

# GREAT NORTH RUN 2023

Sunday, 10 September



**DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

# GREAT NORTH RUN 2023

## Your runner's guide

You're running the Great North Run for us, thank you. This guide will give you everything you need to know about the day. Share this with your friends and family so that they can find our cheer points and marquee in the charity village. If you've got any questions, give us a shout. Otherwise we'll see you on race day.

## Why it's important

"My brother James was 28 when he was diagnosed with type 1 diabetes. He had always been very sporty and fit, so his diagnosis was a big shock to him. Diabetes UK were of great support to him, giving advice and helping him to manage the condition. Sadly in 2014, aged 38, he passed away. We miss him very much and I started running 6 years ago to support Diabetes UK and to raise awareness in his memory."

**Lucy, Great North Run participant**

## Getting ready

You should receive your race pack, including your race number, directly from the race organiser in the post a few weeks before race day.

If you haven't received your pack by the week of the event, please do email [info@greatrun.org](mailto:info@greatrun.org) so they can help you. Don't forget to wear your Diabetes UK running top. Iron your name on the front so we can see you coming and the crowd can chant your name as you pass our cheer points. If you need more iron-on letters, just let us know. Please stick your race number below your logo so everyone knows who you're running for.

## 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 13.1 miles and race day is a great time to get those donations flooding in.

## Celebrate with us

Celebrate your amazing achievement with **#TeamDUK** in the Charity Village at its new location in Bents Park Recreation Ground. Just follow the charity village signs after you cross the finish line. We'll have well deserved refreshments and sports therapists on hand to help with your cool down. Please feel free to use our marquee as a meeting point for friends and family.

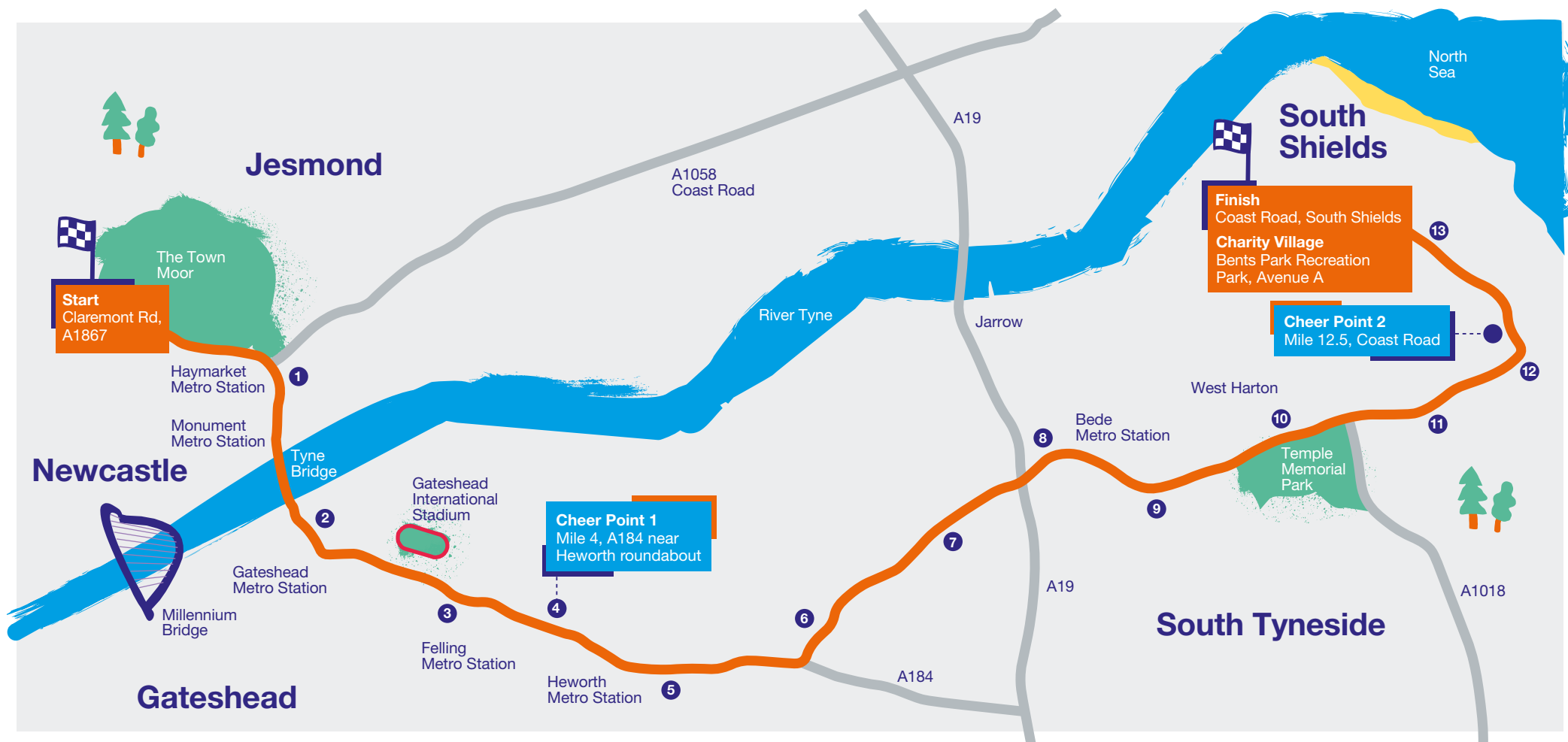
## Got a question?

Email us: [events.fundraising@diabetes.org.uk](mailto:events.fundraising@diabetes.org.uk)

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



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### Feel the noise

Never underestimate the power of hearing your name called, to perk you up if you're flagging or drive you on 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 in cheering you on. We'll be at approximately mile 4 and mile 12.5.

### Cheer point 1 – mile 4

Find us on the A184, near to Heworth roundabout. This is the first Diabetes UK cheer point where family and friends can see you run past. Heworth Metro station is just a few minutes walk, so they can then hop on the Metro to see you at our second cheer point and at the finish.

### Cheer point 2 – mile 12.5

Find us on Coast Road, between the mile 12 and mile 13 markers. We'll be about a 20 minute walk from the charity village, 35 minutes from Chichester Metro and 45 minutes from South Shields Metro.

### Post-Race Party – Charity Village

You'll find our marquee at Number 7, Avenue A of the village and South Shields/Chichester Metro stations are both just a 20 minute walk away.