



GREAT
NORTH
RUN

Official
Information
2021



Firstly, I would like to say ‘thank you’.

Thank you to each and every one of you for choosing to take part in this year’s unique 40th Great North Run after what has been a hugely challenging 18 months for everyone. Thank you for raising millions of pounds for charities and good causes, and thank you for celebrating this momentous occasion with us.

40 years ago on the start line of the first Great North Run, I could never have foreseen the extent to which the heart and soul, determination and spirit of the running community and the region would embrace and shape what the event has become today.

You are an integral part of our history, our story, our heritage, our spirit, and our future.

The Great North Run has always been about ordinary people doing extraordinary things, and that is more evident today than it ever has been.

I wish all of you the very best of luck on Sunday 12 September, see you at the finish!

Sir Brendan Foster

ONCE UPON THE TYNE

On 28 June 1981, 12,264 people lined up in Newcastle for the first Great North Run, instantly becoming the UK's biggest running event. To celebrate the 40th landmark, we've designed this year's event guide in the style of the very first edition. Take a look at some of the original runner's guide dos and don'ts from 1981:

DOs

- If you have always trained at lunchtimes or evenings then fit in some morning runs before the 28th. The race starts at 10:30am and your body might not feel so awake if it isn't used to exercise at this hour
- Do visit the toilet before the run and do bring some toilet paper with you
- Do check your laces and elastic before you leave home. What a disaster if all that training was wasted because of a broken lace, etc!

DON'Ts

- Don't have a whacking great traditional English breakfast before the race, unless you want that sinking feeling at 3 miles or so
- Don't wear "tatty" worn out kit, it may give up before you do
- Don't take on pints of water like a camel, just before the start. It will slosh about inside you and will probably help bring on a stitch

Plenty of these still ring true in today's event... Maybe with the exception of needing loo roll!



1988

EVENT GUIDE

The world's biggest and best half marathon is just around the corner and we are really excited about welcoming you to the start line!

We can't wait to celebrate the Great North Run's 40th birthday with you, in what promises to be a really special weekend in the North East.

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/north, 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 RUN

- You have been allocated an arrival time and a start time, please arrive at your allocated timeslot.
- This year there is a new arrival and start process (details below).
- The Arrival Zone entrance is accessed from Claremont Bridge, via Claremont Road.
- The new finish line is in Newcastle upon Tyne on the Great North Road.
- There will be no warm up this year, however there will be plenty of space to do your own stretches.

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 media with your medal selfies by using **#GreatNorthRun** or **#GNR40**



TRAVEL & PARKING

We highly recommend making travel plans before event day to ensure you get to the start line in plenty of time for the start of your run. The city will be very busy on event day, and due to road closures in place for the event, we recommend walking or using public transport where possible. Normal driving routes and car parking options will be busy and restricted in some places.

There will be no drop-off area available on Grandstand Road or Claremont Road.

Please note: The best route to enter the Arrival Zone is from Claremont Bridge, via Claremont Road.

PARKING INFORMATION

There is no official event parking available at the start, however there are a number of car parking options in and around Newcastle city centre.

Visit Newcastle City Council's website for up to date parking information:
www.newcastle.gov.uk/greatnorthrunparking2021

TRAVEL & PARKING

TRAVELLING ON THE METRO

The nearest Metro station to the start line, and the exit from the finish area, is Haymarket (approx. a 15 minute walk). Alternatively, Jesmond Metro station is also operating throughout the day

Please note: Ilford Road Metro Station, West Jesmond Metro Station and Monument Metro Stations are all closed on Sunday 12 September.

Day-saver tickets for use on the Metro system on Sunday 12 September are available to buy online. Tickets will be available on a first come first served basis. The day-saver tickets allow you to purchase a wristband ahead of event day so that you don't have to worry about sorting out your travel on the morning of the run, or having to carry cash or cards around with you as you run.

Take a look at the Nexus website for details on travelling in and around Newcastle on the day of the Great North Run, as well as guidance on which tickets, travel wristbands and day saver passes are most suitable for you:

www.nexus.org.uk/greatnorthrun

TRAVELLING BY TRAIN

Newcastle Central Station is approximately a 20 minute walk to the Arrival Zone on the Town Moor.

TRAVEL & PARKING

TRAVELLING BY BUS

The nearest bus stations to the start are Haymarket and Eldon Square, plus many on-street bus stops.

Go North East buses have plenty of travel options and services across the weekend of the Great North Run. Visit www.gonortheast.co.uk and select the 'plan your journey' option.

Alternatively, you can download the Go North East app on android and iOS devices, which will allow you to purchase tickets via your mobile, view live bus timetables, plan your journey, provide you with service updates and more. More information about the app can be found here: www.gonortheast.co.uk/app

Take a look below for website and Twitter details of other public transport providers to help you keep up to date with travel in the North East on the weekend of the run:

Arriva bus services - arrivabus.co.uk

Stagecoach bus services - stagecoachbus.com

@NELiveTraffic

@My_Metro

@gonortheast

@stagecoachNE

WALKING

We recommend making use of Newcastle's many public transport options and then walking to the start line. Please note: You will need to enter the Arrival Zone from Claremont Bridge, via Claremont Road.

The walking time from the Arrival Zone to the Assembly Zone is approximately 20 minutes.

CYCLING

There will be a number of cycle racks available on the event site on the Town Moor.

YOUR RUN NUMBER & TIMING CHIP

Your wave colour, start time and arrival time is detailed on your run number. Please ensure you check this and arrive at the event at your allocated time.

Once your run number 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 safety pins and you're all set!

If your run number hasn't arrived through the post you'll need to visit the information point located in the Arrival Zone on the Town Moor (see the start map below).

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 as you cross over the timing mats located at the start, various locations around the course, and at the finish, so you don't need to do anything. You don't need to return your chip at the end of the day.

WHAT3WORDS

If you would like to know the exact location of key places like the baggage facility or information point on event day, then what3words is the perfect app for you.

For more information download the what3words app or visit [what3words.com](https://www.what3words.com).

Find below the key what3words addresses for the Great North Run.

Location for assembly area is: **froze.tops.vibrates**

Location for start line is: **smiled.paid.liner**

Location for finish line is: **hails.likely.foal**

Location for information point is: **rocky.vine.task**

Location for meeting point is: **bared.cycles.slim**

Location for baggage is: **cheese.crowned.update**

Location for missing persons is: **nasal.puppy.slick**

YOUR BAGGAGE

There will be three large open-sided baggage marquees available to store your belongings in on the day. These are located in the Arrival Zone on the Town Moor (please see the start map below) and will be clearly signposted.

The marquees have been given the following names:

ANGEL OF THE NORTH
TYNE BRIDGE
ST JAMES' PARK

You can choose any of the three baggage marquees to store your belongings in, however, we do ask that you remember which one you've used for when you return to collect your belongings.

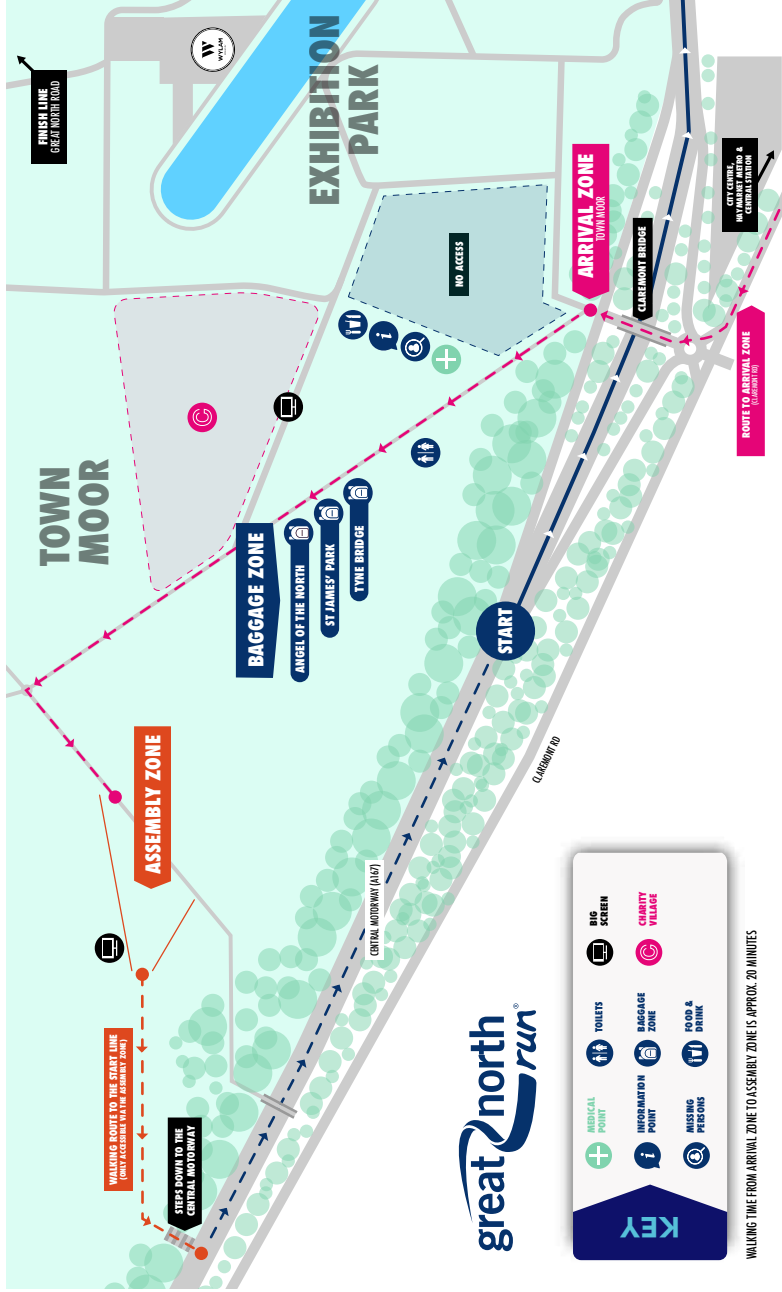
The baggage marquees will be operated using a one-way system, and where possible we ask that you weatherproof your bag due to the marquees being open-sided.

Marshals will be present at the baggage marquees all day, and will ask to see your corresponding run number/baggage tag when you go to collect your items.

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.

START MAP



ON ARRIVAL

START AND FINISH LOCATIONS

The start line will remain on the Central Motorway (parallel to Claremont Road) in Newcastle upon Tyne, as in previous years.

However, this year the route to the start line will be very different and you will not be able to gain access to the Central Motorway without going through the Arrival Zone and Assembly Zone.

The finish line is now on the Great North Road in Newcastle upon Tyne, adjacent to the Town Moor.

ARRIVAL TIME

Your arrival time is the time you should aim to get to the Arrival Zone located on the Town Moor, which is accessed by crossing over the Claremont Bridge over the Central Motorway (A167) via Claremont Road.

Once you get to the Arrival Zone you will have approximately 30 minutes to use the toilets, drop your baggage off and visit the information point, should you need to. We then ask that you make your way to the Assembly Zone, where you will access the start line from. The approximate walking time from the Arrival Zone entrance at Claremont Bridge to the Assembly Zone is 20 minutes. There will be signage to point you in the right direction on the day, as well as plenty of marshals and volunteers to help you should you need.

Please note: If you are accessing the Town Moor from a direction other than the Claremont Bridge entrance, you will need to factor in those walking times over and above your allocated arrival time.

Be aware that the Town Moor is a big place and you will need to ensure you've left plenty of time to get to the Arrival Zone at your allocated arrival time.

In the Arrival Zone there will be baggage, toilets, information point, hand sanitizer, and access to the Charity Village. There will be bottled water available in the Assembly Zone.

ALTERNATIVE ACCESS ROUTE

The walking route through the Arrival Zone, the Assembly Zone and to the start line takes participants across grass, over a steep hilly section on the Town Moor as well as down a number of steps to the Central Motorway, and is not suitable for wheelchair users or visually impaired runners.

Should you have any accessibility concerns, are a wheelchair user or visually impaired participant, we recommend taking the alternative route to the start line located near the entrance of the Arrival Zone on Claremont Road (in the Queen Victoria Road car park).

This is a restricted access area that will be marshalled on the day and will have limited baggage facilities and toilets. Participants are then able to gain access from this area to the start line via the slip road that runs parallel to the Central Motorway, which will also be marshalled.

Should you need to visit the information point on the Town Moor, this can still be accessed through the Arrival Zone, however, please ensure you leave plenty of time to get to the alternative access route before your start time.



TIMETABLE

Sunday 12 September

08:30 – Live on BBC Two

09:15 – Elite wheelchair and visually impaired start

09:20 – Elite women start

09:30 – Live on BBC One

09:45 – Elite men and ORANGE wave start

11:05 – WHITE wave start

12:25 – GREEN wave start

The timetable may be subject to change due to operational requirements.



AT THE START

START TIME

After arriving at the Assembly Zone you will be taken down to the start line on the central motorway, which will take approximately 10 minutes.

You will then line up along the central motorway, as in previous years, and prepare for the start of your 13.1 mile journey.

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 in a steady flow to help regulate the number of runners through the start and around the course. Therefore, it's important to arrive at the time allocated to you on your run number.

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.

MOVING WAVES

We highly recommend arriving and starting at your allocated times, however if you are hoping to run with a friend who has been allocated a different arrival and start time to you, you can move to the LATER arrival and start time, but you will not be permitted to move to the EARLIER arrival and start time.

For example, if Sarah's arrival time is at 08:45 but she would like to run with David, who's arrival time is at 10:45, Sarah would need to drop back to David's arrival slot and arrive at the site at 10:45. David would not be permitted to move to the earlier arrival slot of 08:45 to join Sarah.

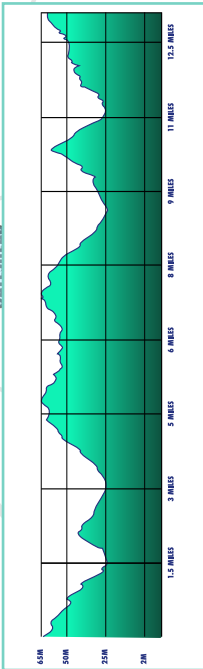
You do not need to visit the information point to arrange this.

COURSE MAP



KEY

- MILE MARKERS
 - TIMING MATS
 - HIGHLAND SPRING HYDRATION STATIONS
 - TOILETS
 - SHOWERS
 - BIG SCREEN
- MEDICAL SUPPORT AVAILABLE ACROSS THE COURSE



ON THE COURSE

HIGHLAND SPRING HYDRATION STATION

Be prepared for the Highland Spring Hydration Stations providing water at the following points: 3 miles, 4.5 miles, just before 7 miles, 8.5 miles, 10 miles and 12 miles. You will see signs to let you know you're coming up to a water station.

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.

Please be considerate of other runners and do not throw bottles onto the opposite carriageway.

There will be toilets available at each of the Hydration Stations

A FINISH LINE FOR EVERYONE

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 17 minute mile pace you may be asked to move on to the footpath for the later sections of the run.

FEED STATION INFORMATION

Due to Covid-19 there will be no energy gels or bloks provided on the route. We recommend training with energy products before taking part on event day, and then taking them with you while you make your way around the course.

PLEASE NOTE – as there is a long out and back section on Felling Bypass, please do not be tempted to cross onto the opposite carriageway as there will be runners coming towards you.

ON THE COURSE

This year's course will start and finish in Newcastle upon Tyne and will have loads of fantastic musical entertainment and cheer zones located along the 13.1 mile route to keep you motivated until you cross the finish line on Great North Road.

On the course there will be:

6 Hydration Stations provided by Highland Spring

3 on-course showers

10 bands on the run

12 charity buses

17 charity cheer points

...Not to mention all the music and entertainment provided by this year's partners and sponsors. There'll be no shortage of atmosphere!

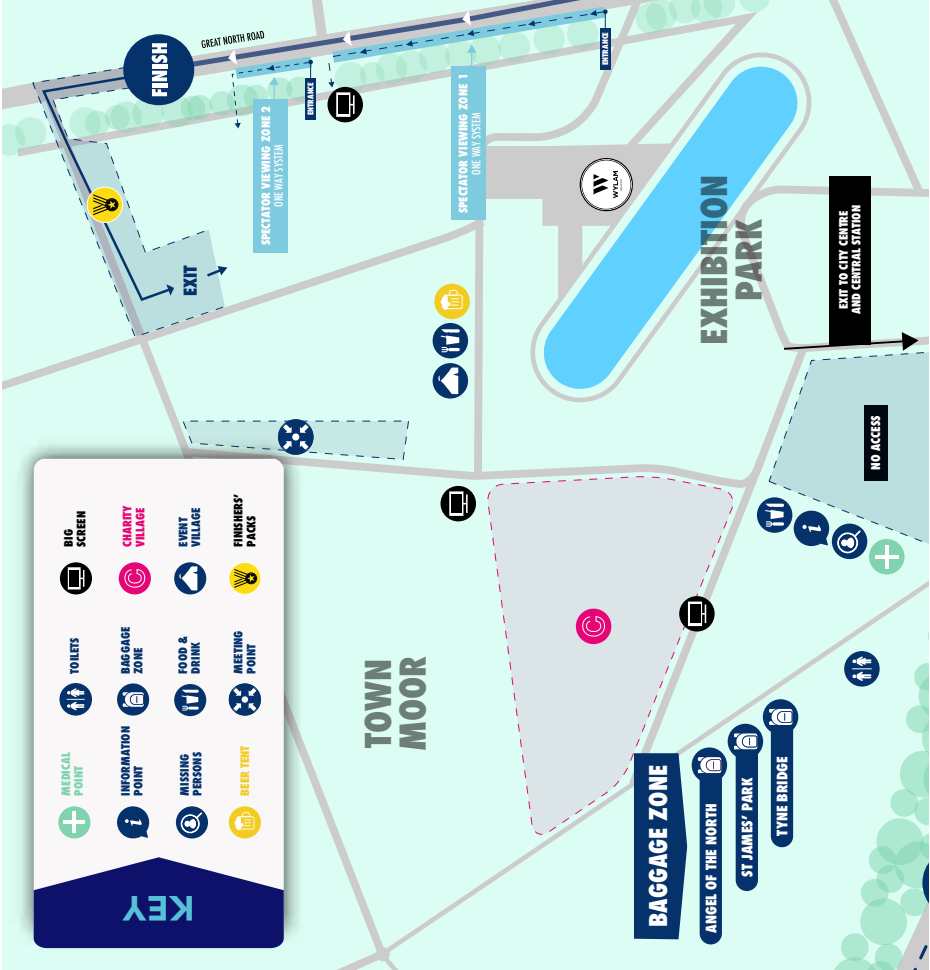
Great Run App

If you've got family and friends who would like to see how you're getting on as you make your way around the course, why not encourage them to download the free Great Run App so they can track your progress.

Each time you cross over a timing mat around the course the app will update your location so that your friends and family can see how you're getting on.

You can download it for free via iTunes or Google Play.

FINISH MAP



AT THE FINISH

As you make your way along the final straight on Great North Road towards the finish line, get ready to celebrate an amazing moment! The instant you cross the finish line you'll be able to relax, refuel and rehydrate in the event village.

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

Medical facilities will be available near to the 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 from the appropriate table.

Once you have finished the run, why not see what our partners and charities have to offer in the event village? Refuel with food from a selection of food vendors, or pop over to the Wylam Beer Tent for some cool, well-earned refreshments. There will be big screens showing the live BBC coverage throughout the day, PA systems interviewing runners and celebrities, and there will also be a DJ in the finish area to help you celebrate your achievement.

Please note: the Wylam Brewery will not be open to the general public on the day, however their finest brews will be available in their pop up bar in the finish area.

Further afield there are numerous bars and restaurants in Newcastle and the surrounding areas where you can continue your celebrations.

AT THE FINISH

The finish site has been re-designed for one year only, and due to the current climate we have tried to spread everything out to make use of the space available on the Town Moor.

There will be a meeting point (look out for the large flying lettered flags) where you can arrange to meet your family and friends.

There will be a missing person's point next to the information point.

Make sure you visit the Charity Village (see Charity Village map below) and other exhibitors, including the Scimitar pop up store where you can treat yourself to a selection of limited edition GNR40 merchandise.

Unfortunately, this year, there will be no massage tent, however there will be plenty of space to do your own cool down and stretches.

Hand sanitizer points will be readily available around the start and finish courtesy of our hand sanitizer partner Nursem. In key areas there will be one way systems in place to help the flow of runners and spectators on the day.

PHOTOS

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

RESULTS

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

RUNNERS' REWARDS

There are a number of local businesses offering runners a special treat for all their hard work. So whether it's a free glass of fizz with your medal or a discount on a meal, make sure you visit the rewards section of the Great North Run event page to see what goodies you can pick from.



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 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.

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, there will be bottled water available in the Assembly Zone.

There will also be water stations at 6 locations around the course. (See course map for details of where these are located).



GREAT RUN & COVID GUIDANCE

The Great North Run 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.

The main symptoms of Covid-19 are:

A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

A loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

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



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.



DEFERMENT INFORMATION

If you've received your run number through the post but you have requested to defer or withdraw your place, don't worry. In order to help process your deferment, we ask that you send your run number back to us at the following address:

The Great Run Company
PO Box 1355
Newcastle Upon Tyne
NE99 4BZ

Payment for standard postage is required, you don't need to send it by recorded or special delivery.

Great Run will be in touch with you again in November via email with instructions on how to register and pay to secure your 2022 entry.

Please note: It is against Great North Run policy to swap or pass on your run number to anyone else. If deferred run numbers are found to have been used in this year's event, it could jeopardize future participation in the Great North Run.



THANK YOU

Thank you to all the runners who have selected to run for a fantastic charity. See below for messages from some of our charities to their runners this year.



Alzheimer's Society:

Wishing the best of luck to all the Team Alzheimer's Society runners! Thank you for your incredible support. Every step you take will bring us closer to a world without dementia.



Blood Cancer UK

Thank you and good luck to all Blood Cancer UK runners - we'll see you at the finish!



Breast Cancer Now

A huge good luck to all our amazing Breast Cancer Now runners, thank you for your incredible support! We can't wait to see you at the finish line.



British Heart Foundation

Over 500 runners will be donning their red t-shirts and taking to the streets of Newcastle in support of the British Heart Foundation, and are hoping to raise an incredible £250,000 to help fund life saving research into heart and circulatory diseases. Look out for their cheer bus on the route, and you can also visit the BHF in their marquee in the event village.



Cancer Research UK:

Good luck to all Cancer Research UK runners at this year's Great North Run, and THANK YOU for fundraising for life-saving research.

We can't wait to see you on the day!



Guide Dogs

Good luck to our amazing #TeamGuideDogs runners, we cannot wait to cheer you on!



Macmillan

Join Team Macmillan for your next run and help those affected by cancer!

Visit macmillan.org.uk/findarun



Mind

Good luck to all runners and a special shout out to Team Mind! By joining the fight for mental health, you're helping to make sure that no one has to face a mental health problem alone. Thank you!



NSPCC

Good luck to all of our amazing #TeamNSPCC runners! Every mile you run and every penny you raise is helping in our fight for every childhood. With you, we are unstoppable.



Stroke Association

Good luck #TeamStroke! Thank you for supporting the Stroke Association and helping to rebuild lives.



Tommy's

Good luck Team Tommy's and thank you for helping save babies' lives.

**Don't forget to visit the Charity Village on the Town Moor after you finish.
You're sure to get a huge round of applause from the charities, and
maybe even a few treats!**



Planning a holiday abroad, have you booked your COVID-19 travel testing?

We offer fast, affordable & reliable COVID-19 travel testing at over 30 sites across the UK, with prices from £35.

Official Sustainable Energy partner of the **Great North Run**



EQUANS is the new name for the services activities of global energy provider, ENGIE - combining energy solutions, facilities and regeneration services for the benefit of individuals, businesses and communities.

Expanding on ENGIE's purpose to make net zero carbon happen, EQUANS has the mission to connect, power & protect - empowering businesses and communities to fully embrace a greener, more efficient and increasingly digital world.



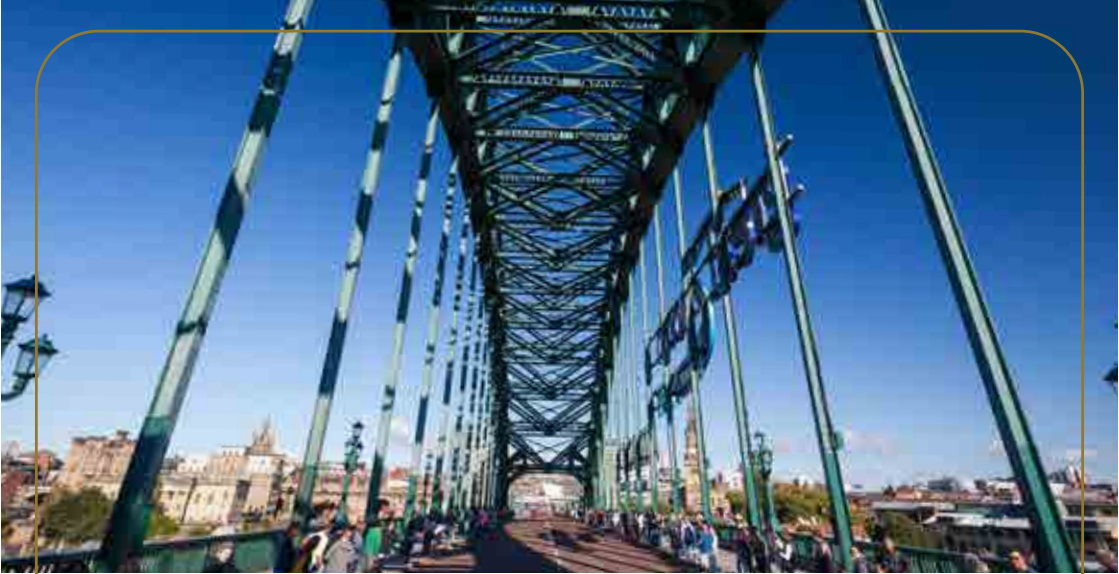
**GOOD LUCK TO
EVERYONE RUNNING
THE GREAT NORTH RUN.**

great
norththank
you

In partnership with



HSBC UK



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

EXPRESSTEST
Cignpost

 **EQUANS**

NISSAN

**HIGHLAND
SPRING**

nursem

CRX

**GREGGS**

CLIF

JustGiving

DEEP HEAT
DEEP FREEZE

 **MARATHON
PHOTOS**