



# RUN NATION

## RUN NORTHUMBERLAND HALF MARATHON & 20 MILER

### RACE INSTRUCTIONS FOR SUNDAY 15<sup>TH</sup> MARCH 2020

<p><b>HOW DO I GET TO THE RACE?</b></p>	<p><b>From the A1 North/South Metrocentre exit.</b> Follow signs for Blaydon/Ryton/Prudhoe/A695 and merge onto Chain Bridge Rd/A695 Continue to follow A695 onto Princess Way/A695 At the roundabout, take the 3rd exit onto Station Rd</p> <p><b>From the A69 East/West A68 exit.</b> Follow signs for Prudhoe/A695 Continue to follow A695 through Riding Mill, Stocksfield, Mickley At the roundabout, take the 1st exit onto Station Rd</p> <p>Tyne Riverside Park is clearly signposted from the Train Station.</p> <p><b>Pre-booked bus from Jesmond Metro Station (8am departure) Drop off at Ovingham Middle School at 8.30am (this bus is sold out) Returning at 12.30pm from the Riverside Country Park, Prudhoe</b></p>
<p><b>WHO CAN I PARK?</b></p>	<p>Tyne Riverside Country Park, Station Road, Prudhoe, Northumberland NE42 6UP</p> <p>Parking is available at the Riverside Country Park, with overflow parking on the opposite side of the road</p> <p><b>Additional parking will be available at Ovingham Middle School and in Ovingham – marshals will direct cars there from Prudhoe if it is necessary.</b></p>
<p><b>WHERE ARE THE TOILETS?</b></p>	<p>Behind Tyne Riverside Café, Tyne Riverside Country Park Outside of Ovingham Middle School, Ovingham, Prudhoe NE42 6DE</p>
<p><b>CAN I GET REFRESHMENTS?</b></p>	<p>Light refreshments will be available from Registration and near the finish area</p>
<p><b>CAN I WEAR HEADPHONES?</b></p>	<p>Bone conducting <b>headphones</b> are the only <b>earphones</b> that are approved for use in all road races under the <b>UK Athletics Rules of Competition</b></p>
<p><b>WHERE IS FIRST AID?</b></p>	<p>Rapid Reaction First aid along will be on the route and at the finish</p>
<p><b>WHERE DO I COLLECT MY NUMBER FROM?</b></p>	<p>Race Registration outside of Ovingham Middle School , Ovingham, Prudhoe NE42 6DE</p> <p><b>**Registration opens at 7.45am** **Registration closes at 8.50am**</b></p>
<p><b>IS THERE A BAG DROP?</b></p>	<p>Bag drop will be at Ovingham Middle School</p>
<p></p>	<p><b>After you collect your number, please make your way to the start, 1km west of the Middle School on Bywell Road. Signs and marshals will direct you to the start</b> <b>START TIME IS 9.15AM</b></p>
<p></p>	<p><b>Tyne Riverside Country Park, Station Road, Prudhoe, Northumberland NE42 6UP</b></p>
<p><b>ARE THERE WATER STATIONS?</b></p>	<p>Yes approx. every 3 miles in both ½ marathon and 20 miler</p>
<p><b>WHERE CAN I FIND MY RESULTS?</b></p>	<p>Published on <a href="http://www.runnation.co.uk/results">www.runnation.co.uk/results</a> after the race</p>

**WE LOOK FORWARD TO SEEING YOU ON SUNDAY  
AND WE HOPE YOU ENJOY YOUR RACE**