

EVENT GUIDE

SUNDAY 4 JULY 2021

Event day is just around the corner and we hope you're starting to get excited. We've created this guide to give you all the event day information you need, so all that's left to do is enjoy your big day!

Find all the event information online at greatrun.org/north10k, including **details of the changes** we've made to this year's event, timetable information, start and finish details and more.

Key updates to this year's Great North 10k:

There will be no warm up this year

Please arrive at the allocated times for your wave to allow for social distancing

No spectators will be permitted inside the stadium this year

The start and finish areas have been spaced out to allow for social distancing of runners, please respect the space of others

For on the go event information, selfie filters and live tracking for your family and friends, download the FREE Great Run app from the iTunes app store or the Google Play Store.

Don't forget to tag us on social with pictures of your shiny medal by using **#GreatNorth10k**



TRAVEL & PARKING

There is no parking available at Gateshead International Stadium, however you can choose from a number of transport options listed below:

[Gateshead Stadium Metro](#) is the closest Metro station to the event (approx a 5 minute walk away from the event site).

A car park (organised by local volunteers) is located at [Bede School](#) on Old Fold Road. Car parking is available at a charge of £5 per car (cash only), which goes towards Bede's School and local community activities. The school is located a few minutes' walk from the event.

Further information about local travel options around the North East can be found [here >](#)



RUN NUMBER & TIMING CHIP

Once your run pack has arrived through the post you have everything you need for event day and you do not need to visit the information point to register. Simply attach your run number (which has your timing chip attached) to the front of your running top with the safety pins provided and you're all set!

If your pack hasn't arrived through the post, or you entered late, you'll need to visit the information point located in the arrival zone.

Your run number should be identical to the number in your cover letter, if not, please contact customer services: info@greatrun.org

Only you must wear your run number on the day. Please don't swap, copy or change your number. Selling it on or giving someone else access to your number might put them at risk if they're not prepared properly.

Your timing chip is attached to the back of your run number, please don't remove or cover the chip as it may affect the accuracy of your time. It will automatically record your time, so you don't need to do anything, and you don't need to return your chip at the end of the day.

Please note: due to Covid-19 restrictions we will not be providing safety pins on the day of the event as we have in the past. However, your run pack contains a number of pins for you to use, so remember to take them with you.

YOUR BAGGAGE



There will be no changing facilities on the day, and we will have a limited capacity baggage area, so please ensure you arrive ready to run.

The baggage area can be found within the Gateshead Stadium Sports Hall, near the information point.

- **Marshals will be at the baggage area to help you**
- **Please make sure you fill in the details on your baggage label and attach it to your belongings before arrival (you can tear off your baggage label from your run number)**

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

After you've finished, head back over to the baggage area and show your run number to the marshals to collect your bag.

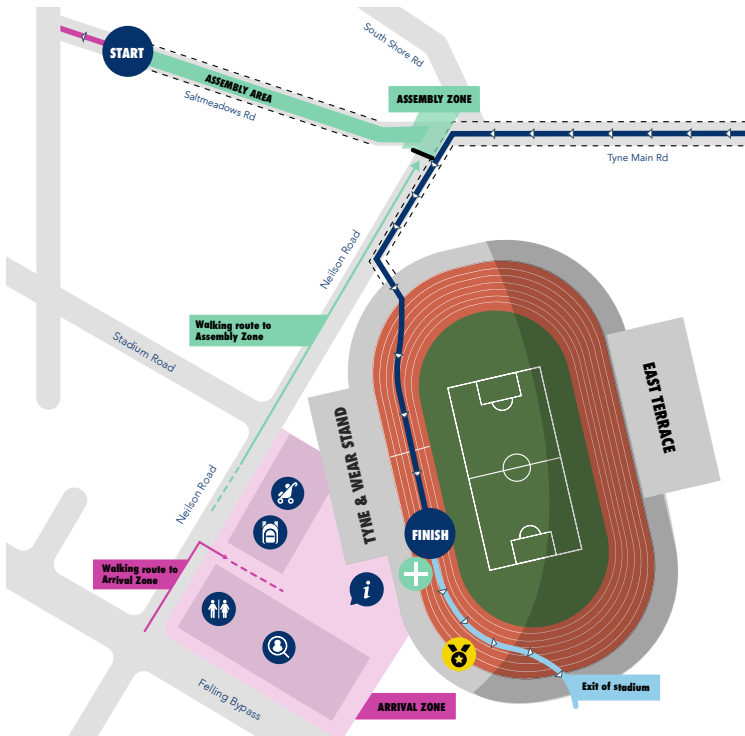
ON ARRIVAL

ARRIVAL ZONE

When arriving at the event please make your way to the arrival zone (detailed in pink on the start map) where you can find the information point, the baggage area, the missing persons point and toilets.

ASSEMBLY ZONE

Around 15 minutes before your start time, you can make your way to the assembly zone on Saltmeadow's Road, which will be clearly signposted. Please check the assembly zone arrival times in the timetable.



KEY

ARRIVAL ZONE

ASSEMBLY ZONE

FINISH

i Information Point

🧳 Baggage Storage

🛒 Buggy Storage

🚻 Toilets

🔍 Missing Persons

+ Medical

🏆 Finishers' Packs



TIMETABLE

We've provided different arrival times for each coloured wave (detailed in the timetable below) to allow runners to enjoy a socially distanced event. Please make sure you arrive at your allotted time.

**0800 Information point open / Event site open / Baggage room opens
(all within arrival zone)**

0800 Fast Paced Club Runners and Orange wave arrive at event

0830 White wave arrive at event

0845 Orange wave go to assembly zone

0900 Fast Paced Club Runners and Orange wave start

0900 Green wave arrive at event

0915 White wave go to assembly zone

0930 Start of White wave

0945 Green wave go to assembly zone

1000 Start of Green wave

1230 Family Run assemble on track inside the stadium (through Gate 5)

1245 Start Great North Family Run

1400 Event site closed / Baggage room closes

AT THE START



Due to Covid-19 restrictions, there will be no warm up at this year's event, however the event site and start areas have been designed with social distancing in mind and there will be room to do your own stretches before you start.

Waves will be set off separately to help regulate the flow of runners through the start and around the course.

If you would like to walk or part walk the event we suggest starting at the back of your wave and keep to the left for the first part of your run to allow runners to pass.

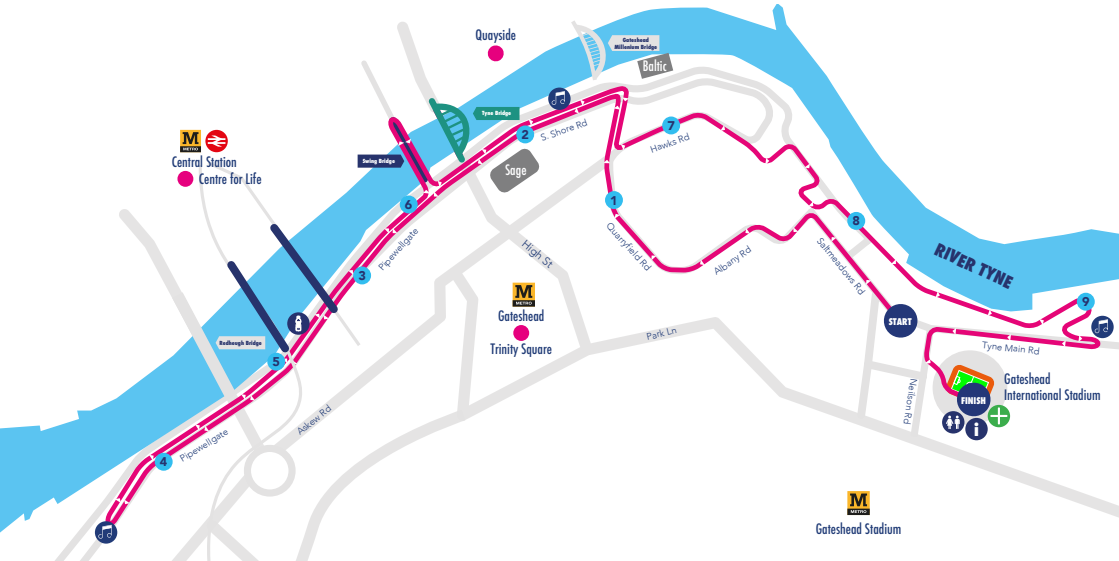
If you'd like to run with a friend but you have different coloured run numbers, you can drop back to run in the same wave but you cannot move forwards.

ASSEMBLY ZONE TIMES

- 0845 **Fast paced club runners** and **Orange wave**
- 0915 **White wave**
- 0945 **Green wave**

Please note: We will have a number of barriers positioned within the start area to help with social distancing and the flow of runners.

ON THE COURSE



WATER STATION

Be prepared for the water station at around the 5km point - It will be signed in advance.

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

Please help yourself to 1 bottle from the table

When you have finished, discard your bottle in the bins provided or at the kerb edge and try to keep it from the running route.

No matter what your pace everyone is running the same event and everyone will get to cross the finish line. If you're running at less than a 12 minute per km pace you may be asked to move on to the footpath for the later sections of the run.

AT THE FINISH



Please don't stop immediately as you cross the finish as there may still be people finishing behind you.

Medical facilities will be available near to the start and finish line, and staff from St John's Ambulance and North East Ambulance Service will be positioned around the course should you require assistance. Please contact a medic or steward if you need help at any time.

Finishers' packs will be sorted by t-shirt size and will include a bottle of water, your medal, your finisher's t-shirt and other treats.

Please collect your bag up from the appropriate table.

Once you have finished the run, there are numerous bars and restaurants in Newcastle and Gateshead where you can refuel, rehydrate and celebrate.

Visit greatrun.org/photos in the days following the event to view and purchase the official event photos taken by Marathon Photos.

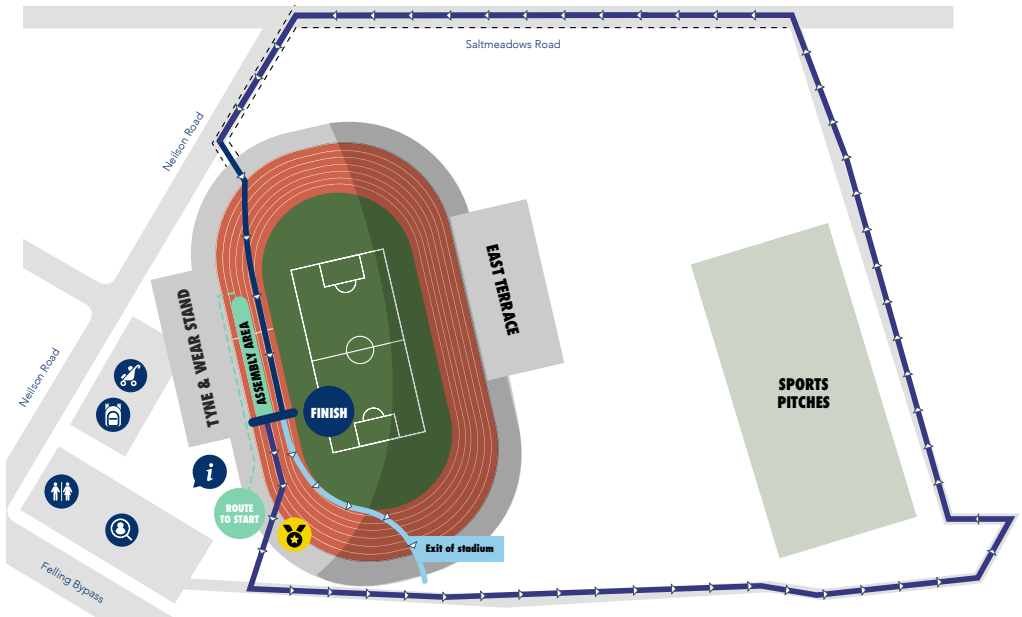
You can also find your results after the event has finished by visiting greatrun.org/results

Sadly, this year due to Covid-19 restrictions, no spectators or supporters will be permitted inside Gateshead International Stadium. However, runners will all have the opportunity to finish on the track inside before collecting their finisher's bag.

great north run[®] family

Only the accompanying adult can access the stadium and take part with the child. Unfortunately due to Covid-19 restrictions no other adults or supporters will be permitted inside the stadium.

Any child choosing not to run with an accompanying adult can be escorted into the start area within the stadium by an adult, and then collected at the finish. However, the adult must collect a wristband from the information point in order to gain access to the stadium. Access to the assembly area is through Gate 5 to the right of main reception.



KEY



Toilets



Baggage Storage



Missing Persons



Information Point



Buggy Storage



Finishers' Packs

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 there will be no bottled water at the start area. Please arrive hydrated, having had enough water before getting to the start. If you feel like you'll want a drink just before you run, we suggest you bring your own supply, which you may carry with you while you run. There will be water station at around the 5k mark on the course and also at the finish.

If you opt to bring your own standard, single use plastic water bottle, please make sure you throw it in the clearly marked recycling bins that will be available in the start and finish area.

GREAT RUN & COVID GUIDANCE

The Great North 10k has been planned with your health and safety at the heart of it. The changes to the event that are detailed within this guide is our way of doing all that we can to ensure a COVID-secure event.

We'd like to ask for your help to maintain these standards and ensure the protection of those around you, therefore if you display any Covid-19 symptoms, we ask that you do not attend the event.

For more information on the symptoms of Covid-19, please visit the NHS website.

All adults in England are advised to carry out twice weekly Covid-19 testing. Participants are encouraged to complete two tests during the week leading up to the event, one of which should be carried out within the 48 hours before the race. You can collect free home testing kits from pharmacies and other community sites, or order online or by phone for home delivery. Find out more: www.nhs.uk/gettested



WASH YOUR HANDS WITH SOAP AND WATER OFTEN – DO THIS FOR AT LEAST 20 SECONDS. USE HAND SANITISER GEL IF SOAP AND WATER ARE NOT AVAILABLE.



COVER YOUR MOUTH AND NOSE WITH A TISSUE OR YOUR SLEEVE (NOT YOUR HANDS) WHEN YOU COUGH OR SNEEZE. PUT USED TISSUES IN THE BIN IMMEDIATELY AND WASH YOUR HANDS AFTERWARDS.



STAY 1 METRE AWAY FROM PEOPLE

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.



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.



Avoid dehydrating alcoholic drinks for 24 hours before you run.

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 GREAT NORTH 10K TEAM
AND ALL OUR PARTNERS.**

JustGiving

CRX

GREGGS

ENGIE



CLIF

nursem

DEEP HEAT[®]
DEEP FREEZE[®]

