



Great North Run Sunday, 8 September 2019



Your runner's guide

You're running the Great North Run for us. Thank you. This guide will give you all you need to know about the day. If you've got any friends or family coming, share this with them so they can find our cheer point and together we can all make a racket for you. If you've any questions, give us a shout. Otherwise we'll see you as you race past.

Why it's important

"I ran for Diabetes UK as my son Alex was diagnosed with Type 1 diabetes when he was just 6 years old. It is important for us to support the charity, partly because of the help and support. But more importantly, because so much money is needed for the vital research that Diabetes UK do, to help future generations, and researching new technology to make life easier for people like my son."

Rachel, ran the Great North Run in 2017.

Getting ready

Your race pack including your race number, timing chip and magazine will be posted out in early August roughly four weeks before race day. If you haven't received your pack by the week of the event, please do email info@greatrun.org so they can help you.

Don't forget to wear your Diabetes UK running top. It means we can see you coming and will cheer you on as you pass our cheer point. Iron your name onto the front so the crowd can chant your name.

Then try to stick your race number below our logo so everyone knows who you're running for.

Leave yourself plenty of time to get there – it can get busy – so you can drop off your bags and nip to the loo at the start area. Plan your journey using www.newcastlegateshead.com/plan-your-visit

Social media

If you're on Twitter, Facebook or Instagram, then get sharing. We'd love to see your pictures and posts about the day. And don't forget to share your JustGiving link with all your followers. You're about to run just over 13 miles, it's a huge achievement, so tell everyone about it to get those donations flooding in.

Don't forget to use **#TeamDUK** and **@ us** in your posts

 **/diabetesuk**

 **@diabetesUK**

 **@diabetesUK**



Course map

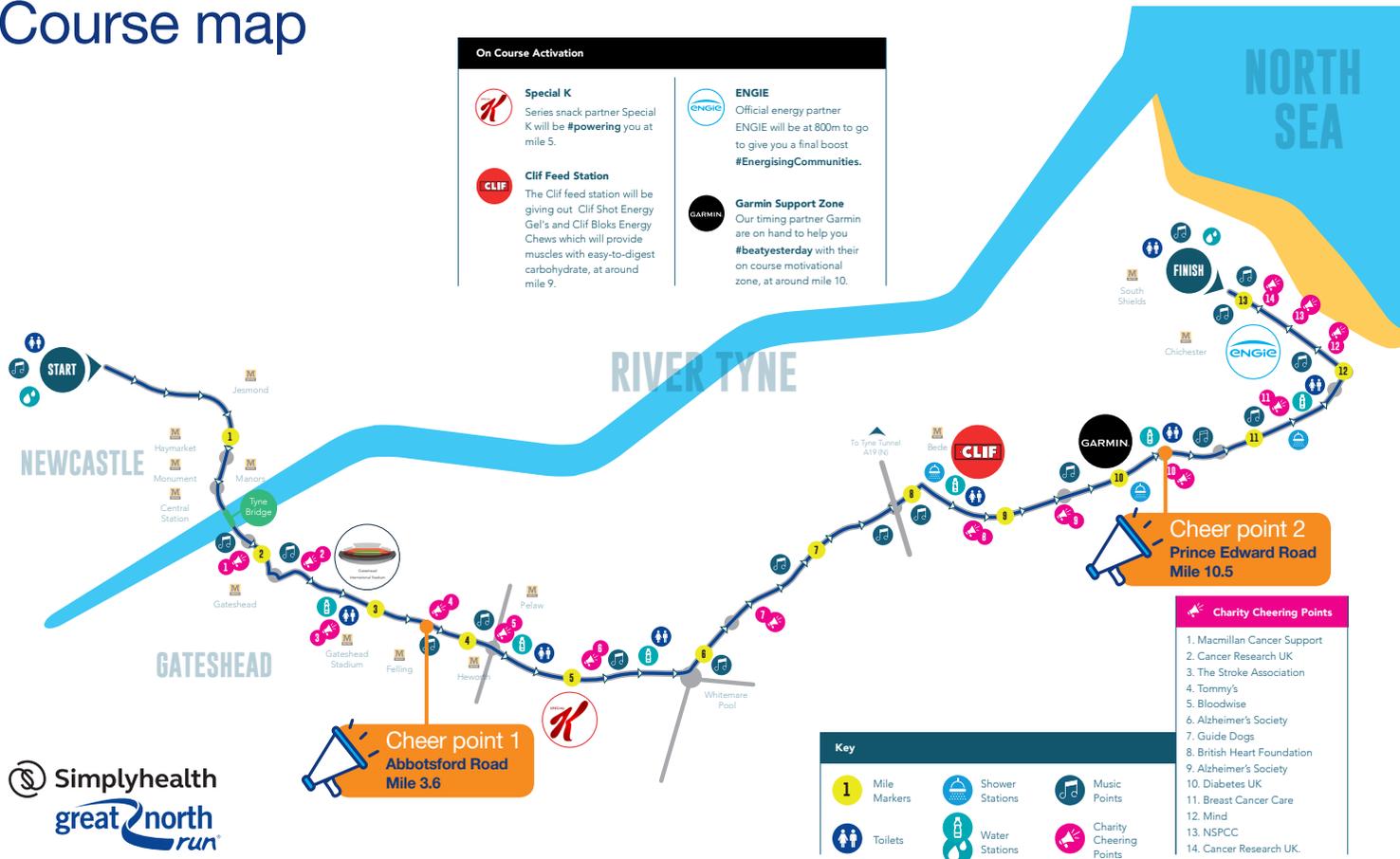
On Course Activation

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

CLIF
The Clif feed station will be giving out Clif Shot Energy Gel's and Clif Bloks Energy Chews which will provide muscles with easy-to-digest carbohydrate, at around mile 9.

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



- Charity Cheering 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.

Key

Mile Markers	Shower Stations	Music Points
Toilets	Water Stations	Charity Cheering Points

Feel the noise

Never underestimate the power of hearing your name yelled to perk you up if you're flagging or drive you on even faster if you're feeling great.

Look out for our big blue cheer points along the route and encourage your friends and family to join us. We'll be at mile 3.6 and mile 10.5. Give us a wave as you run past.

Celebrate with us

Celebrate your amazing achievement with **#TeamDUK** in the Charity Village just after the finish line. We'll have well-deserved refreshments, sports therapists on hand to help with your cool down, and a chance for celebratory photos.

Please feel free to use our marquee as a meeting point for friends and family, they're very welcome to come along.

Charity village – Find our marquee in the Charity Village along Avenue A, and celebrate your success.

How to get there: Chichester Metro Station is a 25 minute walk away.

Cheer point 1 – Mile 3.6
Abbotsford Road
NE10 0EU

How to get there:

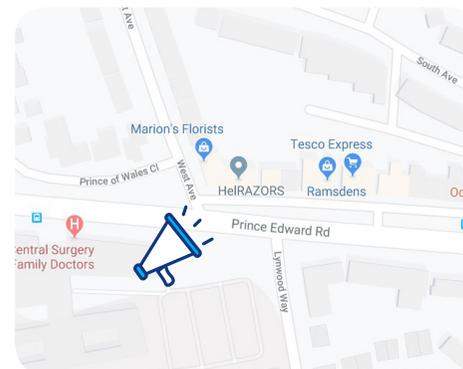
Our family cheer point is the perfect first stop for your cheer squad to see you along the route. With Felling and Heworth metro station being just a short walk away, they can hop on the metro and head towards the finish to catch you again.



Cheer point 2 – Mile 10.5
Prince Edward Road
NE34 6QT

How to get there:

A 35 minute walk from Chichester Metro Station, our cheer bus will be standing proud at Mile 10.5 on the corner of West Avenue. Send your friends and family to stand top deck with us and give the loudest cheers to get you through those final few miles.



Got a question? Email us:
events.fundraising@diabetes.org.uk