

**FINAL RACE  
INFORMATION**



# 18TH JULY 2024 DURHAM CITY RUN

In partnership with  
 **Durham  
University**

Supported by  
 **Durham  
County Council**

**10K**

**5K**



Part of the  
 **DURHAM  
CITY RUN  
festival**

**JOIN US AS WE RETURN TO THE ICONIC CATHEDRAL FINISH LINE  
DURHAMCITYRUNFESTIVAL.COM**

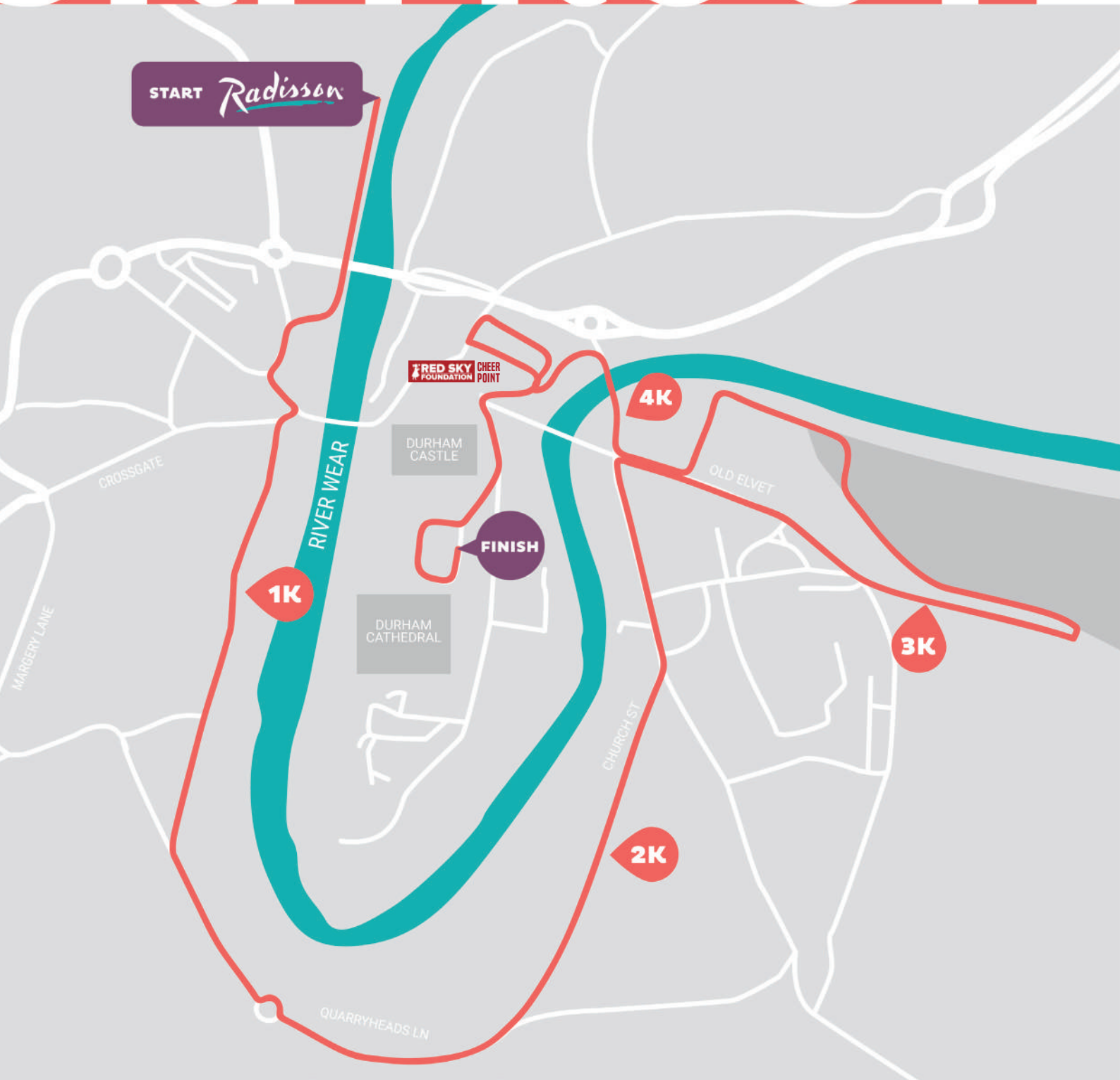


**The Northern Echo**



# Durham City Run

# 5KM ROUTE



# Durham City Run

# 10K ROUTE



# RACE INFORMATION

We are delighted to welcome you to the Durham City Run, part of the Durham City Run Festival in partnership with Durham University and supported by Durham County Council.

If you entered by Tuesday 2nd July you will be receiving your race number in the post. If your number has not arrived by Tuesday 16th July please email [info@eventsofthenorth.com](mailto:info@eventsofthenorth.com)

If you entered **after** Tuesday 2nd July your race number will be available for collection from Freeman's Quay Leisure Centre [DH1 1SW] at the following times:

Wednesday 17th July from 10:30 – 16:00

Thursday 18th July from 10:30 – Start of RACE ASSEMBLY

## RACE ASSEMBLY

**5K** 5K ASSEMBLY: 18:45 / START: 19:00

**10K** 10K ASSEMBLY: 19:15 / START: 19:30

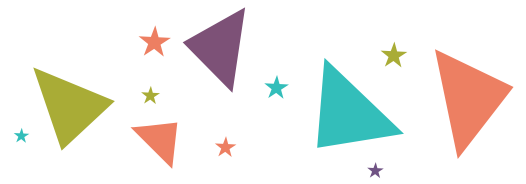
All races will start at Framwelgate Waterside outside the Radisson Blu Hotel [DH1 5TA] and finish on Palace Green [DH1 3RW]. All athletes should assemble 15 MINUTES before your event.



## LOCATIONS

- START**  
Radisson Blu Hotel
- RACE ASSEMBLY**  
Framwelgate Waterside
- RACE INFO**  
Freeman's Quay Leisure Centre
- BAGGAGE**  
Freeman's Quay Leisure Centre
- EVENT VILLAGE**  
Marketplace
- ROUTE TO START**

# GENERAL INFORMATION



## DON'T FORGET YOUR KIT AND RACE NUMBER

Especially safety pins and a bin bag if it's raining! Think about putting your name on the front and back of your t-shirt, commentators 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

Baggage will be available in the Freeman's Quay Leisure Centre [DH1 1SW] from 5:30pm. Follow the BAGGAGE signs and check your final race email for details. Only athletes wearing a race number will be PERMITTED to enter the baggage area. All items are left at runners own risk and discretion, please do not leave valuables.

## RACE INFORMATION/ASSISTANCE

Race Information will be located in Freeman's Quay Leisure Centre [DH1 1SW] throughout Wednesday and Thursday from 10:30am. Follow the Event Info signs and check the site maps provided for the exact location. RACE NUMBERS should be collected no later than 30 MINUTES BEFORE THE START OF YOUR EVENT. Please note, Race Information and Baggage are located at least a 5 minute walk from Race Assembly. Please allow enough time to get to the Race Assembly area.

## TRAVEL

There is parking available at Prince Bishops Shopping Centre (normal charges apply; please note you will only be able to exit this car park once the last runner has completed this part of the course; approximately 20:45), there is also free parking at County Hall. A full list of car parks can be found at [www.durham.gov.uk](http://www.durham.gov.uk).

## PUBLIC TRANSPORT

Durham Train Station is a 10 minute walk from the start area. There are also a number of bus routes through Durham City Centre, please see routes and timetables on the following link [www.durham.gov.uk/busmap](http://www.durham.gov.uk/busmap)

## ROAD CLOSURES

Road closures for the event will start to come into place from 3:00pm. A rolling road closure programme will be in operation around Durham from 3:00pm until approximately 9:30pm. Further road closure information can be found [here](#).

## ON COURSE

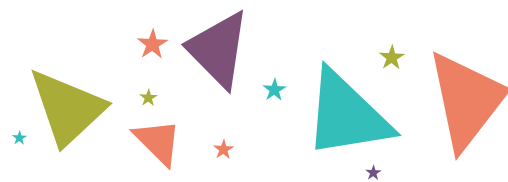
There will be one water station on the 10K course indicated on the course map. Water will be available at the finish for both the 5K and 10K.

## CALL OF NATURE

Toilets will be provided at the start area, 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 the event participants, staff and volunteers.



# GENERAL INFORMATION



## 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

Both races finish at Palace Green where you will be directed through secondary finish. Your medal, goody bag and t-shirt will be laid out for you to collect on finishing – please follow marshals instructions, you will be guided to a table based on the t-shirt size you ordered on registering.

## PRESENTATIONS

Presentations for the top 3 winners will take place in the market place approximately 15 minutes after all categories have crossed the finish line.

## 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 [durhamcityrunfestival.com](http://durhamcityrunfestival.com) as well as [titaniumracetiming.com](http://titaniumracetiming.com) 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.

***You can pre-order your event photo bundle for half price from FotoGoto here.***

## EVENT VILLAGE

When you finish please make an effort to leave the event area as soon as possible. If you are meeting up with friends and family after the event, please make sure you arrange a meeting point in the Market Place; all runners will be directed here once leaving secondary finish.

## 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.



# Paula's families ON TRACK



SAT 20<sup>TH</sup>  
JULY 2024

FUN, FAMILY FITNESS EVENT



ENTER NOW AT [DURHAMCITYRUNFESTIVAL.COM](https://durhamcityrunfestival.com)



# DURHAM CITY RUN festival

18TH-20TH  
JULY 2024

In partnership with



Durham  
University

Supported by



# YOUR PLACE YOUR RACE

## DALEY THOMPSON EVENT

WEDNESDAY 17TH @ 7PM

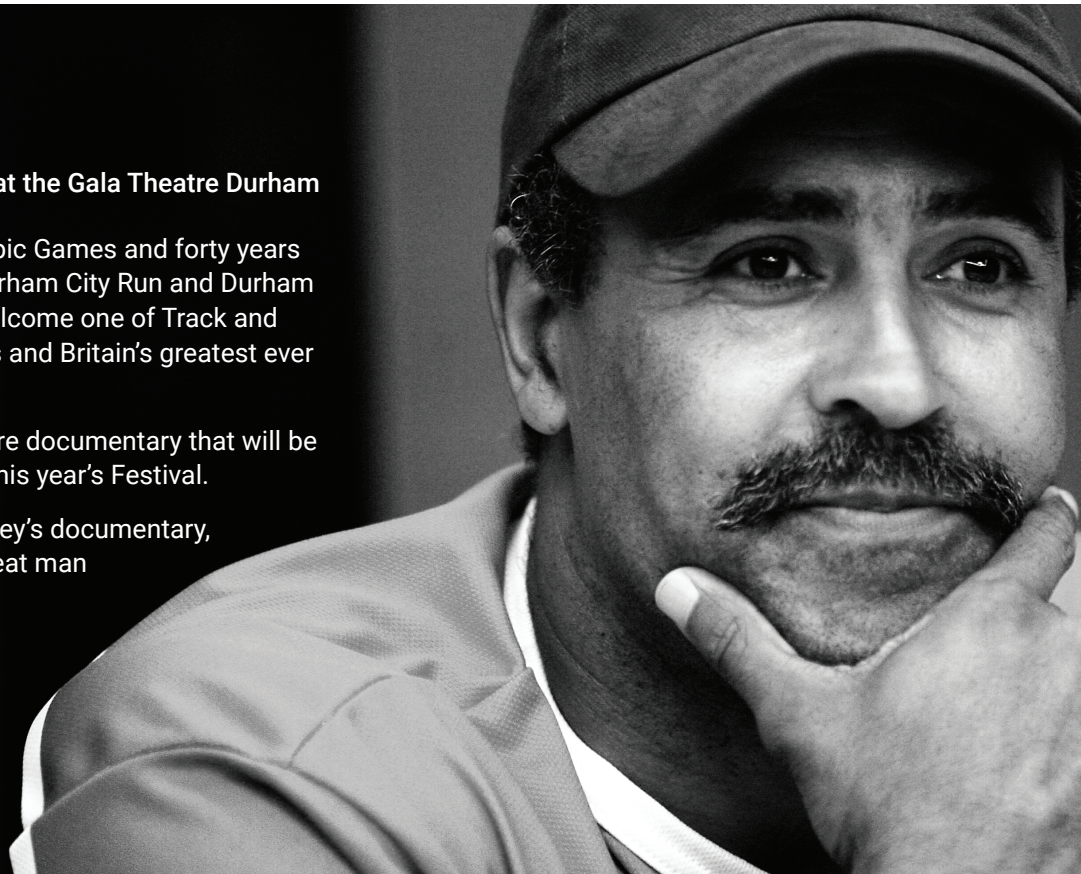
An Evening with Daley Thompson at the Gala Theatre Durham

On the eve of the Paris 2024 Olympic Games and forty years on from Los Angeles 1984, The Durham City Run and Durham County Council are delighted to welcome one of Track and Field's most compelling characters and Britain's greatest ever all-round athlete Daley Thompson.

A special screening of a new feature documentary that will be broadcast on the BBC will launch this year's Festival.

Following the film screening of Daley's documentary, a special 'fireside chat' with the great man himself will be hosted by LA Silver medallist in the 1500m and Race Director of the Durham City Run, Steve Cram.

[BOOK NOW](#)



## URBAN ORIENTEERING EVENT

FRIDAY 19TH JULY @ 6PM

XO Races is returning to Durham! The popular new concept has been taking northern cities by storm. In teams of two, tackle your own running route through Durham's historic architecture and landmarks. Gain points on the live leaderboard by visiting checkpoints and completing physical and mental challenges.

[SIGN UP HERE](#)



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

**PRE-ORDER NOW**

- 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

FotoGoto



## Optimise Your Performance with Durham City's Leading Physiotherapy Clinic

At JP Physio, we're committed to helping athletes achieve their best.

Whether you're training for a personal best or recovering from an injury, our expert team is here to support you every step of the way.

**10% off**

For all Durham City Run participants.



Simply refer to this ad at your appointment.

Discount can only be used when booking by telephone or email.



### Our Services Include:

- Sports Injury Prehabilitation and Rehabilitation
- Advanced Performance and Injury Risk Analysis
- Customised Treatment Plans
- Postural Adjustment and Advice

### Why Choose Us?

- Experienced Musculoskeletal/Sports physiotherapists
- State-of-the-art equipment and treatment techniques
- Tailored rehabilitation programs that keep you on track

### Contact us:

📞 0191 386 3300

🌐 [jpphysio.co.uk](http://jpphysio.co.uk)

✉ [enquiries@jpphysio.co.uk](mailto:enquiries@jpphysio.co.uk)



# Level up your legal advice

We have the tools to take your business to the next level. For a tailor-made legal service, think Swinburne Maddison.



**Lexcel**  
Legal Practice Quality Mark  
Law Society Accredited

**swinburnemaddison**<sup>LLP</sup>

Legal solutions that fit

Venture House, Aykley Heads Business Centre Durham, DH1 5TS  
Tel: 0191 384 2441 [swinburnemaddison.co.uk](http://swinburnemaddison.co.uk)

## Things to do

Enjoy events and activities at each of our amazing attractions in the heart of Durham. Visit our website for details [durham.ac.uk/things-to-do](http://durham.ac.uk/things-to-do)

@DUThingsToDo

MW/05/24/397



Enjoy the Botanic Garden Fun Day - Sunday 16 June



Take a guided tour of Durham Castle



Visit the Eternal Ascent Everest Expedition at the Oriental Museum



## RUN, DON'T WALK! THERE'S 10% OFF AT JÓZEF'S

Participants in the Durham City Run can enjoy 10% off at Józef's Restaurant and Bar, valid all festival weekend (18th - 20th July 2024) on production of their race number.  
Not valid on already discounted items.

**JÓZEF'S**  
RIVERSIDE BAR &  
RESTAURANT

Find us at... **Radisson** HOTEL DURHAM



Follow us on socials [JozefsDurham](https://www.jozefs.co.uk)  
[www.jozefs.co.uk](http://www.jozefs.co.uk)



## EVENTS OF THE NORTH

The 200 strong volunteer team over the weekend is integral to the event and we really appreciate the time they give up for your enjoyment. Please say thank you as you run round the course!

THANK YOU FROM ALL THE TEAM AT EVENTS OF THE NORTH. **WE CAN'T WAIT TO WELCOME YOU BACK TO DURHAM!**

PLEASE MAKE SURE TO CHECK THE EVENT WEBSITE FOR THE MOST UP TO DATE INFORMATION

**DURHAMCITYRUNFESTIVAL.COM**

FOLLOW US ON: @EVENTSOTN

/DURHAMCITYRUN

@DURHAMCITYRUN

FOR LIVE EVENT UPDATES