



THE ALI BROWNLEE RIVERSIDE RUN

Sunday 1st July 2018



5K Road Race sponsored by Cleveland Centre
2K Fun Run sponsored by Balfour Beatty



Balfour Beatty

**everyone
ACTIVE**

Start and finish at the
Riverside Stadium
5K Start time: **10:15am**
2K Start time: **11:15am**

To apply online or for
more information visit
runmiddlesbrough.com
or call **01642 200833**

**LAST DAY
FOR ENTRIES**
25th June 2018

Licence ID: 2018-32192

Balfour Beatty

thirteen
Managing and building homes



Middlesbrough
moving forward

BBC TEES

Jennings KIA

Evening Gazette





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8.00am	Event Car Park opens
9.00am	Riverside Stadium opens
9.00am	Athletes Village opens
9.30am	Road Closures
9.45am	5K runners to assemble on The Leeway outside the South Stand
9.55am	5K warm Up
10.15am	5K Start
10.45am	5K presentation in the East Stand
10.50am	2K runners assemble on The Leeway outside the South Stand
10.55am	2K Warm Up
11.15am	2K Fun Run
11.40am	2K Presentation in the East Stand
12.30pm	Baggage area closes.



PLEASE NOTE: Times correct when going to print but subject to change on the day.



Please allow plenty of time for your journey and study the road closure plan and timetable on pages 3 and 6 respectively.

We recommend you arrive at the stadium in time for it opening at 9:00am irrespective of which event you are taking part in.

Vulcan Street car park is not in use for this year's event. Any vehicles parked within the route will not be able to leave until after the route re-opens.

Designated car park for the event:

The car park is situated behind the East Stand and accommodates up to 500 cars.



Additional parking:

You can also access the town centre car parks but this may include a charge. Please check out www.middlesbrough.gov.uk

Still wishing to apply?

If you wish to take part in either event, but have not yet entered, you can do one of the following:

Postal Applications: To save disappointment please post well in advance. Postal Address: Admin Team, Middlesbrough Municipal Golf Centre, Ladgate Lane, Middlesbrough TS5 7YZ

Please ensure you use an A5 envelope or smaller (unless sending a large number of forms) as they will not reach us and will lead to disappointment.

Online Entries: If you wish to apply online please visit www.runmiddlesbrough.com

In Person: You can apply in person at any of our Middlesbrough based centres: Middlesbrough Sports Village, Rainbow Leisure Centre, Middlesbrough Municipal Golf Centre and The Neptune.

Please note: There will be no on the day entries taken at this years 5K Riverside Run and 2K Fun Run. All entries must be received in advance to avoid disappointment.

Before arriving at the Riverside Stadium

- Using a permanent marker, complete the medical details on the back of your race number - including contact details for a spectator accompanying you or an alternative emergency contact.
- Attach your race number to your running top
- Write yourself a checklist to ensure you have everything you require.
- If using the baggage area, complete you details on the tear off slip on your race number and attach it to your bag, ready to hand in.

Arriving/Travelling

- If travelling by car please use the designated event car park. (see page 4)
- Access into the Riverside Stadium is via the East Stand.

- Arrive early to ensure you give yourself plenty of time to prepare for your run.
- There are no designated changing facilities so please come appropriately dressed.
- Once you have done any necessary tasks i.e. dropping baggage off, identifying a post race meeting place with friends and family, you can help yourself to a free massage.

Timing Chip (5k only)

Your timing chip is on your race number. Please DO NOT attempt to remove it as this will reduce it's effectiveness and you may not register a time. Please ensure you wear your race number on your chest at all times and take care not to pierce, bend or damage the chip. The chip is disposable so you do not need to return it after the race. Please ensure you keep the tear off slip intact or put it somewhere safe as you will only receive your goody bag in return for it.

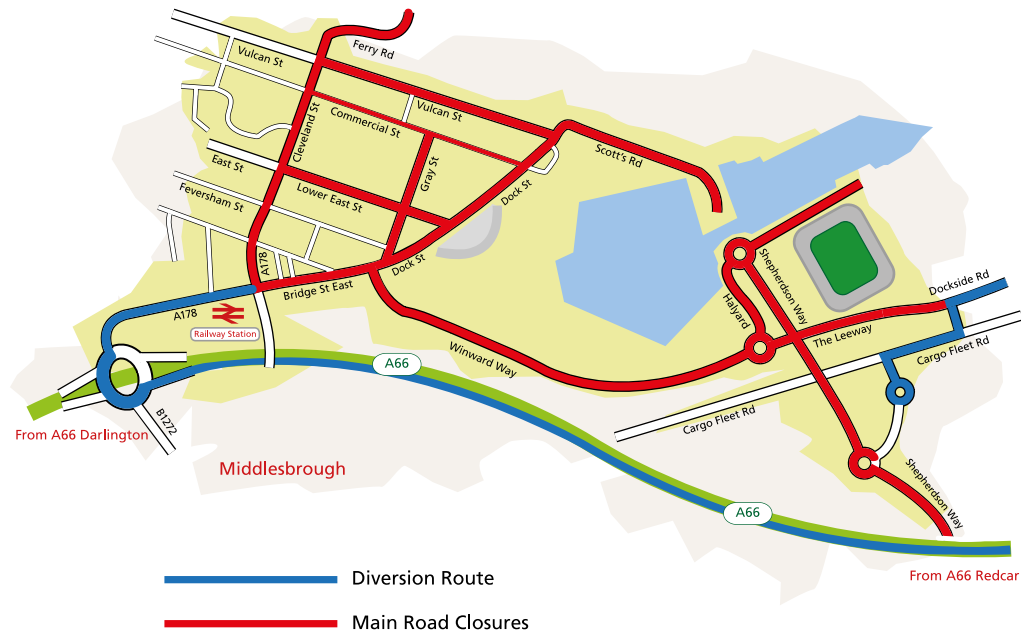


Tear off slip in return for your goody bag after you have completed your race.

This is your chip. DO NOT FOLD OR REMOVE.

Goody Bag

You will exchange your tear off slip, located on your race number, for your goody bag. This will include your race t-shirt and medal.



Road Closures

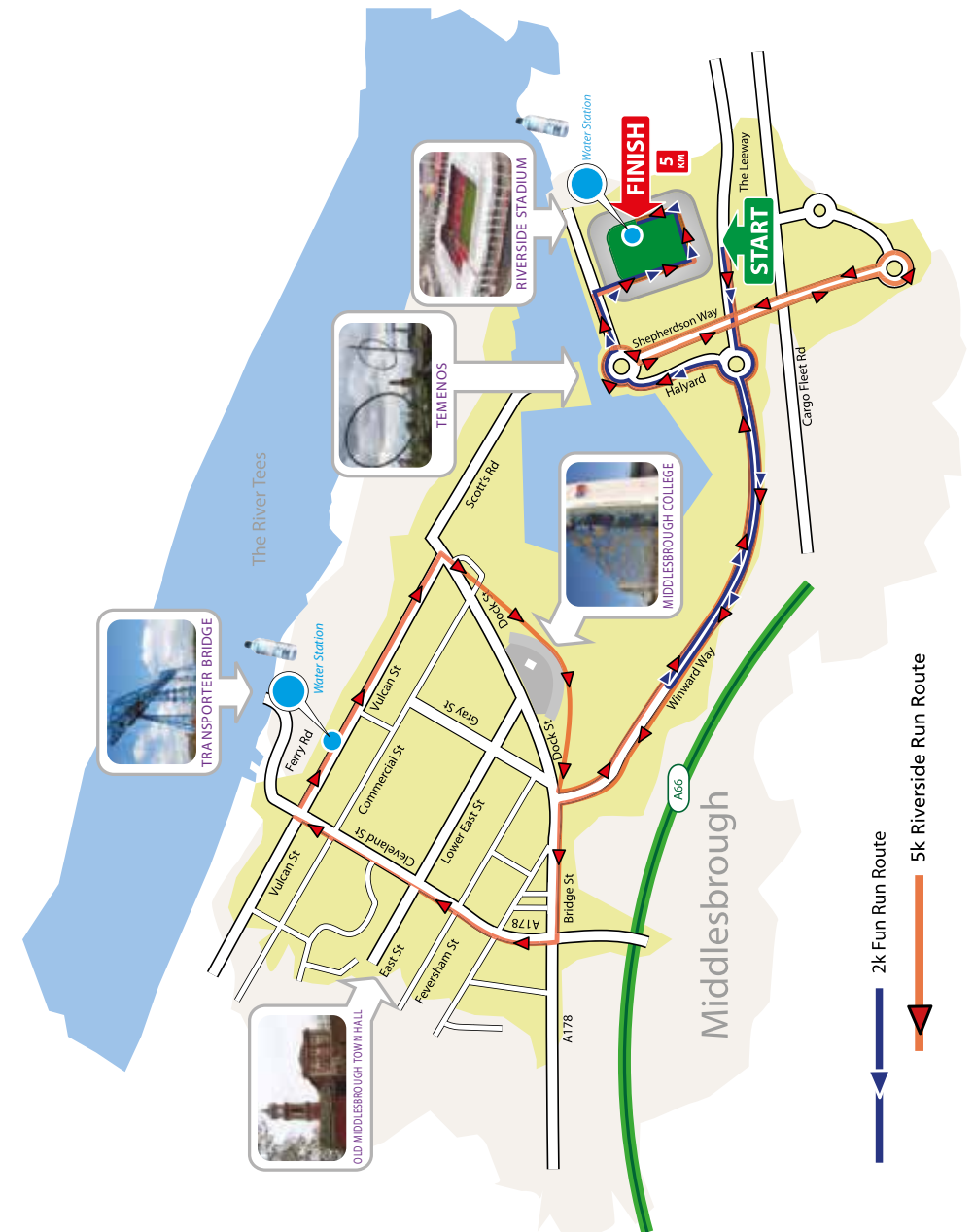
From 9:30am Queen's Square, Spring Street, Brook Street, Lower Gosford Street, Redcar Street, Lower Feversham Street, Hudson Street, Cleveland Street, Lower East Street, Gray Street, Commercial Street, Durham Street, Ferry Road, Vulcan Street, Dock Street, Windward Way, Bridge Street East, Quay Street, The Halyard, The Leeway, Shepherdson Way, Heath Road and Cargo Fleet Road (from junction with Heath Road) will be closed until approximately 12:30pm, however every effort will be made to have the roads open earlier if possible.

Re-opening of Roads

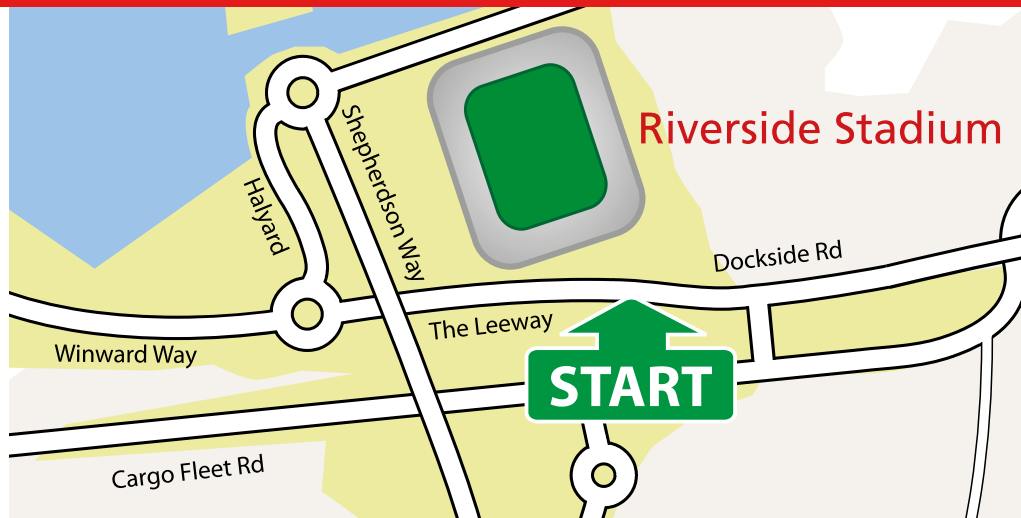
Traffic will still flow under Albert Bridge and onto Bridge Street West (Railway Station) and vice-versa.



Ali Brownlee's former radio colleagues and Boro favourites Gary Gill, Craig Hignett and Neil Maddison.



The Start



Race Warm-up

There will be official warm ups for both events which will take place where you line up on The Leeway outside the South Stand. Please check the timetable on page three.

Riverside 5k line up

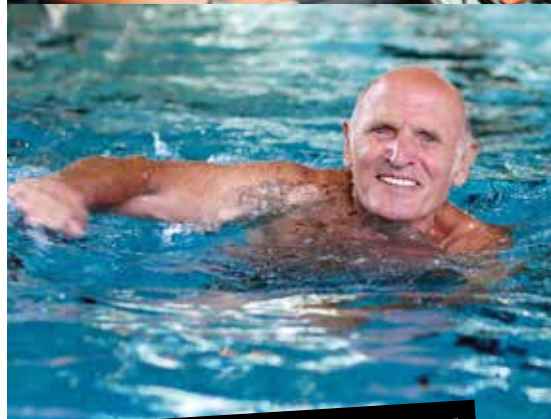
The elite runners will line up at the front, thereafter, the assembly area will be split into 4 groups, Sub - 20 Minute Finishers, Sub - 25, Sub - 30, and Happy to Finish. If you wish to run with a friend or relative who is slower than you, then it is important you line up in the slower grid.

Riverside 2k Run line up

For safety reasons, it is important you line up in the most appropriate place. If you are a strong, quick runner then line up near the front. If you intend to run all the way at a steady pace then line up in the middle and if you are a slow runner/jogger/walker please line up towards the rear. Everyone taking part in the 2k Fun Run is required to have a race number for health and safety reasons. This can be a valid 2018 Fun Run or a 5k Riverside Run number.



EVERYONE ACTIVE IN YOUR AREA



EVERYONE LOVES TO GET ACTIVE

Neptune Centre 0300 456 0551

Middlesbrough Sports Village 0300 456 0550

Rainbow Leisure Centre 0300 456 0552

Everyone Active manages these facilities in partnership with Middlesbrough Council.

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The Finish



When you cross the finish line, to help prevent any accidents or injuries, it is important you keep moving and head for the water station positioned 50 metres ahead inside the North East corner of the football stadium concourse.

After picking up your bottle of water, please continue to move through the concourse, where you will receive your goody bag. Both 5k race and 2k fun runners must hand in the tear off slip from your race number in exchange for your Goody Bag. Please ensure you go to the table that has the size of t-shirt you requested when applying. Your Goody Bag includes your t-shirt and medal.

Only the runners are allowed in the Athletes Health Village. When you have finished your run and have left the Athletes' Health Village you can meet up with friends and family in the East Stand seating area, specifically designated for spectators and runners.

To help make this process easy, please utilise the Family Meeting point or agree a specific meeting area on arrival at the stadium where you can watch the rest of the race and enjoy the atmosphere.

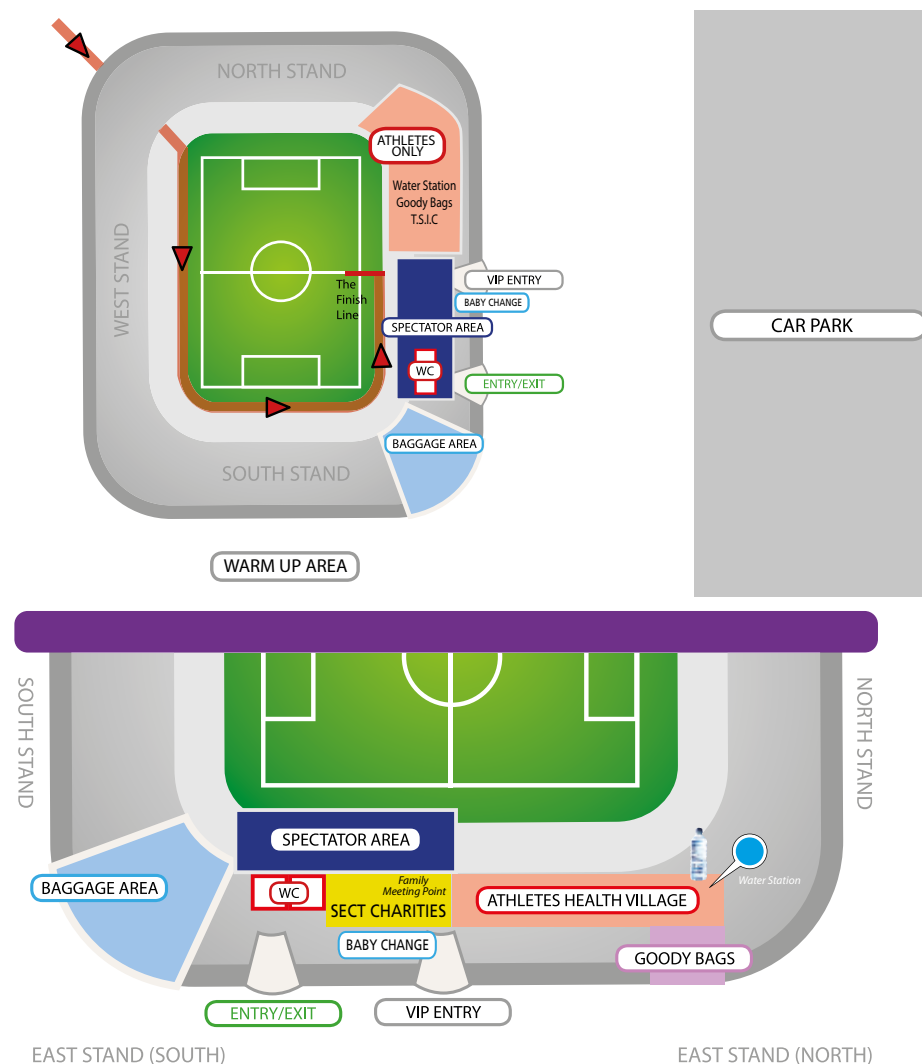
If you have supplied us with your mobile number, you will receive an SMS text with your race results shortly after crossing the finish line.

Within hours of the event your result will be posted on-line at chiptiming.co.uk. Throughout the week following the race results and general photos will also become available on Everyone Active's social media and www.runmiddlesbrough.com

Prizes for the Open Race will be awarded on gun time and veterans will be awarded on chip time. In addition, the veteran prizes will be sent post event.

Once again Teesside University Sports Injury Centre will be offering FREE 5 minute sports massages or a 15 minute sports massage for only £5.00 (pre or post-race). Based at Teesside University in the Centuria Building, Middlesbrough the clinic offers a diverse range of treatments for sports injuries including: sports massages, kinesio, acupuncture, ultrasound, mobilisations, rehabilitation and bespoke advice.

The Stadium Site Plan



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We're called **Everyone Active** for a reason – we have built a strong reputation for delivering well-managed leisure facilities, which have successfully proven to encourage everyone to be more active.

Whether it's the most state-of-the-art gym equipment, sports facilities, Swim England accredited swim programmes or fun activities for children; we have something for the entire community to enjoy.

We're enthusiastic about being active and staying healthy and we want you to be too. We've made it our mission to encourage more people to participate in 30 minutes of moderate physical activity, five times a week, either in-centre, online or in one of our events.



Middlesbrough Council are very proud to have founded the Run Middlesbrough series of events in 2005 with the very first running of the Tees Pride 10k. In the subsequent years many thousands of runners have taken part in Run Middlesbrough events whether it be for fun, to help kick start or maintain a healthy lifestyle, to compete for medals, to run personal best times or to raise money for local charities. Middlesbrough Council are delighted that Everyone Active will continue to deliver Run Middlesbrough events and ensure that everyone,

no matter what their motivation can continue to enjoy taking part in high quality running events in Middlesbrough. Good luck from Middlesbrough Council to all those taking part in Run Middlesbrough events in 2018.



Cleveland Centre is delighted to be the primary partner of the Ali Brownlee Riverside Run for the fifth year running.

We are a proud Teesside organisation that is committed to working in, and engaging with, the local community, so it gives us a great sense of pride to support this flagship event.

Balfour Beatty

Balfour Beatty are proud to be a partner in the Ali Brownlee Riverside Run. We appreciate how important events like this are to the local community. Equally, we are aware what an ambassador Ali was to the town and the significant role he played in the community.



Thirteen offers a wide range of homes for rent, as well as building new homes for rent and sale and offering a variety of affordable ways to get onto the housing ladder.

With almost 34,000 properties across the Tees Valley and wider region, Thirteen's choice of homes means there's something to suit everyone.

From apartments and bungalows to family homes and supported living, there's also a range of support services on offer, to give a helping hand to anyone that needs it.

BBC Tees

BBC Tees have been our radio media sponsor for a number of years for both Run Middlesbrough events. BBC Tees were established in August 2007. The majority of the programming is produced and broadcast from its Middlesbrough studios.

Jennings KIA

Jennings Kia Part of the award-winning Jennings Motor Group, is based on Concorde Way in Stockton. The dealership sells the entire new Kia model line-up, which comes with the manufacturer's market-leading 7 year warranty package. Customers can also take advantage of a number of after sales facilities including, service, MOT, parts and accessories. For more information contact 01642 632299, or visit jenningsmotorgroup.co.uk

Supplying the commercial vehicles for the events technical teams, Enterprise have a long standing partnership with the Run Middlesbrough Programme.



Enterprise Flex-E-Rent is a specialist commercial and accessible vehicle solution for business and community rentals. At Enterprise, we offer tailored

Race Organisation & Our Partners



We would like to thank our sponsors Cleveland Centre, Balfour Beatty and Thirteen for their tremendous support which will go a long way in helping make Ali Brownlee Riverside Run a huge success.

short- and long-term rental services for commercial and community care operators. With an unrivalled level of customer service, attention to detail and market knowledge – backed by over 50 years of industry experience – we're able to provide tailored vehicle rental solutions to fit your business needs.

Evening Gazette

The Evening Gazette have been a proud partner of the Run Middlesbrough programme since the launch of the first Tees Pride 10K in 2005 and continue to support Everyone Active in promoting the event. They were also responsible for the original design of the Tees Pride Logo. Make sure to keep any eye on the Gazette for a write up and photos from this year's events.



Middlesbrough Football Club are our hosts for the 7th year of the 5k Riverside Run, allowing us access to and use of the Riverside Stadium for the event, as well as supplying logistical support on the day. In addition the MFC Foundation supply space and support for our Goody Bag preparation and equipment prior to the event.

SECT The Sports Events Charities Team (SECT) work in partnership with Everyone Active and Middlesbrough Council to promote the Middlesbrough 10k, 5k and associated Fun Runs.

Each member of SECT represents a different local

charity and by working together we strive to ensure that all the events are a success for Middlesbrough and that all local good causes are well supported.

On Sunday 1st July most of the associated charities will have a stand within the East Concourse area in the Riverside Stadium, giving you the opportunity to talk to staff/volunteers and learn more about your chosen charity.

Please come along and Run, Walk or Jog the route and support local people. This year's lead charity is **South Tees Hospitals Charity**.





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for details of your local
Everyone Active swim centre.

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MIDDLESBROUGH GOLF CENTRE

- 
- 18-Hole parkland course
 - Pitch & Putt and Footgolf course
 - 20 Bay, flood lit driving range with fully stocked professional's golf shop
 - Fully licensed bar open to the public and food served all day

Middlesbrough Municipal Golf Centre
Ladgate Lane, Middlesbrough TS5 7YZ
0300 456 0553

Everyone Active manages this
facility in partnership with
Middlesbrough Council.


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TAYLOR WIMPEY TEES PRIDE 10K & CLEVELAND CENTRE 3K FUN RUN SUNDAY 2ND SEPTEMBER 2018

**Taylor
Wimpey**



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Evening Gazette

thirteen
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BBC TEES

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runbritain.com

**South Tees
Hospitals
Charity**

enterprise
flex-e-rent

Visit runmiddlesbrough.com for more information

Closing date for entries is 27th August 2018