



EVENT GUIDE

SUNDAY 8 SEPTEMBER 2019

It's finally here, event day has arrived and we want to help you with any on the day questions so you can focus on enjoying your run and soaking up the atmosphere.

Any info you might need before the big day including travel advice, accommodation recommendations or location information can be found at **greatrun.org/north**

For on the go event information, selfie filters and live tracking for your family and friends, download the FREE Great Run app from **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**





EVENT TIMETABLE

- 07:30 Information point opens (located on the Town Moor,
near Exhibition Park)
- 08:00 Baggage buses open (located along Claremont Road)
- 09:00 Event and Charity Villages open at finish area
- 09:15 Start assembly area opens
- 10:05 Baggage buses depart for the finish
- 10:10 Elite wheelchair race starts**
- 10:15 Elite women start**
- 10:15 Mass Great North Run warm-up
- 10:30 Assembly area closes
- 10:40 START OF THE SIMPLYHEALTH GREAT NORTH RUN
(Elite men and the masses)**
- 11:30 Sweep vehicle leaves start

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, selling it on or giving someone else access to your number might put them at risk if they're not properly prepared.

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.

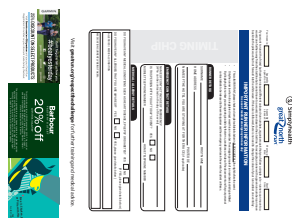
The chip will automatically record your time, so you don't need to do anything. Your chip doesn't need to be returned at the end of the run.

You don't need to hand this in and there is no need to register on the day. Once you've filled in the back of your run number and attached it to your front, you are good to go and you don't need to queue at the Information Point. You can just go straight to your start assembly area.

Front



Back



Timing Chip





TRAVEL ADVICE

Use public transport where possible and give yourself plenty of time.

There is no official event parking available at the start. Parking will be available at the finish opening from 06:15, on the Leas or at Bents Park Recreation Ground, for £10 for the day. Alternatively, there is public parking around South Shields.

If you need to travel by car, consider parking at a Metro station (Callerton Parkway, Bank Foot, Kingston Park, Regent Centre, Four Lane Ends, Northumberland Park, Heworth, Walkergate, Fellgate, East Boldon or Stadium of Light all have car parks) and take the Metro to the start and from the finish.

There will be station closures in place and advance tickets on sale to speed up passenger flows, so visit nexus.org.uk to plan your journey.

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 extremely busy getting to the start and finish, so please expect delays and allow plenty of time.

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 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.

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.



TRAVEL ADVICE

The nearest bus stations to the start are Haymarket and Eldon Square, plus many on-street bus stops. Shuttle bus services will run between the start at Newcastle and the finish at South Shields (see start and finish map for details).

The R1 (Go North East) and 552 (Stagecoach) buses will run frequently from Bents Park Road towards Newcastle. The 553 (Stagecoach) leaves from the same place for South Shields Ferry Landing and town centre. The services from Frenchman's Bay operate until 08:30 when the road closes but the Bents Park services continue to operate.

For more information on bus services, see:

Arriva: arrivabus.co.uk/North-East

Go North East: gonortheast.co.uk/greatnorthrun

Stagecoach: stagecoachbus.com

Nexus: nexus.org.uk

crossings will be available on the day from 8.45am until 6.00pm. Shuttle buses will connect North Shields Metro station and ferry landing. Check out nexus.org.uk or call 0191 20 20747 for more information.

Or give your legs an early warm-up and cycle! 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

Official Travel and Accommodation partner Nirvana will be offering services ranging from local event day transfers from various park and ride sites around the North East, to unique "event weekend experiences"; all you have to focus on is the run! Click to book [here](#).

Official Train Partner TransPennine Express are offering a discount on your train travel, with direct services into Newcastle. You can sit back, relax and leave the car at home. Click to book [here](#).



TRAVEL TICKETS

Network One offers Adult: £7.80; Child (aged 5-15): £3.90; Family: £15.50 Day Rover tickets that provide unlimited travel all day on the 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 App Store or Google Play and download a day ticket for £6 (Sun Sept 8) or a weekend ticket (Fri 6-Sun 8 Sept) for £11.

You can also buy tickets on the day and you don't need cash as you can pay via contactless card, Apple Pay or GPay on the bus.

Metro tickets can also be bought in advance. Buy a wristband that's valid for a single trip (£3.50) or all day on Sunday September 8 (£5.20); or for Saturday 7 and Sunday September

8 (£10.40) from **nexus.org.uk**. Great North Run day tickets (£5.20 – valid on September 8) can be bought in advance from any Metro station ticket machine.

Mobile tickets can be bought via the Stagecoach Bus App. Tickets for the Shields Ferry can be bought directly from the ferry crew (£1.70 single, £2.90 all day).

Keep up to date with travel local information: Nexus Customer Services – **0191 20 20 747 - Nexus GNR FAQ**

📶 **NELiveTraffic**

📶 **My_Metro**

📶 **gonortheast**

📶 **StagecoachNE**



YOUR BAGGAGE

38 baggage buses will be available for use on Claremont Road.

Aim to arrive at 9:00 AM as the buses will depart at 10:05 AM. Your baggage will be transported to the finish for you to collect.

Baggage buses are colour coded to match your run number, with signage in the windows. Marshals will manage the access doors.

Fill in your baggage label (tear off from your run number) before leaving the house.

Make sure your baggage label is secured to your bag.

Sorry, baggage buses aren't for changing.

Please move off the bus as soon as you've dropped your bag off to make room for other runners.

Expect extra security around the baggage area including spot checks. Only runners with numbers will be able to access this facility.

Please don't leave valuables in your bags - this is a self-service system and although there are security staff on the baggage buses, organisers can't accept any responsibility for lost or stolen items.

To gain access to the buses you will need your run number, when collecting your bag we will ask you to show your run number to ensure they correspond.

If you miss the buses, use the late baggage vans located at the Grandstand Road end on Claremont Road, please be aware they will not arrive at the finish until after 1:30PM. Late baggage can be collected from the vans on arrival or the baggage information cabin.



AT THE START

Follow the signs to your assembly area which corresponds to the colour / letter of your run number. You will need to show your number to gain access.

Make sure you're in your assembly area by 10:30AM at the latest.

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

If you want to run with a friend but have different coloured run numbers, you can drop back to run in the same wave but not move forward. You do not need to worry about changing your wave colour or letting us know, providing you only move back a wave. Please make yourself aware of the new start line layout on our start map

Temporary toilets are available adjacent to the baggage buses near the start and over by the Information Point on the Town Moor. We recommend you bring some toilet tissue with you, just in case you get caught short! Toilet facilities will be busy, so please allow plenty of time. There is also a dedicated sun care station at Town Moor where La Roche-Posay will be on hand with free sweat-proof sunscreen so that you can look after your skin while running.

Please keep an eye on the four big screens behind the start line for any last-minute information, as well as listening to the PA announcers.

Before you start, deposit any rubbish, bin liners or old clothing in the bins provided or to the side of the assembly area to avoid causing obstacles to other runners.



AT THE START

When you hear the gun go, please be patient. Your timing chip does not activate until you cross the start line so you will receive a completely accurate finish time.

Anyone walking or part walking/ running the event should start at the rear of the wave and in the first few kilometres stay to the left-hand side of the road to allow runners who want to pass.

Sorry, any late runners that arrive after the sweep vehicle has left at 11.30am, will not be allowed to participate.

START MAP

The start and assembly areas are located on the Central Motorway. Please follow the clearly-marked routes to your coloured start area access gates into the rear of each assembly area. Each area will be managed to make sure the correct coloured run numbers enter.



COURSE MAP

On Course Activation



Special K
Series snack partner Special K will be #powering you at mile 5.



ENGIE
Official energy partner ENGIE will be at 800m to go to give you a final boost to #EnergisingCommunities.



Garmin Support Zone
Our timing partner Garmin are on hand to help you #beatyesterday with their on course motivational zone, at around mile 10.



Cliff Feed Station

Apart from hydrating with water, it's important to take on fuel during your run. Your body can only store enough carbohydrate for 75-90 minutes of running. There is a Cliff Feed Station at approximately 8 miles giving out Cliff Shot Energy Gels and Cliff Bloks Energy Chews. These will provide muscles with easy-to-digest carbohydrate in as little as 5-10 minutes. Each Blok is good for 15 minutes of running and each Gel for 45 minutes. They are formulated to provide working muscles with a continuous supply of energy to help sustain your level for longer. If you plan to use the feed station make sure you have used these products before. Find out more [here](#).

Water Stations

As well as at the start and finish, there will be water stations available along the course at 3 mi, 4.5 mi, 6 mi, 8.5 mi, 10 mi, and 11.5 mi. They will be signposted in advance.

Make sure you are ready to take a bottle – try not to stop dead when there are runners behind you.

Please take only 1 bottle – be considerate of others.

When you have finished, discard your bottle at the kerb edge or beyond and try and keep it from the running carriageway.

Key

1

Mile Markers

Shower Stations

Music Points

Toilets

Water Stations

Charity Feeding Points

Charity Feeding Points

1. Macmillan Cancer Support
2. Cancer Research UK
3. The Stroke Association
4. Tommy's
5. Bloodwise
6. Alzheimer's Society
7. Guide Dogs
8. British Heart Foundation
9. Alzheimer's Society
10. Diabetes UK
11. Breast Cancer Care
12. Mind
13. NSPCC
14. Cancer Research UK



AT THE FINISH

The Simplyhealth Great North Run finishes on The Leas at South Shields.

No matter what your pace everyone has ran the same race and everyone will get to cross the finishing line. If you're running at a less than a 17 minute per mile pace you may be asked to move on to the footpath for the later sections of the race.

There will be four finish systems in operation, please let the marshals guide you in. Regardless of which funnel you use, your time will be automatically recorded by the chip on your run number.

Don't stop immediately, as there could still be thousands of runners behind you.

There is a comprehensive medical service at the finish should you require it. Please contact a medic or marshal if you need help at any time.

Keep moving through the finish funnel to the water station and take one bottle per runner. You can refill your bottle at the signed drinking water points behind the Finishers' Marquee and by the baggage buses.

You will be presented with your well-earned finisher's medal at the medal station. Your pack contains your t-shirt and other goodies, please take a pack corresponding to the t-shirt size you indicated when you entered.

The area will be extremely busy and leaving at peak times will inevitably involve long queues whether you travel by car, bus, Metro or ferry. Stick around for a while and avoid the rush, see the next page for full information about everything there is to do at the finish.



Gypsies Green Stadium

BEER TENT

BRONZE CHARITY TENT

Simplyhealth
MASSAGE
ZONE

M

BIG SCREEN

CHARITY
VILLAGE

EVENT
VILLAGE

Simplyhealth
STRETCH
ZONE

Coast Rd

Seo Rd

EVENT & CHARITY VILLAGE

Partner Stands



Key





I've finished running, now what shall I do?

You could head straight home for a well-earned rest! But, better still, complete the day's Great Run experience with a trip to the Event Village, the perfect post-run destination for you and your supporters. The Village hosts both Simplyhealth Stretch and Massage Zones along with 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 Stretch Zone where our qualified instructors will be able to guide you through key stretches, proven to help those tired muscles. If you've still got 20 seconds worth of running in your legs, take part in Simplyhealth's 'Rate My Gait' activity in the same area, which helps assess your running style and will give you tips to help stay fit and injury-free.

Around the Event Village, our partners will be on hand to help you celebrate, rest and recover and will be handing out samples and bespoke Great Run offers, along with advice and guidance on their products. Stands and activations will be hosted by Special K, Garmin, Great Run Merchandise, ENGIE, Clif Bar, Nando's, John West, Alton Sports, Wagamama, TransPennine Express and Arnold Clark. Be sure to check out the Great Run App for details on who will be there.

Don't forget to check out our runner rewards and race voucher offers for some fantastic deals and discounts to help you celebrate your great achievement. Offers include discounts from event partners Garmin, ENGIE, TransPennine Express and Alton Sports and free goodies at Nando's and Greggs. You can view offers via the app or at www.greatrun.org/runners-rewards/Newcastle



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 use the recycling bins on site to discard of any waste accordingly.

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 the race 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. To reduce the need for plastic water bottles at the start we suggest arriving hydrated and ready to run, having had enough water before getting to the start.

If you feel like you'll want a drink just before you run, we suggest taking one bottle of water and when finished please drain any leftover water, twist it, cap it and discard it on the side of the road away from runners. These plastic bottles will then be collected and sent to be recycled.

You can of course bring your own supply, which you may carry with you while you run. There will be water stations along the course, see course map for locations of these. When you get to the finish, there will also be a refill water station, and compostable cups in the beer tent!

HAVE A HAPPY & HEALTHY RUN



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

Talk to your doctor if you have any long-term health conditions or any health concerns.

Don't run if you feel unwell or have been ill recently.

Running can put you at risk of serious illness if you experience heart palpitations, light-headedness or dizziness, chest pain or tightness, shortness of breath, excessive wheezing or severe joint and muscle pain.

Seek advice about taking part in the event after a bout of flu or gastroenteritis. Don't be tempted to start just because you have collected sponsorship to raise money for charity.



Stay comfortable - Don't use new trainers for the first time, ideally, you should have run in your shoes for around a month.



Stay warm - You can bring old clothes to wear on the start line and throw them away, when you start (we donate these to charity).



Avoid chafing - Apply Vaseline to any areas where you have had chafing during training - e.g. groin, under your arms, the bra band or toes.



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



If the first few miles are crowded, don't tire yourself out dodging in and out of runners.

Try to maintain a steady, even pace – enjoy the event.

When you finish collect your bag as soon as you can.

Put on some warm, dry clothing and don't get cold.

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

Make sure you are fully hydrated with water or squash before consuming any alcohol.

Try to eat some starchy foods within two hours of finishing the event – your muscles can replace energy (in the form of glycogen) most efficiently during this post-run window.



In the weeks leading up to the event, the colour of your urine is a useful indicator of hydration, pale straw-coloured water is ideal.

Avoid dehydrating alcoholic drinks for 24 hours before you run.

During a run, drink when you need to.

Don't take big gulps if you are not thirsty – you could put yourself in a condition called hyponatraemia where your body salts become diluted, possibly causing confusion and vomiting.

Make sure you know where the drink stations are on route. Bottled water will be available, but only take a drink if you need one.

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



GARMIN.



**Arnold
Clark**

