

Great North Run questions

For all your questions about running or walking the BUPA Great North Run.

How do I apply?

Traidcraft has guaranteed places available which are allocated on a first come, first serve basis. To guarantee your place, you just need to return an entry form either through the post or by fax with £40 to guarantee your place.

[Find out more about applying.](#)

Do I need to register my details with Great Run as well?

Yes. In 2008, Great Run introduced a new system for charity entries. This means that once you return your form to Traidcraft, you will receive an email from Great Run with a unique token ID. To complete the entry process, you must log on to www.greatrun.org to register with Great Run. No additional payment is required.

I have received an email from Traidcraft saying my place is guaranteed but I haven't received the email from Great Run.

If you haven't received the email from Great Run, please contact us as soon as possible by emailing running@traidcraft.org.uk or call 0191 497 6445. If you have used a work email address, please supply us with an alternative email address if you have one. The organisers have reported that because the email is automated, they are not being accepted by some companies.

How much will it cost?

It will cost £40 to secure your place. Our sponsorship pledge is £275, which you raise in the lead up to event and must send to Traidcraft no later than two months after the event date. You can also fundraise online using [Justgiving](#).

The £40 entry fee is non refundable unless we are unable to offer you a place due to oversubscription.

Why do you have a minimum pledge?

Like all official Great Run charities, we invest a lot of time, money and resource in the BUPA Great North Run. Your pledge ensures that we can continue our vital development work overseas.

Why should I run for Traidcraft?

Traidcraft Exchange is the UK's only development charity specialising in making trade work for the poor. We need your support to continue our work and help poor people in developing countries to transform their lives.

You can read some of the stories of the people we help on the various event pages.

I have my own place in the Great North Run. Can I still run for Traidcraft?

Yes, you're very welcome to join the team. There is no minimum sponsorship for own place runners – just raise as much you can.

Just let us know by filling in the [own place registration form](#) and we will send you your fundraising and training pack.

I want to run with a friend. How do I ensure we both get the same wave start?

Put the same estimated running time on your entry forms and you should be allocated into the same wave.

I've never run a half-marathon before. How do I know what my estimated time is?

The organisers ask for your estimated time so that they can stagger start times based on estimated run times.

If you've never run a half marathon before and don't mind how long it takes you, your estimated time is less important.

As a guide, the majority of people finish the race in under three hours.

Can Traidcraft help find accommodation in Newcastle?

Unfortunately we can't find accommodation for you.

The official tour operator for the Great North Run is Nirvana Europe. They offer a range of accommodation and race transfers.

Nirvana's contact details are: mail@nirvanaeurope.com, 0191 293 6592, www.nirvanaeurope.com.

It is advisable to book your accommodation as soon as possible as due to the size of this event, accommodation does get booked up very quickly.

As a Tyneside based charity, if you need advice on which areas would be suitable, do get in touch.

You can also use the [Traidcraft Active team forum](#) to get advice from other runs.

Can I walk the course?

Yes, you can walk, as long as you walk no slower than an average of 17 minutes per mile.

There is a race sweep up vehicle which travels at the back of the race, at a speed of 17 minutes per mile. If you fall behind this vehicle, you are deemed to be out of the race.

There will be pick-up points toward the end of the race for anyone who has to pull out of the race and needs to go to the finish.

When will I receive my race number?

Great Run send out the race numbers between four and six weeks before the event.

If you haven't received your pack four weeks before the event, you should call Great Run on 0845 389 2200.

I've moved house since I applied to run for Traidcraft. Who do I need to inform?

Please inform us as soon as possible if you move house. You should also update your address with Great Run by logging onto www.greatrun.org with your Great Run username and password. Up until the charity entry deadline on 20th July, this will allow Great Run to send your race number to your new address.

After the 20th of July, the race packs are mailed out so if you move house after this date you will need to arrange to have your pack forwarded, or arrange to collect it from your old address. If you are not able to do this please contact Great Run customer services on 0845 389 2200

If you are at university, you should use the address you will be at during the summer holidays when you register with Great Run as this is when the race numbers will be sent out.