

SATURDAY 10 SEPTEMBER CHECKLIST



	DON'T FORGET A COUPLE OF KEY TIMES
	The Red Arrows will fly over the Tyne Bridge at 11:05, live coverage of the day is on BBC One (09:30 - 13:30), and the Great North Run highlights programme is on BBC Two at 18:00 on Sunday 11 September
\bigcirc	RUN NUMBER Make sure you have filled in the back of your number with your details
\bigcirc	SAFETY PINS Bring some spares just in case but our customer services team will have some available for emergencies on the day of the event
\bigcirc	SPARE WARM/WATERPROOF CLOTHING All clothing left on the central motorway at the start will be collected and donated to charity
\bigcirc	A SPARE BOTTLE OF WATER TO SIP AT THE START There will also be bottled water available at the start in case you need more and several drinks stations on the course
\bigcirc	TRAVEL PLANS FOR THE DAY Allow plenty of time to get to the startit will be busy
	GET YOUR KIT READY THE NIGHT BEFORE
	MAKE ARRANGEMENTS TO MEET YOUR FAMILY AND FRIENDS The finish is a busy place so keep an eye out for the flying banners with letters of the alphabet on them to help you meet up with your friends and family
\bigcirc	SIGN UP TO RECEIVE YOUR RESULTS VIA SOCIAL MEDIA More information at greatrun.org/social
\bigcirc	DON'T FORGET, THERE WILL BE FREE WI-FI FOR ALL RUNNERS AND SPECTATORS ON THE DAY
\bigcirc	JOIN THE ONLINE CONVERSATION And share your event day photos on social media and tag them with #GreatNorthRun and #GreatNorth5k

GOOD LUCK!

WE'LL SEE YOU ON THE START LINE



GREATRUN.ORG/NORTH5K