



RJ Performance
Nutrition

Fuel the Great North Run

RJ Performance Nutrition
Registered Dietitian
SENr Accredited Sports Nutritionist

Race morning: a 10:50 start

Check your own wave time first. The times below work backwards from a 10:50 start – if your wave goes later, shift everything accordingly.

Time	What to do
6:45–7:00	Breakfast, around 3–4 hours before your start. Familiar, carbohydrate-rich, practised.
7:00–8:30	Sip fluid regularly. Travel to Newcastle, allowing time for road closures and Metro queues.
8:30–9:30	Bag drop and toilets. Keep a drink and a top-up snack with you.
9:30–10:00	Optional top-up: banana, cereal bar, or a sports drink if practised.
10:20–10:35	Final small sip of fluid. Gel around 10–15 minutes before the start only if you've rehearsed it.
10:50	Start. First fuel roughly 30–45 minutes in, then at regular intervals.

The gap between breakfast and start is the most common Great North Run fuelling problem. Four hours is long enough to feel hungry on the start line. Plan the mid-morning top-up in and practice in advance.

Top-up options for the assembly area: banana, cereal bar, malt loaf slice, jelly sweets, 500 ml sports drink, or a gel with water.

During-run carbohydrate: a starting point

Turn products into a plan

These are starting points. Your likely finish time, race intensity, product choice, previous intake and gut tolerance all matter.

Estimated finish time	Guide carbs per hour (Based on 'full gas'/high effort, if you're out for fun more than time then lower end of ranges is likely adequate)
< 1hr 30 minutes	About 30g/hr
1hr 30mins - 2.5hrs	30-60g/hr
> 2.5hrs	60-90g+/hr*

* Intakes > 60g/hr require 'dual source' carbohydrates i.e. glucose/fructose, as your gut limits absorption. Look for products with 2:1 or 1:0.8 ratios.

1. Check the label: many gels contain around 20-30g carbohydrate, but products vary.
2. Work out the carbohydrate provided by your planned number of gels, chews or drink.
3. Divide by the duration of the run in hours to estimate grams per hour.

EXAMPLE
Two 25g gels during a two-hour run provide 50g in total: approximately 25g/hour. That is below the usual 30-60 g/hour guide, so aim to increase gradually.



Take small amounts of fuel regularly i.e. 1 gel every 20-30 minutes. Diluting gels in a soft flask can save mess and be better tolerated. Don't try anything new on race day!



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Free full guide

Link in bio