

**FINAL RACE  
INFORMATION**

**12th MAY  
2024**

# SUNDERLAND CITY RUNS

Supported by **Active  
Sunderland**

**10K**

**HALF  
MARATHON**



# YOUR CHANGE TO SHINE!

**SUNDAY 12th MAY 2024**

**10K START TIME: 10.00AM | HALF MARATHON START TIME: 10.25AM**

**SUNDERLANDCITY10K.COM**



University of  
Sunderland



FOUNDATION  
OF LIGHT



# SUNDERLAND CITY10K THE ROUTE

—+ 10KM Route

💧 Water Station

⑩ 10 KM Markers





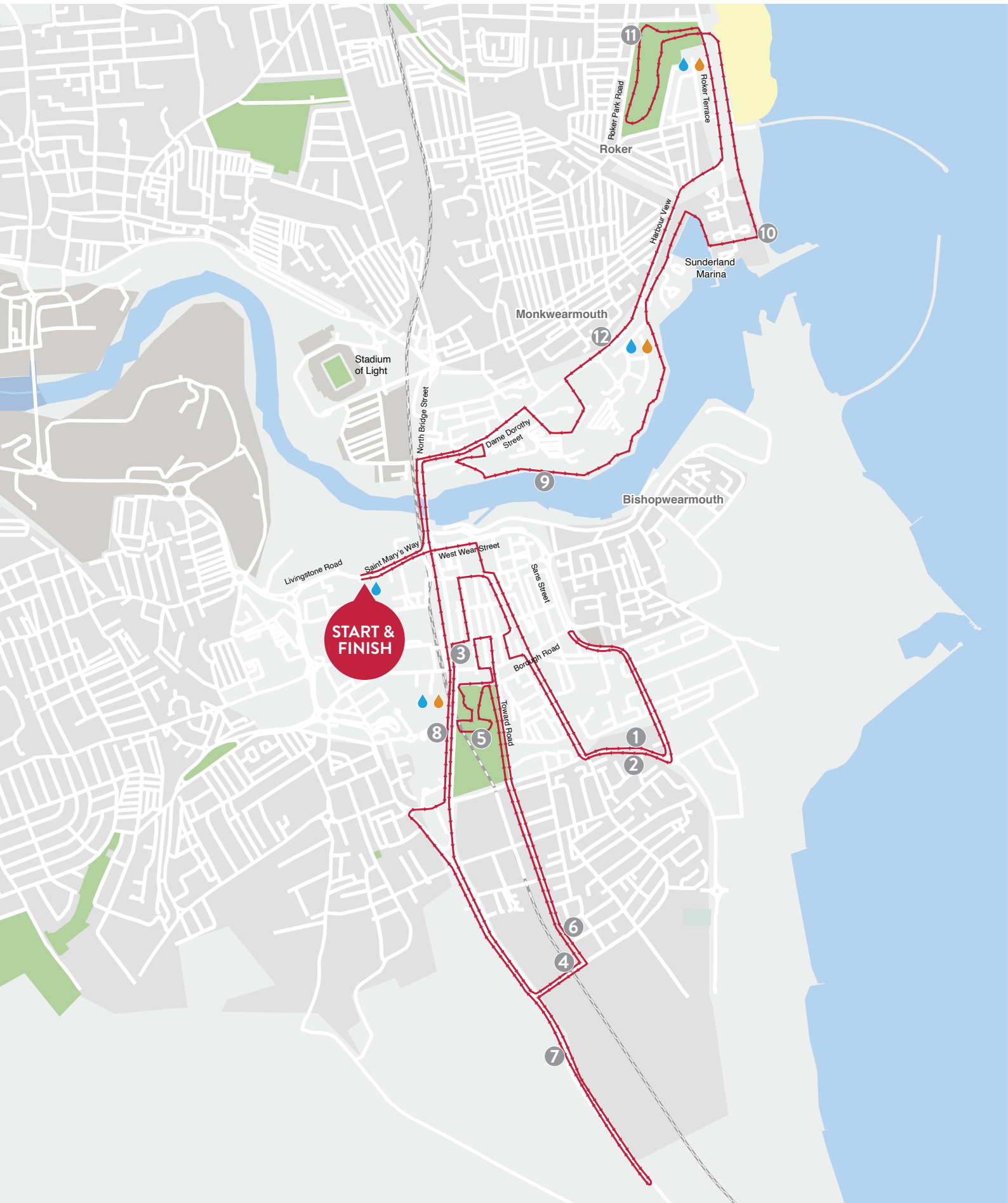
# SUNDERLAND CITY HALF MARATHON THE ROUTE

Half Marathon Route

Water Station

Isotonic Station

Mile Markers



# RACE INFORMATION

We are delighted to be able to welcome you to the Sunderland City Runs 2024, supported by Active Sunderland.

If you entered BEFORE Thursday 2nd May you will be receiving your race number in the post. If your number has not arrived by Thursday 9th May please email [info@eventsofthenorth.com](mailto:info@eventsofthenorth.com) and we can arrange a replacement.

If you entered from Thursday 2nd onwards you NEED TO COLLECT your race number from Race Information in The Holiday Inn, Keel Square [SR1 3DS] at the following times:

Friday 10th May - 11.30am-2.30pm and 4pm-6pm

Saturday 11th May - 10:30am-5pm

Sunday 12th May - 8am onwards

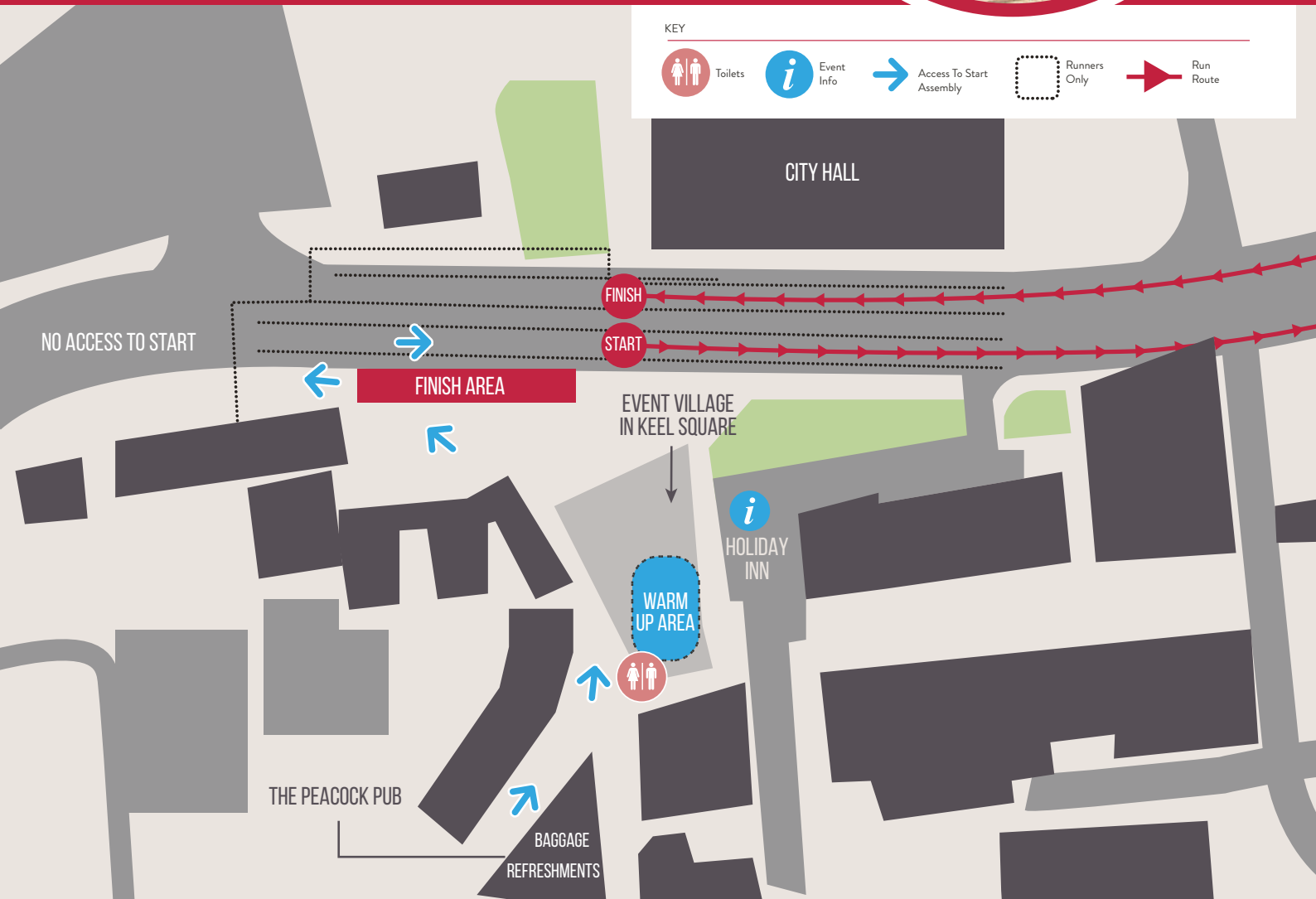


## RACE START TIME

10K - ASSEMBLY TIME: 9:45AM / START TIME: 10:00AM

HALF MARATHON - ASSEMBLY TIME: 10:10AM / START TIME: 10:25AM

**ASSEMBLY AREA:** The race will start and finish on St Mary's Way, next to Keel Square. The assembly area and Start System will be located on Livingstone Road and will extend into Keel Square.



# GENERAL INFORMATION

## DON'T FORGET YOUR KIT AND RACE NUMBER

Especially safety pins and a bin bag in case it's raining! Make sure to pin your number to the FRONT of your t-shirt and think about writing your name on your race number or vest, spectators will then be able to give you a shout out.

## YOUR RACE NUMBER

Your timing chip is already affixed to your race bib. When storing your race number please take care not to fold or bend the chip as this can damage it and reduce its effectiveness. Please make no attempt to remove it or swap it as this will invariably result in damage. When you put your bib on, please make sure it is fully visible on the front of your body, and take care not to pierce the chip with your safety pins.

Do not pass your number to another runner before or during the race. This is very important for health and safety and is a serious breach of UK athletics rules. It will result in disqualification and exclusion from the event.

## BAGGAGE

There will be baggage facilities available upstairs in The Peacock Pub in Keel Square from 8:30am until 1:30pm. Please note that all belongings are left at the participants own risk.

## ON COURSE

There will be water and isotonic stations on the course indicated on the route map, and at the finish.

## ROAD CLOSURES

St Mary's Way will be closed to traffic from 6:00am for the event, and Wearmouth Bridge from 8:15am. A rolling road closure programme will be in operation around Sunderland from 8:15am until 4:00pm. Please allow more time than usual to arrive, park and make your way to the assembly area.

## PARKING

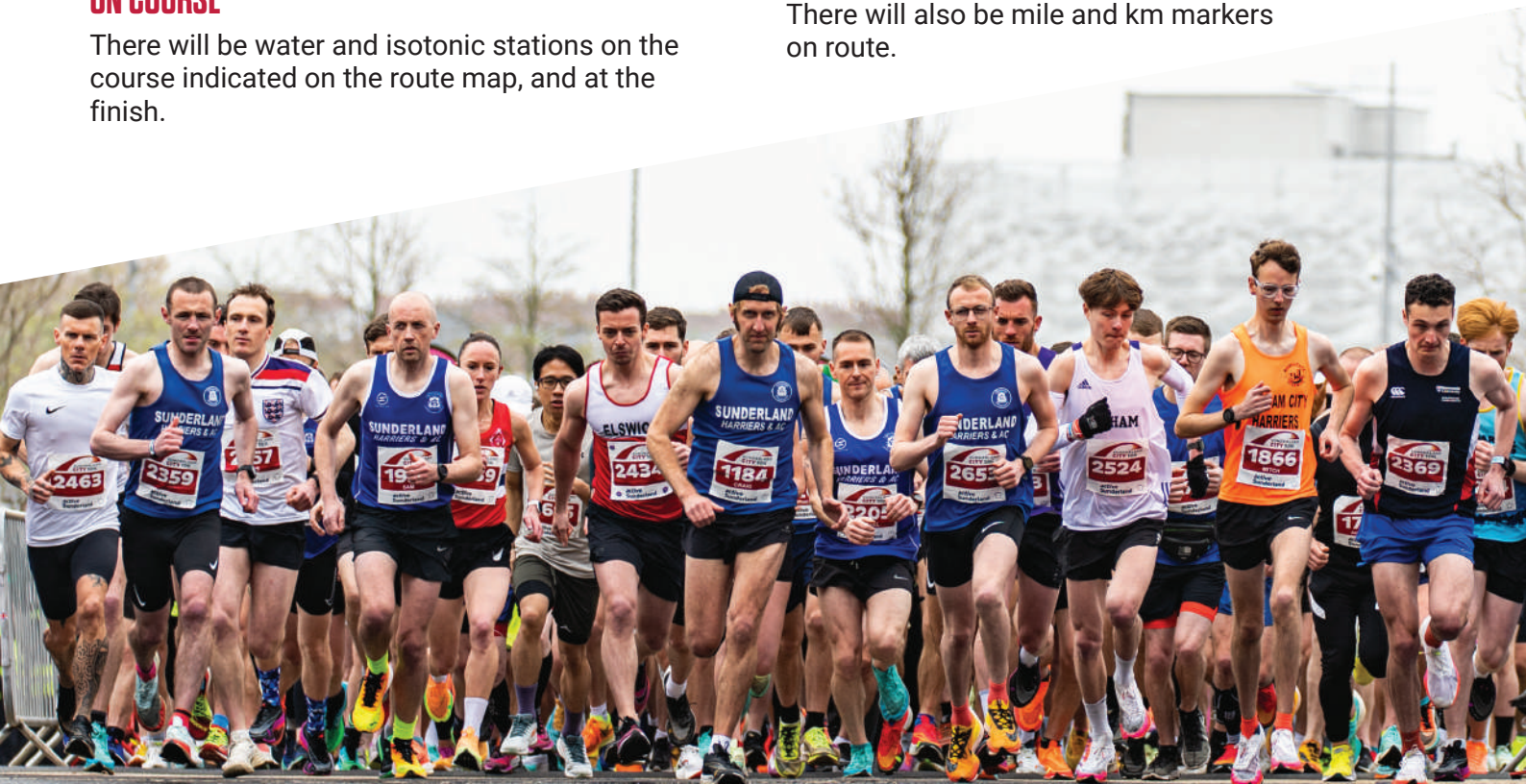
There is limited parking on the Sunderland University City Campus, manned by the Rotary Club who will be doing a donation collection. There are also a number of car parks within a mile of the start including The Bridges Shopping Centre, Sunnyside Car Park and the Riverside Multi-Storey Car Park (NB charges apply). Please note that there may be restricted entry to and from the car parks from 8:15am - 1:30pm whilst road closures are in place.

## TRAVEL

There are two Metro Stations within a few minutes walk of the start: St Peters' Way and Sunderland. Please check online for live public transport updates on the day.

## THE ROUTE

The routes will have clear signage as well as a big team of marshals to ensure you go the right way. There will also be mile and km markers on route.





## CALL OF NATURE

Toilets will be provided at the start/finish area and on course. If there are any non-participants attending with you please ask them to keep toilets clear for the use of event participants, staff and volunteers.

## EVENT VILLAGE

The event village in Keel Square will be open from 8am with refreshments and activities for everyone. Our Official Hotel Partner, The Holiday Inn is offering 10% off all food and drink on Sunday. The Fire Station and Engine Room will be offering pre-race breakfasts to runners and spectators, plus post-run food and drink to celebrate your achievements. Check out our social pages for more runner exclusive food & drink offers post race.

## RACE MARSHALS

Our race marshals ensure that the event is safe for YOU! During the race please follow all instructions given by the official race marshals. Don't forget to give them a cheer and a thank you, they have all given up their time for free to make this event happen, we couldn't do it without them!

## MEDICAL ASSISTANCE

Our medical staff will attend to anyone requiring medical help or first aid. The medical area is immediately adjacent to the finish line. Road and mobile paramedics will be covering the route. In addition there are mountain rescue personnel on site.

## THE FINISHING STRAIGHT

All races finish on St Mary's Way adjacent to the Start line where you will be directed to secondary finish. Water, t-shirts, medals and goody bags will be at the finish line for you to collect.

## PRESENTATIONS

Presentations will take place on the Red Sky Foundation stage in Keel Square. Prizes will be awarded to 1st, 2nd and 3rd male / female at approx. 11:00 for the 10K and 12:00 for the Half Marathon. Times are subject to change.

## YOUR RACE TIME

Keep your race number and chip as a memento of your day! A link to the race results will be available at [www.sunderlandcity10k.com](http://www.sunderlandcity10k.com) as well as [www.titaniumracetiming.com/results](http://www.titaniumracetiming.com/results) shortly after the event. If you have provided us with a mobile number, your official time and finishing position will be sent to you via text soon after you've finished.

## WHERE NOW?

Please don't just stop, keep on moving and please dispose of any rubbish into the bins provided. Keep walking through secondary finish and exit back into the event village. No spectators will be allowed in this area.

## GOOD CAUSES

Our Charity Partner for 2024 is Red Sky Foundation. Many of you will be raising funds for many valuable causes but if you are yet to choose a charity Red Sky Foundation would love to have you on board. It's not too late, please email [info@eventsofthenorth.com](mailto:info@eventsofthenorth.com) to request a fundraising pack.

# HALF PRICE HI-RES PHOTOS WHEN YOU PRE-ORDER!

- Min. 3 photos GUARANTEED or your money back
- Pre-order your Hi-Res digital photo bundle for just £10
- Bundle price rises to £20 after the event
- Buy BEFORE event day to get the HALF PRICE deal

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save energy.



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Guardian University Guide 2024

visit us at our next

OPEN DAY  
8 JUNE

EVENTS  
OF THE NORTH

THANK YOU FROM ALL THE TEAM AT EVENTS OF THE NORTH  
IT'S YOUR CHANCE TO SHINE, SUNDERLAND!

PLEASE MAKE SURE TO CHECK THE EVENT WEBSITE FOR THE MOST UP TO DATE INFORMATION  
**SUNDERLANDCITYIOK.COM**

FOLLOW US: ON X, FACEBOOK AND INSTAGRAM FOR LIVE EVENT UPDATES:



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