

YOUR SUPPORT SQUAD

If your friends and family are coming to support you on the day, why not ask them to come and join one of our official supporter points? Supporter points are manned from 9.30am on race day until the last runner has passed. Your friends and family can join us at any point during the race.



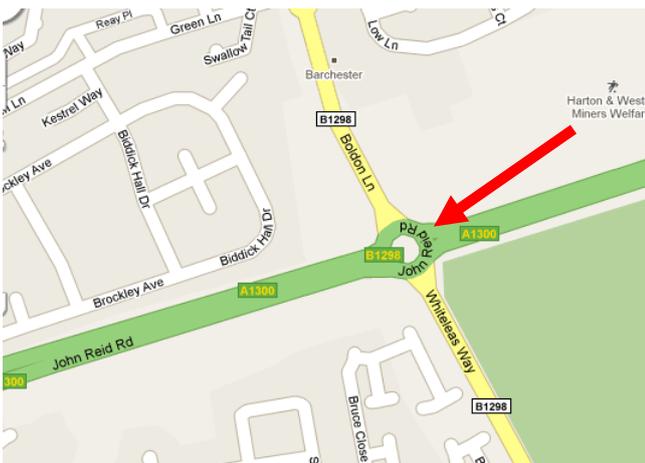
Supporter Point One: Macmillan Cheer Bus

Our first cheer point is three miles in along Felling Bypass at junction with Green Lane. The closest metro is Gateshead Stadium or Felling



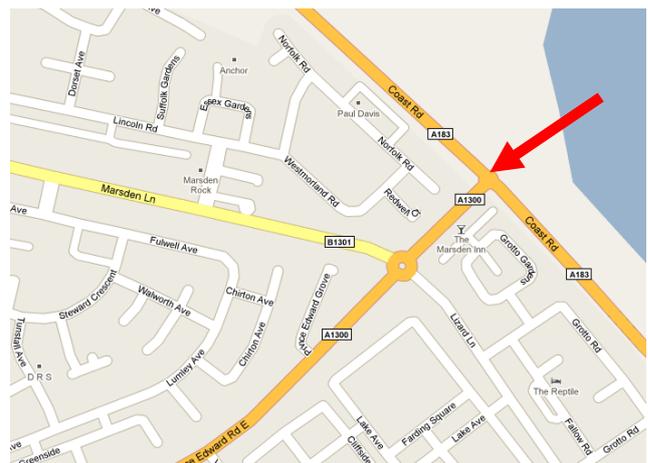
Supporter Point Two: Heworth Roundabout

At mile four we will be cheering on Heworth roundabout. The nearest Metro is Heworth and Heworth rail station is also located nearby.



Supporter Point Three: Between mile 9 and 10

As the legs start to hurt we will be on hand to help provide that boost to the finish line. You can find us on the roundabout of A1300 and B1298. The nearest metro is Simonside.



Supporter Point Four: The final straight

As runners head towards the finish we will be there on their final mile outside the Marsden Inn along the Coast Road. You can walk to the finish line from here.

After the finish line

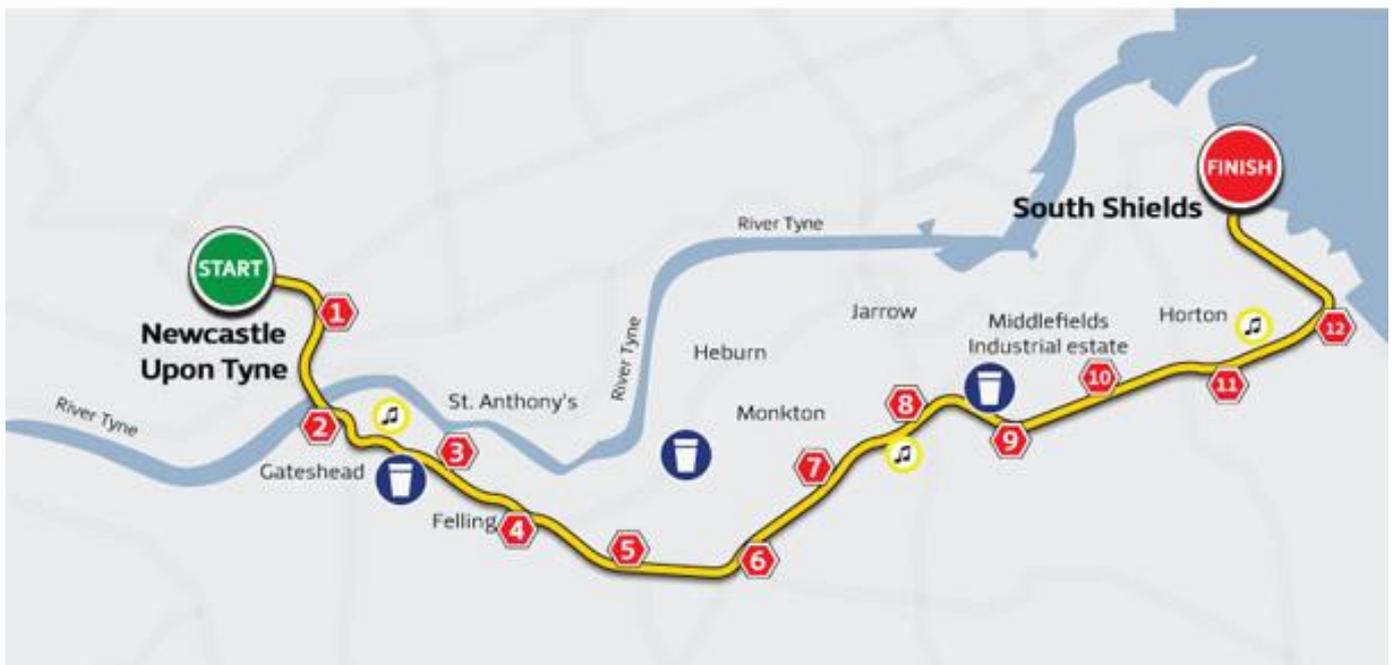
Our support doesn't stop at the finish line. Come and visit us in the charity village situated just after the finish line. Macmillan will have our very own marquee where we will have refreshments available to aid your recovery. It also provides a great meeting place for friends and family with tea and coffee available.

Great North Run Expo

You may not be aware but the Great North Run race organisers hold a running expo on Saturday 15 September. Team Macmillan will have stand where you can come and say hi and your supporters can come and pick up some banger sticks and t-shirts to wear.

The Expo takes place in Mill Road Car Park, Gateshead Quayside, NE8 5JB, between The Sage Gateshead and BALTIC Centre for Contemporary Art. Opening times are 10am – 6pm.

The course



**WE ARE
MACMILLAN.
CANCER SUPPORT**