

## TRAVEL PLANS FOR THE DAY



Event day in the city will be busy – so plan ahead and leave plenty of time to get to the start line in Anchor Road in time for your warm-up. We recommend using public transport where possible, and if you do choose to drive, we'd suggest car sharing. Make sure you're aware of parking options, and any road closures or diversions so you don't end up with any surprises on the big day.

## RUN NUMBER



If you've got your run number you're all sorted and you don't need to visit the Information Point – you can just make your way to the start line. It's really important that you fill in the details on the back of your number, and attach it to your running vest.

## ENTER THE COMPETITION



On your run number, look out for AJ Bell's golden ticket competition. They're giving away a stash of feel-good running prizes including a Great North Run entry, £200 sports voucher and much more. All you need to do is scan the QR code to enter.

## SAFETY PINS



Don't worry if you forget your safety pins – you'll find a huge bucket of them right next to our Information Point in Millennium Square.

## RUNNING WITH FRIENDS



If you've got friends taking part who are in different waves, but you'd like to run together, you can! You are able to drop back to a wave, but not move forward e.g. if your friend is in the pink wave and you're in orange, you can drop back to the pink wave but your friend could not move forward to the orange wave.

## DRINK. DRAIN. AIM



Arrive at the event hydrated and ready to go. In our bid to reduce the number of plastic bottles used on event day, there is no bottled water at the start line. Along the course there will be Aqua Pura bottled water available if you need it. Remember to DRINK IT, DRAIN IT and AIM IT at the recycling points next to the water stations.

## DOWNLOAD THE GREAT RUN APP



From the Apple App Store or Google Play Store. You'll be kept up to date with any event notifications. Encourage your friends and family to download it too so that they can track you as you make your way around the course and donate to your chosen cause.

## PACK YOUR BAG THE NIGHT BEFORE



With spare clothes, attach your baggage label (attached to your run number) and any other essential items you need. Make sure you don't leave any valuables in your bags. If you have any old pairs of shoes you no longer use, please bring them with you and donate them to the JogOn point next to the Information Point.

## MAKE ARRANGEMENTS TO MEET YOUR FAMILY AND FRIENDS



The finish area in Millennium Square 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.

## READ THROUGH YOUR DOWNLOADABLE EVENT GUIDE



This contains maps, travel advice, baggage information and more: download [here](#)

## SHARE YOUR FUNDRAISING PAGE



If you're running for a charity, don't forget to share your fundraising page with friends and family. Or set up your page via Enthuse [here](#)