

NSPCC



Great North Run

2023



The start line's in sight

Training, planning, blisters – half marathons aren't easy. But you're doing great. You've made it this far, and we know you can go the distance. And if you need motivation, remember that every mile you run will help change children's lives.

To help, we've put together some training tips and all the information you need to know for the big day. We'll see you at the starting line!

Your race day checklist

- Running shoes – but not a brand new pair
- Race number – this is in your race pack from the event organiser
- Clean socks
- Your NSPCC running vest with your name on the front, so we can cheer you on
- Something to keep you warm and dry before the race – choose something you don't mind leaving at the start line, or a bin bag to keep rain off
- Plenty of plasters
- Vaseline/chafing gel
- Drinks or snacks for the finish line or during the race, if you've trained with them
- Safety pins
- Race map and instructions

EVERY CHILDHOOD IS WORTH FIGHTING FOR

Getting race ready

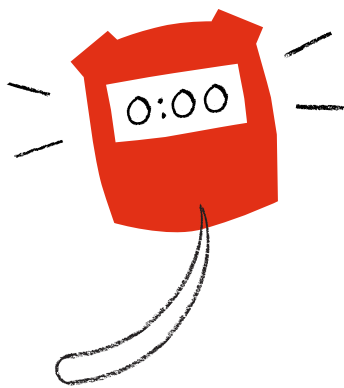
The final countdown to the big day

2 weeks to go

Stay in control

Keep your routine up but don't tire yourself out with any tough workouts. Iron on the letters to your NSPCC vest. If this goes wrong, don't worry – we have time at this point to send you some new ones.

You should have now received your race pack but, if not, get in touch with the race organiser directly – you'll be able to find contact details on their website.



6 days to go

Short and slow, or rest

Focus and stay calm the week before the race to stay illness and injury free. You should be rested, relaxed and ready to go the distance.

3 days to go

Do a short, easy run and try not to get stressed

It's normal to feel pre-race nerves, so stay focused and well-prepared. Download our kit checklist to pack – better to overpack than want something you've left at home.

5 days to go

Short interval

Limit training to four three-minute runs at race pace and get some early nights. This is important in race week – you've got to protect your immune system.

4 days to go

Do a very short, easy run, or rest

Plan out your day, including how you're getting to the start and when you'll need to arrive. Check out the route map from the event organiser on their [website](#).

Make sure your supporters have all the details so they know where to cheer you on and meet you at the end.

1 day to go

Relax

Have carbohydrates for lunch, and eat your evening meal early – but don't overdo it. Make sure your kit's ready and pin your number to your vest. Good luck!

* Top tip

We know that your friends and family might want to find their own spot for cheering, so why not order a cheer pack from the shop and make sure that you've made a plan so you can see your loved ones on the course?

You can order an NSPCC cheer pack from our [online shop](#).

The pack contains a banner, whistles, clap banners – everything needed to make lots of noise!

Keeping everyone safe

The race organiser and partners have been working hard to make sure runners and spectators are safe on the day. Please be aware that things might be a little different to what you've been used to if you've run in the past. The start times, set-up at the starting area, bag drop and other parts of race day may have changed, so please make sure you've read the race day guidance carefully. Everything you need to know can be found in your race pack or on the [race organiser's website](#).



It's race day

The big day is here. Race day morning can be hectic, so we've put together some final tips to help.

- Be sure to familiarise yourself with key timings, transport instructions and safety measures for the event – you can find this information in your race pack or on the [race organiser's website](#).
- Have your breakfast two to three hours before the race, but don't go crazy on carbohydrates and fluids.
- Don't worry if you don't move when the gun goes. Your chip only starts recording your time when you cross the start line.
- Focus on running your mile splits as relaxed and comfortably as possible.
- If you hit a low, stay positive and keep moving forwards.

* Race day tip

You've been allocated an arrival time and a start time. You're allowed to drop baggage off as you go through the arrival zone. We can't keep bags for you in the NSPCC tent, unfortunately.

Need-to-know

The Great North Run has reverted back to its original route for 2023. Starting in Newcastle, it will take you across the Tyne Bridge, and finish in South Shields at the charity village in Bents Park Recreation Ground.

Start area:

Town Moor, near Exhibition Park and Claremont Road.

Key timings:

- 10:30 Elite Wheelchair start
- 10:35 Elite Women start
- 10:37 Visually Impaired start
- 11:00 Elite Men and Masses waves start
- 11:35 Red Arrows flypast over Tyne Bridge

Your race pack from the event organiser will include your specified arrival time and starting time, as well as your race number and timing chip.

Where we'll be cheering you on

We'll be cheering you on at mile 4 and this is a great place for your friends and family to cheer you on too!

We'll be taking photos and video from the cheer points, so make sure you smile! We may use these photos for marketing future events online and in print for a period of 5 years. If you do not wish your photograph to be taken or used, please email running@nspcc.org.uk so that we can make the necessary arrangements.



North Sea

Bents Park
Recreation Ground

FINISH

South Shields

South Tyneside

Town Moor,
Exhibition Park

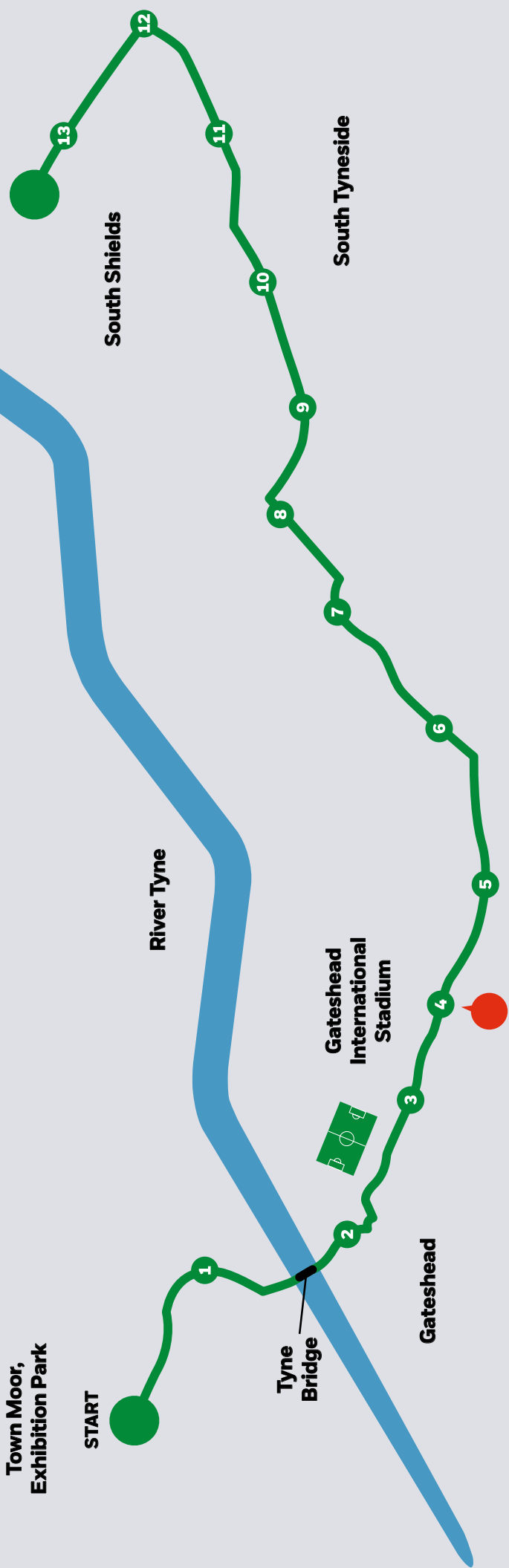
START

River Tyne

Tyne
Bridge

Gateshead
International
Stadium

Gateshead

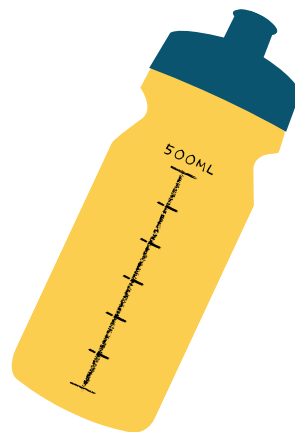


The post-race celebration

And relax... you've powered through 13.1 miles, and we reckon you've earned a break at our post-race marquee. We're marquee number 43, located on Avenue D within the charity village - look out for the NSPCC banners.

All our runners can get a well-deserved rest, refreshments and a complimentary massage. You can enjoy the refreshments in the marquee or take them away with you. The charity village also has places that your friends and family can get drinks and food.

Most of all, you can feel proud that you've done something amazing for children.



* Post-race tip

Arrange to meet your supporters at the NSPCC marquee in case mobile phone reception is patchy at the finish line.

AWESOME!



Racing towards your fundraising finish line

Every pound you raise will make a massive difference in our fight for every childhood. So here are some top tips to boost your fundraising.

Make sure your online giving page is up to date

If you've already reached your fundraising target, why not increase it and encourage your friends and family to give a little more? Find tips on making your page great on the [#TeamNSPCC hub](#)

Shout about it

Use social media, Whatsapp and work email to keep sharing your fundraising page, because some people will only donate on the fourth time they're asked! Time it right – after payday is a good time to send a reminder.

Get social media savvy

Facebook, Instagram, Twitter, whatever your platform of choice, social media is a great way to spread the word and ask for donations. And we've got some top tips and handy tools to really help your fundraising posts sing. [Take a look.](#)

Make a playlist

Let your friends and family know that they can add a song to your race day playlist in return for a £2 donation.

Host a post-race celebration BBQ

Invite friends to a BBQ in your garden and ask for a donation for the food, drinks and fun. It's a great chance to show off your medal.

Any questions?

Visit the [race organiser's website](#), the [#TeamNSPCC hub](#) or email running@nspcc.org.uk

GOOD LUCK!