



RUN IN THE FOOTSTEPS OF LEGENDS

QUEEN ELIZABETH OLYMPIC PARK

10K & FAMILY RUN | SUNDAY 19 JULY 2015
EVENT GUIDE

#BACKTOTHESTADIUM

GREATRUN.ORG/LONDON

great run

The World's Favourite Run



CONTENTS

ESSENTIAL INFORMATION	03
TIMETABLE	04
GETTING THERE	05
AT THE START	07
START MAP	08
COURSE MAP	09
ON THE COURSE	10
AT THE FINISH	11
RESPECT THE CHALLENGE	12
SPECTATOR GUIDE	16
FAMILY RUN INFORMATION	18

A MESSAGE FROM MORRISONS

At Morrisons, our aim is to get Britain running and with a community of more than 120,000 colleagues and 11 million customers, we're confident we can make that happen. During 2015 over 1,000 Morrisons members of staff are set to participate in one of the Great Runs and our goal is to at least double that by 2016.

For the moment though, our focus is on you. Whatever your reason for competing, the weekend truly is a great celebration of sport and community spirit.

We wish you the best of luck with your final preparations and look forward to seeing you at the main event in July.

ACKNOWLEDGEMENTS

The organisers of the Morrisons Great Newham London Run would like to thank the following organisations for their help and support in staging the event: Morrisons, PUMA, Lucozade, Aqua Pura, Daily Mirror, London Borough of Newham, London Stadium 185, Queen Elizabeth Olympic Park, Virgin Trains, Sport Magazine, London Evening Standard, British Red Cross, London Ambulance Service, Westfield.

GOOD LUCK FROM NEWHAM COUNCIL

Congratulations on gaining a place in the Morrisons Great Newham London Run. Thousands of runners will be taking part, including more than 1,500 Newham residents and we expect that in future years this will be the biggest mass participation running event in the country.

The 10k run will take you around one of the jewels of the capital, Queen Elizabeth Olympic Park. You will be able to see how the heart of the London 2012 Olympic Games has been transformed in recent years to a site for sports enthusiasts, active families and a premier training location for the next generation of athletes.

You will pass the London 2012 venues of the Velopark and Aquatics Centre and you will get a close up look at the iconic ArcelorMittal Orbit. If that was not enough, this year the Morrisons Great Newham London Run will see you running in the path of the world's greatest athletes as you finish the run on the same track that saw Usain Bolt, Mo Farah, Jessica Ennis and David Weir win gold. And your friends and family will be right there cheering you on.

Later in the morning there is a 2.5k Family Run that also finishes in the Stadium, please do stay and cheer on the 3,500 family members taking part.

In addition, this year we have introduced a Marathon Team Relay where four runners will complete a marathon between them. There are more than 120 teams currently signed up to take part in what we hope will grow to be one of the most popular team runs in London.

To help secure the Olympic legacy, Newham Council has invested in the ongoing transformation of the stadium. The Morrisons Great Newham London Run is one of the many sporting events that will take place in the Stadium this summer, as well as the Sainsbury's Anniversary Games (IAAF Diamond League), and five Rugby World Cup 2015 matches. Following this, the Stadium will undergo its final adaptations before becoming the home ground of West Ham United Football Club in 2016.

I hope you enjoy the run and your visit to Newham, one of the most exciting and vibrant places of our capital city. If you see me on the course do come over and say hello.

Sir Robin Wales,
Mayor of Newham

ESSENTIAL INFORMATION

YOUR RUN NUMBER AND ATTACHED TIMING CHIP

Please check that your run number is identical to the master number on your covering letter. If it is different please contact the Morrisons Great Newham London Run team at info@greatrun.org. This is your unique number and only you must wear it on the day. DO NOT swap, change or copy this number. Swapping numbers can be dangerous, by selling it onto someone else who may not be properly prepared for the event you could be putting their health at risk.

In order to simplify your running experience we have brought in run number timing chips for 2015. These are already attached to the back of your run number and eliminate the need for attaching and removing chips on your trainer or ankle. Please DO NOT remove this from the run number as doing so will prevent you getting an accurate time for your run. You don't need to do anything to activate this chip, just leave it attached and it will automatically scan when you cross the start and finish lines to give you your finishing time. Your timing chips do not need to be returned at the end of the run.

ACCESS TO THE STADIUM

Each runner has two spectator vouchers on their run number, this will allow two spectators to enter the Stadium. Due to licensing requirements, only two spectators are permitted per runner. The Stadium will be split into four coloured zones that match the colour of your run number (**Orange**, **White**, **Green** and **Pink**). Spectators should head to the coloured areas that match the colour of their spectator voucher.

Due to the Stadium work taking place during the event only spectators will be able to enter the Stadium from 08:45, but don't worry, once you've finished your run you can head in to the Stadium to meet your spectators.

Please note there is a strict no re-entry policy in operation. Once you have left the Stadium you are not permitted to re-enter the seating area. We advise that your spectators head straight to the Stadium on arrival to get a good seat.

RUNNERS

On arrival at Queen Elizabeth Olympic Park, runners should head to the South Park Lawn to prepare for the start of the run and the all important warm up. On the South Park Lawn you will be able to leave your bag in the baggage area. More information on the baggage system can be found on page 4.

SPECTATORS

For spectator information please see pages 16 and 17.

TIMETABLE

08:00	Customer Services / Baggage/ Event Village opens
08:45	Stadium opens for spectators only
08:50	Runners assembly area opens
09:20	Morrisons Great Newham London Run mass warm up
09:30	Morrisons Great Newham London Run Orange wave
09:40	Morrisons Great Newham London Run White wave
09:50	Morrisons Great Newham London Run Green wave
10:00	Morrisons Great Newham London Run Pink wave
11:50	Morrisons Great Newham London Family Run assembly area opens
12:05	Morrisons Great Newham London Family Run warm up starts
12:15	Morrisons Great Newham London Family Run start (Red numbers)

* Please note, all times are subject to change in the lead up to the event.

BEFORE ARRIVING AT THE MORRISONS GREAT NEWHAM LONDON RUN

Complete the medical details on the back of your run number – including contact details for a spectator accompanying you at the event if applicable.

- Attach your run number to your running T-Shirt
- Ensure you have given your two spectator passes to your attending spectators and make sure they are aware they must keep them on them at all times.
- If using the baggage facility – complete the details on the back of your baggage label and attach to your bag.
- Plan your journey in advance to ensure you arrive 1 hour before your run starts.

BAGGAGE DROP OFF

Due to the large number of runners we are unable to provide changing facilities at the event, so please come ready to run. We strongly recommend that you leave any baggage with family and friends.

If you cannot leave your bag with a friend, there is a limited facility close to the start area, these are colour coded to match your run number.

Please deposit as follows:

- Put your belongings in a waterproof bag.
- Remove the baggage label from your run number, and make sure you have filled out your details on the back of the label (do this the night before the event to save time).
- Attach the baggage label from your run number to your bag so it is clearly visible.
- Find the area in the marquee that corresponds to the colour of your run number.
- Once you have placed your bag in the bay make sure your run number is stamped so you can remember which bay your bag is in after your run.

You will need to show your run number to collect your bag after your run.

The baggage area will be operational from 08:00.

Important note – organisers strongly recommend that you do not leave any valuables within your baggage. Organisers cannot accept responsibility for the security of any items in the baggage area.

GETTING THERE

TRAVEL INFORMATION

Travelling to the event on the West Coast Mainline? Then take advantage of the exclusive Virgin Trains discount: For you, your friends and family... whether you're travelling to an event on your own or up to groups of nine, you can all get up to 50% off Virgin Trains Advance Fares. This exclusive discount on Virgin Trains is the cheapest, easiest and most comfortable way of getting you and your supporters to the start line. Click here to book now - virgintrains.co.uk/nova.

Please read the information below to help you when arriving into London. Leave plenty of time for your journey. We recommend you arrive at Queen Elizabeth Olympic Park one hour before the start time.

Plan your travel well in advance of the event. Check key websites (listed below) for any train/tube or roadworks that may impact your journey.

www.tfl.gov.uk/live
www.nationalrail.co.uk
Twitter @tfltravelalerts

Queen Elizabeth Olympic Park is very well-served by public transport with various London underground, overground, DLR and high speed rail options available for runners and spectators.

TRAVELLING WITHIN LONDON STRATFORD REGIONAL STATION

The Central line, Jubilee line and London Overground system all service Stratford Regional station. The entrance to the Park is a 10 minute walk through Westfield Stratford City shopping centre. Signage will direct you from the station to the Park.

STRATFORD INTERNATIONAL STATION

Stratford International station is serviced by the Docklands Light Railway (DLR) from Canning Town.

In addition, the High Speed 1 service from St Pancras International, Dover Priory and Ashford International also call at Stratford International station. Stratford International station is only a 5 minute walk through the Westfield Stratford City shopping centre to the Park. Signage will direct you from the station to the Park.

TRAVELLING INTO LONDON

If you are travelling into London for the Morrisons Great Newham London Run by train, please read the following:

London King's Cross

The fastest way to access the Park is to utilise the High Speed 1 line that operates between St Pancras International and Stratford International. The service only take 7 minutes and St Pancras International is located next door to London King's Cross station (3 minute walk).



London Euston



Stratford International station is only 5 minutes' walk through the Westfield Stratford City shopping centre to the Park entrance. Signage will direct you from the station to the Park.

PLEASE NOTE: Oyster cards are not valid on high speed train services.

London Paddington

The easiest way to get to the Park is to travel by the London Underground. Take the District or Circle line Southbound to Notting Hill Gate and change to the Central line which is direct to Stratford Regional station. Signage will direct you from the station to the Park.



London Waterloo

The easiest way to get to the Park is to travel by the London Underground. From Waterloo take the Jubilee line direct to Stratford Regional station. Signage will direct you from the station to the Park.



GETTING THERE

London Victoria

The easiest way to get to the Park is to travel by the London Underground. From Victoria take the Victoria line to Green Park then change to the Jubilee line to Stratford Regional station. Signage will direct you from the station to the Park.



London Liverpool Street

The easiest way to get to the Park is to travel by the London Underground. From Liverpool Street take the Central line to Stratford Regional station. Signage will direct you from the station to the Park.



Travelling via:

London City Airport

Stratford International Station is serviced by the Docklands Light Railway (DLR) by a direct train from London City Airport. Stratford International is only 5 minutes walk through the Westfield Stratford City shopping centre to the Park. Signage will direct you from the station to the Park.

Heathrow Airport

If you are flying into London Heathrow Airport the easiest way to get to Queen Elizabeth Olympic Park is by the London Underground. Take the Piccadilly line to Holborn and change to the Central line to Stratford Regional station follow signage to the Park.



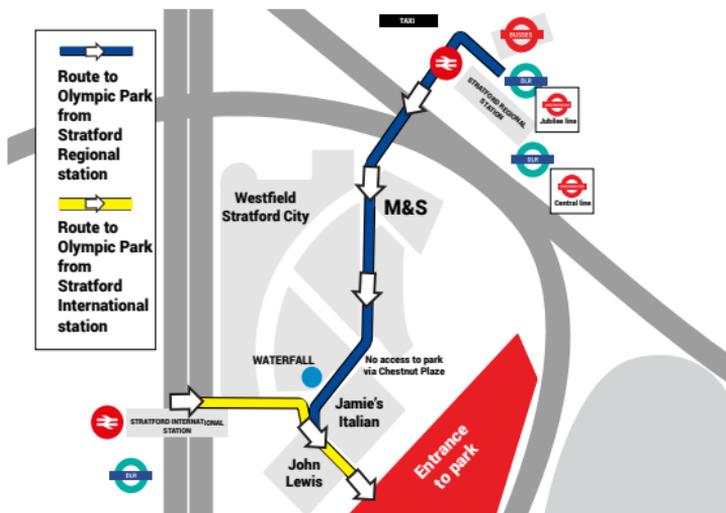
Driving

Organisers of the Morrisons Great Newham London Run do not recommend driving to the event as there is no parking available at the Park.

ACCOMMODATION

There are plenty of accommodation choices to suit all budgets. For more information visit: www.visitlondon.com.

Walking route from Stratford Regional and International Stations



AT THE START

THE START

The start line and assembly areas are located close to the Stadium on the South Park Lawn, next to the ArcelorMittal Orbit (see map on page 8). The assembly area will be split into 4 coloured zones – Orange, White, Green and Pink – and these correspond to your coloured run number.

To access the start follow the signage and marshals' directions to the Stadium then over to the South Park Lawn which is next to the Orbit.

You have been assigned to a coloured zone based on the predicted time you provided when entering the run. This coloured wave system will be used to regulate the flow of runners out on course to help you enjoy a better run.

However remember that your timing chip will provide you with a totally accurate time for your run and will not be activated until you cross the start line so it does not matter which coloured wave you start in.

RUNNING WITH FRIENDS OR FAMILY

If you want to run with someone but you have been issued with different coloured run numbers, organisers ask that you follow a simple rule – runners can move down a zone (away from the start line) but cannot move up a zone (towards the start line). For example, a runner wearing a white run number can move back to the green zone but not forward to the orange zone.

TOILETS

Toilets for runners and spectators are available around the start area on the South Park Lawn. As well as in the Stadium once you have finished your run. It is inevitable that the facilities will be busy before the run, so please allow plenty of time.

WARM UP

Warm up expert Roy Gayle will get you ready and raring to run. The warm up will take place at 09:20 so make sure you are in your assembly area for this time.



START MAP



COURSE MAP



ON THE COURSE

The Morrisons Great Newham London Run will take runners through Queen Elizabeth Olympic Park, passing iconic venues from the London 2012 Olympic Games including the Velodrome, the Copperbox, London Aquatics Centre and the ArcelorMittal Orbit before finishing in the former Olympic Stadium.

STAY HYDRATED WHEN YOU RUN

Aqua Pura water will be located at the start, on the course and in your finisher's pack once you cross the Stadium finish line.

WATER STATION

A water station is located on the course close to 6km.

- Please be prepared for the water station – it will be signed in advance, so make sure you are ready to grab a bottle and be careful of others around you.
- Please only take one bottle from the station – be considerate of runners behind you!
- When you have finished your drink, discard your bottle to the kerb edge – please look where you are discarding your bottle before you do it and try and keep it off the running carriageway.

KM MARKERS

Every kilometre on the route will be identified with a large marker giving you clear indication as to how far into your run you are. There will also be markers at 800, 400 and 200 meters to go.

MEDICAL SUPPORT

Medical cover will be available across the event – at the start, on the course at intervals along the route, and in the Stadium where the main medical facility is located.

Please ensure that you fill in the details on the back on your run number before the event day – this information is invaluable to medics in an emergency.

SLOWER-PACED RUNNERS

The Morrisons Great Newham London Run course has to be cleared by 12:00 so a sweep vehicle will follow the run and if any runners need a helping hand to get to the Stadium it will be there to give you a lift.



AT THE FINISH

As you enter the Stadium you will be greeted by thousands of cheering fans for the last 300m of your run, which will give you a boost for the last stretch.

CROSSING THE LINE

When you cross the finish line please don't stop immediately – there are many more runners coming in behind you. We ask that you keep on walking and follow the instructions of the Great Run team.

FINISHER'S PACK

Finishers' packs will be arranged by T-shirt size. Please take a pack with the T-shirt size you specified when you entered the event. Your finisher's pack is well-earned so enjoy the goodies inside, including edible items, Lucozade Sport Lite, Aqua Pura and the all-important souvenir medal.

FAMILY REUNION

When you have finished your run and have exited the finish area you will see that the Stadium has been split in to 4 coloured zones, Orange, White, Green and Pink. Your family and friends should be seated in the coloured zone that corresponds to your run number and their spectator voucher.

Within these coloured zones will be signage with letters of the alphabet on. You should arrange to meet your friends and family close to the sign with the first letter of your surname. For example if your name is John Smith and you are in the pink wave, your family would be in the pink block of seats close to the 'S' sign.



RUN RESULTS

All results will be available at greatrun.org/myresults as soon as possible after the event.

REFRESHMENTS

The Stadium has various concessions stands that will be open throughout the day serving a range of food and drink for spectators and runners.

OFFICIAL PHOTOS

Our friends at Marathon Photos will be dotted around the course during the day to catch you in action. Your photos will be available to view and purchase online in the days following the event at: greatrun.org/photos.

OUR GUIDE TO A FIT, HAPPY AND HEALTHY MORRISONS GREAT RUN!

OVER the past 30 years more than one million people have completed a Great Run. Running is great for your health, but it does not suit everyone so it's important that you read the following information, have done all the training you need to and are ready to take part in your event.

FIT TO COMPETE

It's important to train properly for your run otherwise you will be at risk of injury. Here are some tips that will help ensure you enjoy your training safely.

1 Before you start any training programme, make sure you're healthy enough to run. Talk to your doctor if you have a long-term health condition that may affect your ability to exercise, such as:

HEART DISEASE

ASTHMA

DIABETES

EPILEPSY

ARTHRITIS



If you start your training programme and find that you feel unwell, see your doctor, especially if you:

- Have heart palpitations
- Feel lightheaded, dizzy or faint
- Have chest pain or tightness
- Get excessively short of breath
- Get excessive wheezing or coughing
- Have severe joint or muscle pain

2 Start your training slowly and build up gradually, especially if you haven't exercised for some time. Allow yourself recovery time when training. This is when your body gets stronger and fitter. If you don't allow time for your body to recover, you may weaken your performance and feel tired. Muscle aches and pains happen most commonly after an increase in training and stress on your lower limbs can cause injuries.

3 Give yourself time to warm up and cool down before and after your run. Warming up allows time for your body to prepare mentally and physically for the exercise you're about to do. A good warm up should include activity that slightly raises your heart rate followed by stretching. This increases the blood flow to your muscles, improves flexibility and prepares your muscles. Cooling down after your run helps to reduce muscle soreness and stiffness.

4 To reduce your risk of injury, vary your routes, running surface, pace and distance. Ideally, swap between two pairs of shoes on alternate training days.

5 Face oncoming traffic and stay visible, especially when it's dark – for example, wear bright or reflective clothing.



HYDRATION

It's important that your body stays hydrated – keeps the right level of water – so that it can function properly. You also need enough water to allow nutrients to be transported around your body.

The colour of your urine can be a helpful indicator of hydration. Generally, dark urine suggests dehydration, with pale, straw-coloured urine being ideal. If you don't usually drink caffeinated drinks, don't start now as they can be particularly dehydrating if you aren't used to them.

In general, drink when you feel the need and don't gulp large volumes of fluids before, during or after the run – this can result in a condition called hyponatraemia.

This happens when the salts in your body are diluted too much and can cause confusion, disorientation and vomiting.



BEFORE YOUR RUN

Start the run well hydrated. Drink enough fluids in the week leading up to the run and in particular the day before the event to ensure that you're properly hydrated. Alcoholic drinks are dehydrating, so don't drink them less than 24 hours before your run. Drink whatever you have practised with during training.



DURING YOUR RUN

During strenuous exercise, you can lose between half a litre and two litres of water per hour as sweat. Therefore it's important to replace the fluid and salts you lose.

Everyone is different; some people sweat more than others, and some lose more salt in their sweat. Because of this individual variation, it's not possible to give exact advice on how much you should drink during a training session. As a general rule, aim for 120 to 150ml of cold fluid every 10 to 15 minutes. Cooler fluids are recommended because they are usually more palatable and help to lower your core body temperature.

Make sure you know where the drink stations are on the run's route. Aqua-Pura water and Powerade will be available, but only take a drink if you need one. If it's hot, there will be extra water and showers may be available – use these to cool yourself rather than pouring drinking water over yourself.



AFTER YOUR RUN

Most runners don't drink enough during the run and need to rehydrate afterwards, so take on some fluid as soon as you can after crossing the finish line. Although you may feel like celebrating, make sure you're fully hydrated with water or squash before you have any alcohol.

**DO NOT
RUN**

If you feel unwell or have been unwell, even if you are raising money for charity

**DO NOT
RUN**

ARE YOU PREPARED FOR YOUR DISTANCE?

As a guide, during the weeks before your run aim to have run:

FOUR MILES CONTINUOUSLY
if taking part in a 10k run

SIX MILES CONTINUOUSLY
if taking part in a 10 mile run

EIGHT MILES CONTINUOUSLY
if taking part in a half marathon

If you can't manage this distance, you may not be able to complete the event safely and probably won't enjoy it.

PLEASE DO NOT RUN THIS TIME.

For all your training needs visit

www.greatruntraining.org

Respect the Challenge TOP TIPS

1 Check the weather forecast to help you decide what clothes you will need.

2 Apply Vaseline to any areas where you have had chafing during training, such as under your arms, bra band, toes or groin.

3 You might want to bring some old clothes that you can start the run in and throw away once you have warmed up.

4 Don't wear new trainers for the first time on run day – it's a good idea to run in them for at least a month before the event.

5 Make sure you have something to eat and drink to keep you going on the journey home after the run.

6 The first few miles can be very crowded. Many people tire themselves out by dodging in and out of runners because they are behind on run plans. Try to maintain a slow, even pace and enjoy the event.

7 Wear water-resistant sun cream – just be careful not to put on too much otherwise when you sweat, the sun cream may run into your eyes.

8 Remember to bring your own safety pins if your event requires you to wear a run number.

ILLNESS

During training

If you're injured, or have flu or gastroenteritis, don't train until you are fully recovered. Although the worst flu symptoms are usually over after five days, it can take much longer to recover completely. When you're better, start training gently and build up gradually. Don't try to make up for lost mileage – this may cause more damage or illness. Consider carefully whether or not to run if you have been ill or injured.

Fit to run?

Don't start a run if you feel unwell or have been ill recently. Running may put you at risk of serious illness if you have a fever, have been vomiting, have had severe diarrhoea or any chest pains, or otherwise feel unwell. Don't try to run just because you have collected sponsors to raise money for a charity – you will be able to attempt another run in future.





Eat this meal between one and four hours before the start of the run so your stomach has time to empty.

AFTER THE RUN

Don't let yourself get cold by standing around after you have finished. Make sure you keep moving, especially if you feel dizzy, and have something to drink. Collect your bag as soon as you can and change into warm, dry clothing – foil blankets will help, but won't stop you from getting cold. Then go to wherever you have arranged to meet your friends and family.

If you haven't drunk enough or eaten anything, you can feel faint even over half an hour after finishing a run. If this happens, have something to eat and drink, but don't drink too much.

EATING

During training

The best advice when training is to stick a healthy, balanced diet. If you do this, you will be getting all the nutrients you need to exercise regularly, so you won't need to take vitamins or other supplements to improve your running.

On training days, have a meal about three to four hours before you run if you can. This should be low in fat and fibre and high in carbohydrate and include some protein. Then have a snack half an hour to an hour before your training.

Try to eat some starchy food within two hours of finishing an event or when completing a training run – your muscles can replace energy (glycogen) twice as quickly during this time.

The week before your run

It's very important both in the days before your run and during it that you stick to food and drink that you have tried before. Don't start trying lots of new foods as it may affect your digestion.

If you're going to be running for

longer than 90 minutes, for example a marathon or half-marathon, you will perform better if you follow a programme of carbohydrate-loading in the three days before the run. This involves reducing your training and increasing the amount of starchy foods you eat while cutting down on protein. Sports dieticians recommend that in the three days leading up to the run more than the normal 60% of your food intake should be carbohydrates. This is important for maximising your muscles' energy stores.

The morning of your run

On the day of the run, have a meal that is high in carbohydrate and low in protein, fibre and fat, for example porridge with a banana or toast with honey. This will top up the level of energy in your muscles – particularly important if your run is first thing in the morning after eating nothing overnight.

RUN NUMBERS

It is important to fill in all the requested information on the back of your run number – including contact numbers for the day of the event. You must run with your own run number and not let anyone else use it if you decide not to take part.

Agreeing to the conditions of entry means only you are registered to this number. This will help medical staff identify you in case of an emergency – imagine the stress that could be caused to friends and family if someone is mistakenly identified.



For all your training needs visit:

www.greatruntraining.org

SPECTATOR GUIDE

YOUR GUIDE TO ENJOYING THE MORRISONS GREAT NEWHAM LONDON RUN AS MUCH AS THE RUNNERS

We aim to make the Morrisons Great Newham London Run unforgettable for the runners and truly inspirational for the spectators coming to watch. Over 20,000 people will be taking part in the events but up to 30,000 encouraging voices will cheer them to the finish. The following information is to ensure spectators enjoy their day as much as the runners.

ACCESS TO THE STADIUM

Each runner has been sent 2 spectator* vouchers as part of their run number. You will need one of these to access the Stadium. If you do not have the spectator* voucher on the day of the run you will not be able to enter the Stadium.

Spectators* can access the Stadium from 08:45 please head to the coloured zone that matches the colour of your voucher, this is also where runners will be directed post event.

*Please note: if you exit the Stadium you will not be permitted to re-enter

WATCHING THE START

Spectators will be able to spectate at the start however we recommend the best thing to do is head straight in from 08:45 to get your seats ready for your runner arriving for the final 300m. Viewing at the start area is limited.

IN THE STANDS

The Stadium has been split in to 4 coloured zones (Orange, White, Green and Pink) this is to help both runners and spectators meet after the event. Signage will be on hand to help you find the correct coloured seating area that matches your spectator voucher.

In addition to the coloured blocks, the stands will have lettered signage within them. We ask that you sit near the letter that corresponds with the first letter of the surname of your runner. For example if your runner is called John Smith and he is in the pink wave you would sit in the pink seating and locate yourself close to the 'S' signage.



SPECTATOR GUIDE

DRESS APPROPRIATELY

We all know what the Great British summer can be like so although we would hope for some great weather in July, we ask all spectators to watch the weather forecast and dress appropriately. Most seats within the Stadium are covered, however it is best to be prepared for all eventualities.

DISABLED ACCESS

If you are a disabled spectator, we ask that you email our customer services team prior to the event so we can allocate appropriate designated seating in the Stadium. Please email info@greatrun.org to let us know.

CONCESSIONS

There will be various concession stands around the Stadium that will be open and ready for your custom on the event day. These will be selling various refreshments, ranging from sandwiches and paninis, to jacket potatoes and coffee.

SPECTATING ON COURSE

Spectators can walk out onto certain points of the course to cheer on runners before they arrive at the Stadium. Please note that your runner may arrive at the finish before you have made it back to the Stadium.

If you do plan to head out to the course you should not enter the Stadium first thing as you will not be allowed to re-enter later. Once you have entered the Stadium you should stay until your runner arrives.



MORRISONS GREAT NEWHAM LONDON FAMILY RUN

Please check that your run number is identical to the master number on your covering letter. If it is different please contact the Morrisons Great Newham London Run team at info@greatrun.org.

Your run pack includes:

1) Your run number must be worn before you start the event. Please attach your run number to your t-shirt with safety pins before you arrive at the Park.

Your name and address are pre-printed on the reverse of the number but please make sure that you complete the rest of your personal details. Please tear off your spectator vouchers (only on adult run numbers) and ensure your spectators have these before you arrive at the Park.

2) All adult runners have been allocated two spectator passes which can be found on the bottom of the run number. It is important that spectators keep these on them at all times.

The Stadium will be split in to 4 coloured seating zones for the 10k event and an area will be allocated within the Orange seating zone for family run runners and spectators. Stewards and signage will be there to direct you to the correct area within the Stadium.

FAMILY RUN TIMETABLE

08:00	Customer services/baggage area/event village opens
11:50	Morrisons Great Newham London Family Run assembly open
12:05	Morrisons Great Newham London Family Run warm up
12:15	Morrisons Great Newham London Family Run start.

Please note: these times are correct at the time of print and may be subject to change.

INFORMATION POINT

This is located on the South Park Lawn and will be able to assist with lost/ missing run packs and any other queries you may have. The missing person's point will be located next to the information point. Please note that there will be no extra spectator passes available on event day, so please keep your allocate passes safe. Should you have any other questions before the event please visit the FAQ's on the event website or email info@greatrun.org.

ACCESS TO THE STADIUM

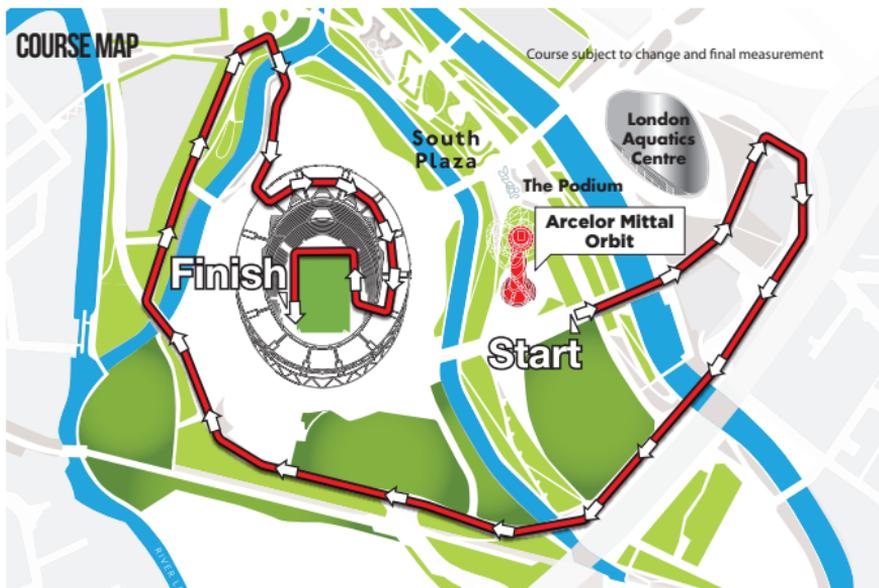
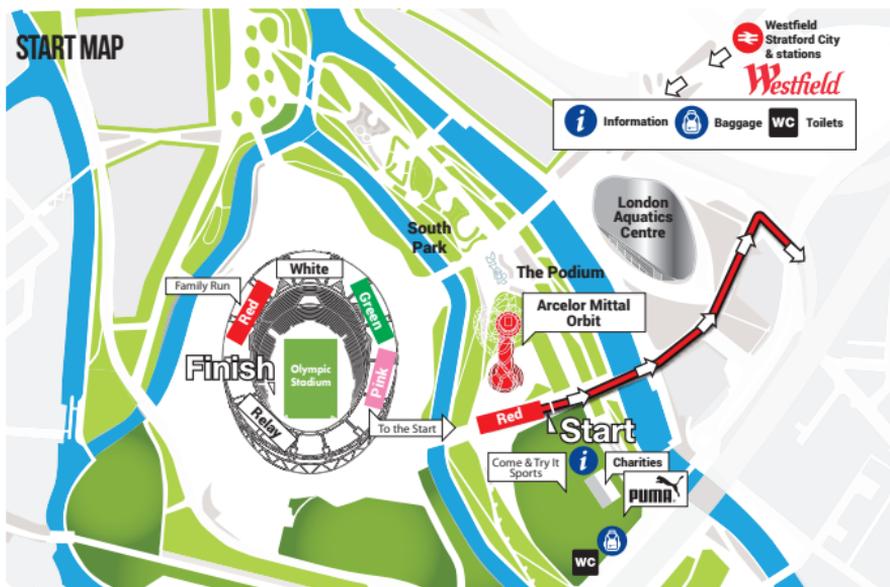
You can access the Stadium from 08:45. We advise Family Run participants and spectators to sit in the Orange seating area within the Stadium.

FAMILY REUNION

We encourage participants to run together throughout the Morrisons Great Newham London Family Run, however if you do become separated the family reunion area is located in the finish area. You should meet next to the sign that matches the first letter of your surname, e.g John Smith would stand next to the 'S' Board to wait for members of his running party.

You should also arrange to meet your spectators in the seating within the Stadium after the run, we encourage spectators to sit in the Orange 10k seating area, which is also allocated for the family run.

MORRISONS GREAT NEWHAM LONDON FAMILY RUN EVENT MAPS





GREATSWIM.ORG

great ^{newham} london
SWIM

COME DIVE IN

SATURDAY 18 JULY 2015, ROYAL VICTORIA DOCK, LONDON

1/2 MILE, & 1 MILE

 Aqua Sphere

 Newham London

www.greatswim.org

 AQUA PURA

 Mirror

 Virgin
trains