplyhealth Junior Great North Run -  
Girls - Green Wave (11 - 12 years)**
- 10:10 - Girls - Orange Wave (9 - 10 years)**
- 11:15 - Start of Simplyhealth Mini Great North Run - Wave 1 - Purple**
- 11:55 - Start SH Mini GNR - Wave 2 - Blue**
- 12:35 - Start SH Mini GNR - Wave 3 - Pink**
- 13:15 - Start SH Mini GNR - Wave 4 - Orange**
- 13:55 - Start SH Mini GNR - Wave 5 - Green**
- 14:35 - Start SH Mini GNR - Wave 6 - Red**
- 15:05 - Start SH Junior & Mini GNR - Wheelchair Wave**
- 15:05 - Start of Junior and Mini 50 Wave**
- 16:05 - Start of Simplyhealth Junior Great North Run - Boys - Red Wave (15 - 16 years)**
- 16:10 - Start SH Junior GNR Girls - Red Wave (15-16 years)**
- 16:15 - Start SH Junior GNR Boys - Blue Wave (13-14 years)**
- 16:20 - Start SH Junior GNR Girls - Blue Wave (13-14 years)**
- 17:00 - Start SH Junior GNR Boys - Green Wave (11-12 years)**
- 17:10 - Start SH Junior GNR Boys - Orange Wave (9-10 years)**
- 18:15 - Great North Run Event Village closes**

## **SUNDAY 8 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**
- 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](http://greatrun.org)**.

# NEWCASTLE GATESHEAD

## GREAT NORTH CITYGAMES Saturday 7 September

NewcastleGateshead will be hosting the Elite Mile as the main Great North CityGames moves to Stockton-on-Tees for the first time in its ten-year history.

The Elite Male Mile Race begins at 09:15am and the Elite Female Mile Race starts at 09:22am.

There will be a big screen in the Quayside Event Village in Baltic Square showing all the Great North CityGames action live from Stockton-on-Tees

Find out more at [greatcitygames.org](http://greatcitygames.org)

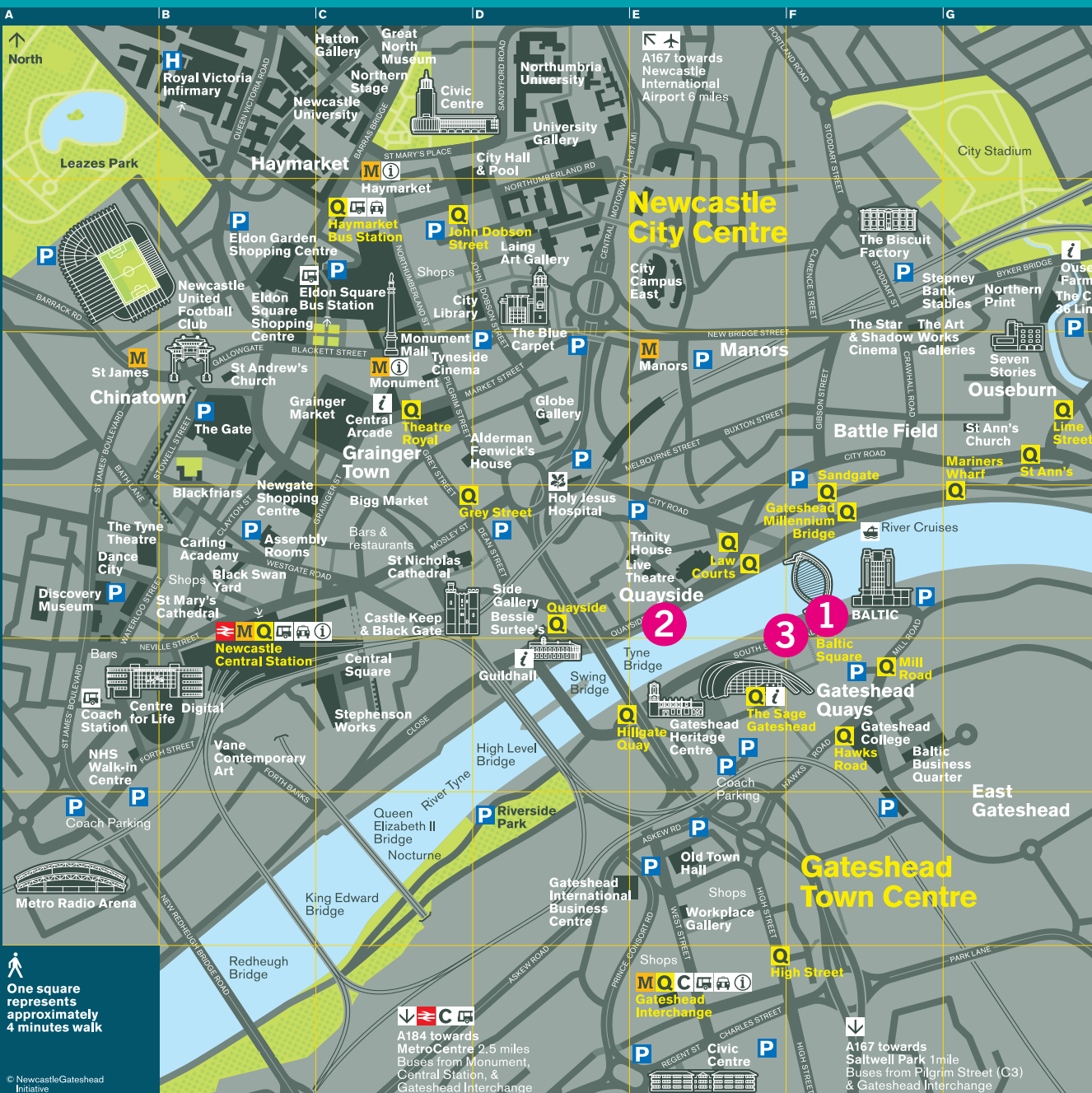
## EVENT VILLAGE Saturday 7 September

Soak up the atmosphere of the biggest celebration of sport in the North East in our open air event village at this year's Simplyhealth Junior and Mini Great North Run. Here you'll find come and try it activities for kids, entertainment, food, information, merchandise and more. It's all outside so you can make the most of the scenic Quayside views and cheer on the junior and mini athletes as they run through Baltic Square. The event village is over three levels from Baltic Square to South Shore Road car park.

## SIMPLYHEALTH GREAT NORTH RUN Sunday 8 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), sample street food, and listen to live music.

Check out our partners' stands and the many exhibitors and retail areas across the finish area from Special K, Garmin, Great Run Merchandise, ENGIE, Clif Bar, Nando's, John West, Alton Sports, Simplyhealth, Wagamama, TransPennine Express and Arnold Clark. Many will be offering samples and special offers.



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- Visitor Information Centre
- Travelshop
- Railway Station
- Metro Station
- QuayLink buses
- CentreLink
- Bus
- Taxis

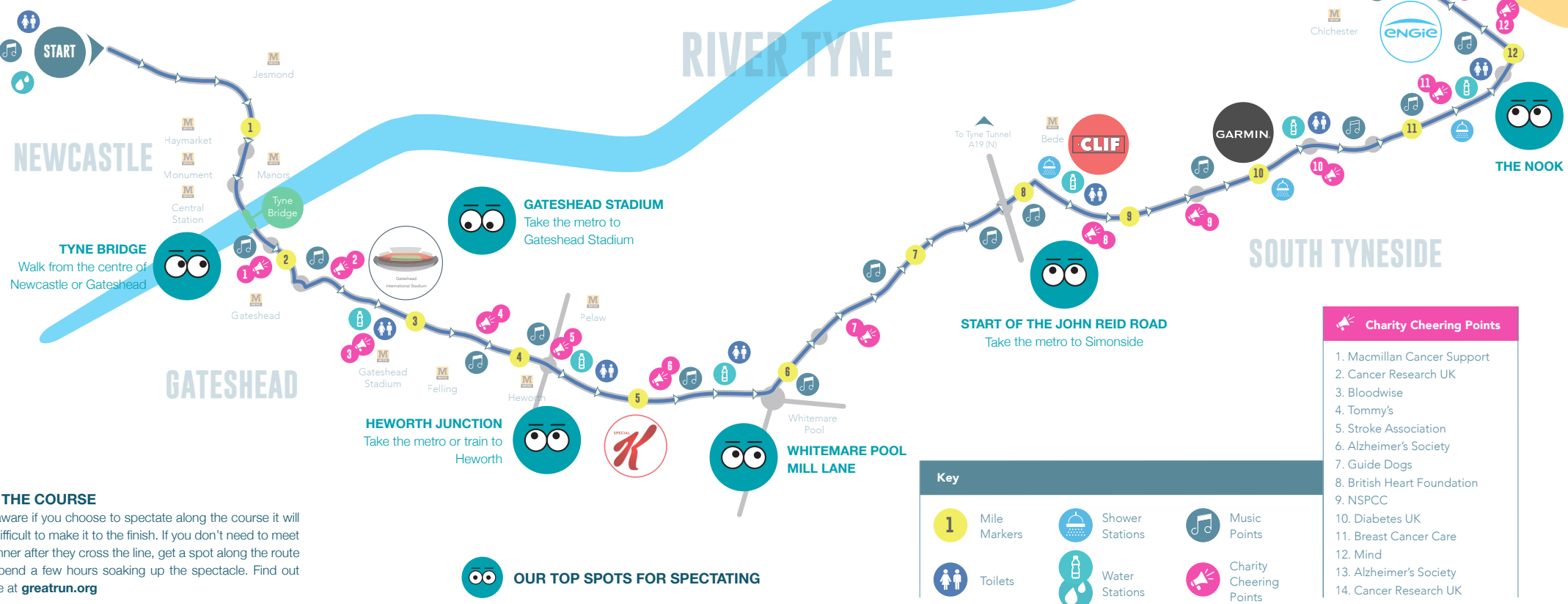
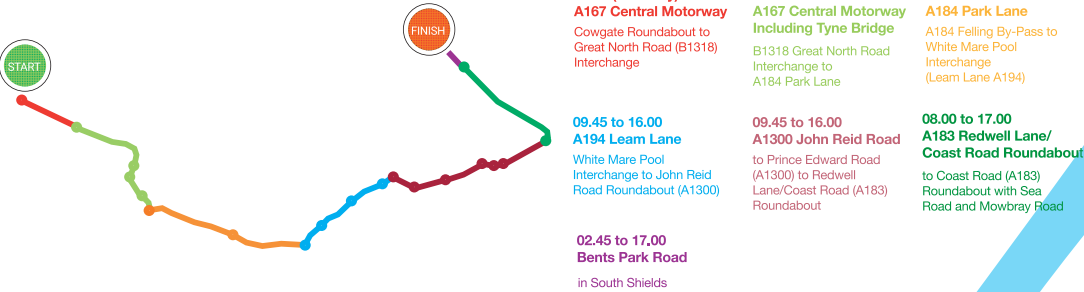
- 1 Event Village
- 2 Great North 5k / Junior & Mini Start/Finish
- 3 Elite Mile Start

Great North  
**CITYGAMES**  
Mile  
Stockton-on-Tees

Simplyhealth  
great north  
run

# COURSE MAP

## ROAD CLOSURES



## 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](http://greatrun.org)

## 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

The Event Village hosts an array of charities, partner stands and of course the all important Wylam Beer Tent.

Before you get distracted by the stands, charities, food and drink on offer be sure to head to the Simplyhealth Zone. Here anyone who can manage 20 seconds of running can try out the "Rate My Gait" activity, which helps to assess your running style and will give you tips to help you stay fit and injury free.

## Check out the ENGIE Boost Zone

Around 800 meters from the finish our energy partners ENGIE will giving the runners a final boost for the home straight. There will be a DJ and a choir of 100 people singing motivational running songs. You can join this cheer point, pick up a hand clapper from the ENGIE stand and help runners to give it one last push for the finish line.



**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 \*\***