

Great North Run

11th September 2016

Event Facts

Date:
11th September 2016

Distance:
13.1 miles / 21 km

Registration fee:
£50

Minimum
sponsorship: £350

Difficulty level:
Moderate - tough



Event Highlights

- The Great North Run is the biggest half marathon in the world!
- The red arrows provide an aerial salute over the spectacular Tyne bridge and the final stretch along the coast at South-shields amid cheering crowds.
- Join our team of fab NAS runners as they raise millions of pounds, have fun and achieve a personal goal.

This challenge is a fantastic way to raise vital funds for the NAS whilst achieving a superb fitness goal.

"Really enjoyed the day and glad i could raise money for the National Autistic Society. I felt quite emotional crossing the finish line knowing i had made a difference in the lives of those with autism."

NAS Great North Runner 2009

Summary

The world's biggest half marathon (13.1 miles/21 kilometres), the Great North Run, is a point-to-point course that starts in Newcastle and finishes in South Shields.

This hugely popular event attracts an eclectic mix of fun runners, celebrities, fundraisers and fancy dress plodders along with international athletes from around the world.

Soak up the atmosphere!

From the start to the finish, you'll be entertained by a wide range of musicians all playing as hard as they can to help you keep on going around the course.

As well as the thud of fifty thousand feet on the streets, the cities of Newcastle, Gateshead and all spaces in between will move to the sound of rock, pop, brass, strings, steel and samba!

Benefits of being part of the NAS running team include:

Comprehensive training guide, including nutrition, kit and advice on avoiding injury.

Fundraising support, including NAS-branded promotional materials to aid your fundraising.

NAS running vest and iron on letters so that you can personalise with your name.

Post race marquee, where you can meet family and your fellow runners whilst having some refreshments.



Frequently asked questions

I want to apply for one of your Gold Bond places, how much will I have to raise?

In return for one of our places we ask all runners to raise at least £350.

I have my own place already confirmed; can I still join the team?

Yes! We would be delighted to have you on the team and you will receive all the same benefits. You won't have a minimum sponsorship amount, but we do ask that you raise as much as possible.

What is the average age?

People of all ages take part in challenge events like the Great North Run in aid of The National Autistic Society (NAS) so it is impossible to give an average age. The minimum age to be able to compete is 17 and there is no upper limit provided you are fit and able to complete the challenge.

I have an ASD. Can I take part?

We welcome people with Autistic Spectrum Disorders and would be pleased to support you as much as possible to achieve your challenge. Please phone 0808 800 1050 if you have any questions about your personal circumstances and wish to discuss the level of care or support you may require.

I haven't done much running before; will I be able to run a half marathon?

Yes, we have lots of first-timers taking part in this event. You can train to be fit enough for this distance, although you will need to be prepared to train hard over the few months leading up to the event. We will provide you with a detailed training plan.

What do I need to buy to take part?

Just your running shoes and heaps of enthusiasm! As you get into your training you can test different energy drinks to see what works best for you. Also you will find out what kit e.g. running shorts, socks etc you find most comfortable. Many specialist sports shops will help you to find the best running shoes to suit you depending on how you run.

Who can I train with?

Once signed up we will send out a contact list of all runners in The NAS team (if they agree to be included) from this you can contact anyone who might be training in your local area. You can also join a local running club; they usually have sessions for all levels. See www.runnersweb.co.uk/indexrun.htm to find your local club.



I am not from near Newcastle, how do I find out where to stay?

Accommodation for The Great North Run is always booked up very quickly. We would therefore advise that you book early to avoid last minute panic and disappointment. The official tour accommodation and travel provider for The Great North Run is Nirvana Travel, tel: 0191 293 6592 or email: mail@nirvanaeurope.com. Newcastle Tourist Information are able to assist with all your travel enquiries be it by train, car or plane so just give them a call on 0191 277 8000!

Where do I meet my family after the race?

As the finish line gets very congested, we suggest you meet in our very own marquee in the Charity Village – here you will also be treated to some well-deserved refreshments. There is also a family reunion area located at the end of the secondary finish area at Gypsies Green. Alphabetical placards will be erected so that you can make arrangements to meet friends and family.

How do I get my running number?

The Race numbers will be sent by the race organisers to all runners approximately 4 weeks before the event along with the pre event Great Run Magazine 'Your Great Day', which includes full event information about the 2016 Great North Run, race number and chip.

How do I raise my sponsorship money?

We will offer you lots of support and fun ideas on how to hit the target. The majority of our past runners exceeded their sponsorship targets. Unfortunately we can't include Gift Aid in this total as it is not guaranteed and we don't receive it until long after the event.

Do I need to hand in my sponsorship before the race?

No, we ask everyone to submit their sponsorship to the NAS one month after the event so it gives you the chance to collect all the pledges. Any money raised through your online sponsorship page will be sent to us directly (full details in the fundraising pack).

What will my sponsorship money go towards?

Your sponsorship money is used to fund our key charitable activities which support over 100,000 people each year across the UK. These include our Autism Helpline, our FREE education rights service and the Prospects Employment programme.

Monies raised from Gold Bond places cannot be restricted towards a particular service, programme or branch, so they can put towards wherever our senior management team and trustees have deemed the greatest need.

Sounds great! How do I sign up?

Just fill out a registration form, and return it with your registration fee of £50 before 1 July 2016.

Any more questions?

Call our Events team on 0808 800 1050

Itinerary

The start

The atmosphere at the start of the biggest road race in the world will be electric as you mingle with around 50,000 runners, all full of pre-race nerves and excitement as they warm up and wait for the starter's orders. The race starts in waves and depending on which category of runner you are in, you'll have a different start zone and time, so do make sure that you read your pre-race guide carefully and arrive in plenty of time in order to find the correct spot at the start.

With so many people all raring to go, the organisers have sensibly chosen one of the largest places in Newcastle city centre for the race start; the Central Motorway is taken over for one day by a different kind of traffic – 50,000 pairs of feet, not to mention the slick tyres of many racing wheelchairs pounding the tarmac.

And you're off! (Although you may find the start of the race a little slow as everyone surges away from the start line). Unless you're an elite runner you're going to find yourself part of one very large crowd, so accept the fact and make the most of the fantastic northern welcome, do a bit of celebrity spotting ... and try to avoid bumping into people!

Mile 1

With fresh legs, an encouraging crowd and a steady downhill run as you head through the city of Newcastle you could be forgiven for getting swept along with the field, but do pace yourself, as there are some hilly sections ahead! After around 1.8 miles the route will take you over the Tyne Bridge – look down to see the steely grey band of water on which Newcastle built its shipbuilding industry, look up and if you're lucky you'll see the spectacular sight of the Red Arrows flying over in celebration of your efforts.

Mile 2

Heading out of Newcastle you'll encounter your first climb and the road rises at a steady gradient for the next half a mile. Having crossed Park Lane roundabout at the top of the hill, you then start to descend again into Gateshead and you're almost at the 3 mile mark when you see Gateshead stadium on your left. Here you'll also find the first drinks station of the course and it's a good idea to take some fluids on board in preparation for the hill ahead.

Miles 3 - 5

From Gateshead Stadium at around 28 metres above sea level, it's a steady climb for the next two miles; steeper until you cross the Heworth roundabout and then a gentler climb until you run under the Black Bull junction, the highest point of the course at 53 metres above sea level, just after the 5 mile marker. Bands along the way will spur you on and there's a welcome drinks station at around the 4.5 mile point, just after the Heworth roundabout.

Miles 5 - 8

What goes up, must come down and after the exertions of the last two miles, you'll be pleased to hear that gravity is on your side for the next 3.5 miles. With Gateshead behind you, you will start to drop down into South Tyneside and crossing another roundabout just before the 6.5 mile point you'll be heartened to realise that you've covered almost half of the course. From here you'll continue downhill, over the A19 interchange with signs for the Tyne Tunnel and on towards the lowest point on the course at mile 8.5.

Miles 8 - 12

Showers, another drinks station and bands line the route at the 8.5 mile point – you may choose one or more of these to help you find the energy for the next short, uphill section to the 9 mile point. From here the course undulates gently for the next mile and a half or so and there's time to get your breath back before reaching the A19 interchange with signs for the Tyne Tunnel, which marks the start of the last long climb of the race. From mile 11 it's a steady uphill run towards the coast, until just before mile 12, when the route drops quite steeply for about 0.2 of a mile. Here you will need to steel yourself for the last climb of the race, which is thankfully very short (around 0.1 of a mile) but quite steep.

Mile 12

On the homeward stretch, the route banks sharply to the left and from here you will be running along the coastal road with a fresh sea breeze from the right and a gentle downwards slope all the way to the crowd-lined finish in South Shields. Cheers and congratulations await you here – along with some well-earned refreshments in the NAS marquee in the charity village.



The National Autistic Society is the UK's leading charity for people affected by autism.

Over 700,000 people in the UK have autism. Together with their families they make up over two million people whose lives are touched by autism every single day. Despite this, autism is still relatively unknown and misunderstood. Which means that many of these two million people get nothing like the level of help, support and understanding they need.

Together, we are going to change this

For more information about the Great North Run 2016 or any other event
call: 0808 800 1050

Email: events@nas.org.uk

Visit: www.autism.org.uk/running

Accept difference. Not indifference.