

RUNNERS' GUIDE

ALL THE EVENT INFORMATION YOU'LL NEED TO HAVE A GREAT RUN IN BRISTOL



CONTENTS

- 31 Your run number and timing chip
- 31 Travel
- 32 Event facilities
- 32 The start
- 38 The finish
- 38 Meeting up
- 32 The event village
- 36 The course map

WELCOME FROM ROMANA ABDIN, SIMPLYHEALTH CHIEF EXECUTIVE

You are amazing! Yes, YOU! You may be asking why a random person you've never heard of is telling you such a thing. I'm a less than perfectly fit and able person who, in January this year, stood in awe on the start line of the Simplyhealth Great

Edinburgh Winter Run, watching 3,000 people of every imaginable shape, size, age and physical ability doing something I think is amazing – getting active by running with friends, family and colleagues, sharing together in moving and being healthier.



I'm also lucky enough to lead Simplyhealth and we're the partner of The Great Run Company, the organisers of the Simplyhealth Great Bristol Half Marathon. We're doing this with one simple aim: to get millions moving.

We at Simplyhealth are people with a passion and a purpose that's all about

helping people to make the most of life through better everyday health. You might be one of our three and a half million customers who we help every day in lots of ways but, even if you're not, I hope that through our support of the Simplyhealth Great Bristol Half Marathon we can help you in a small way to make the most of life.

My dad, who was a GP all of his working life, told me that if you want to be healthy you should smile a lot, sleep enough and get out of breath at least three times a week doing something you love.

So, as you do your final training for the Simplyhealth Great Bristol Half Marathon I wish you every success for the big day and, of course, to remind you that you are amazing!

GRAB A CUPPA, GET COMFORTABLE AND READ CAREFULLY

The items in your run pack are very important so take the time to read this section carefully. But, before we begin, please remember that many of the serious medical problems occur in people who have been slightly unwell but do not wish to miss the event or feel like they have let down their friends or charity.

If this sounds like you, please don't risk becoming a medical emergency – the Simplyhealth Great Bristol Half Marathon will be back next year!

YOUR RUN NUMBER AND TIMING CHIP – IT'S YOURS AND YOURS ALONE!

This is your unique number and only you must wear it on the day. Please don't swap, change or copy it in any way – and definitely don't remove your timing chip from the back, otherwise we will not be able to give you an accurate finishing time!

Fill in any missing details on the back of the number and pin it securely to the front of your top as you will need your number to claim your Finisher's Pack and get your baggage back if you have used the baggage facility.

If you have any queries about your number or it doesn't match the number mentioned on the covering letter, get in touch sooner rather than later at info@greatrun.org

The colour of your number relates to your start wave, which is based on the estimated time you put on your entry form, so basically the faster you are, the earlier you set off.

If you think you're going to run faster than you estimated, please contact us at info@greatrun.org prior to the event as you cannot automatically move forward. On the other hand, if you plan to run slower or your mates are in an assembly area further back, you can move back without having to tell us.



WILL THERE BE WIFI?

Yes there will be wifi and it will be free, available at the start and finish areas. Simply locate 'Great Run Free Wifi' on mobile devices, enter your email address and start sharing those pictures! Remember to use the hashtag **#GreatBristolHalf**.

This also means you can download the Great Run App from iTunes or Google Play. It contains loads of event day info

and your loved ones can track you on your journey round the course.

HOW DO I GET TO THE START LINE?

We urge you to use Bristol's excellent public transport system where possible, but still be sure to give yourself plenty of time.

If you decide to travel by car please don't rely on satnav devices – they don't



know which roads we've closed for you!
Better still, avoid the city centre traffic altogether and opt to use one of the Park & Ride services that have been set up especially for runners.

Pick-ups start at 07:00 from Long Ashton and Brislington and will run at regular intervals until 15:00. Runners will be dropped off at the edge of the road closures, as close as possible to the Event Village. See greatrun.org/bristolhalf for the full timetable.

Brislington Park and Ride is located on the A4 Bath Road, next to the junction with Stockwood Road. Postcode: BS4 5LR.

Long Ashton Park and Ride is located just off the A370 travelling into Bristol from North Somerset. Postcode: BS3 2HB.

Parking is free, passengers only pay for their travel on the bus. The fares are:

Brislington P&R Off-peak return: Adult £3, 16-21 year old student £2, Child £1.50 (two children aged 5-15 travel free with each fare paying adult) Group: up to five adults travelling together £8.

Long Ashton P&R Off-peak return: Adult £3, Child £2 (two children aged 5-15 travel free with each fare paying adult) Group: 2-7 adults return £4.

Train services will be operating a normal Sunday service. It takes approximately 20 minutes to walk to the Event Village from Bristol Temple Meads Station.

For local bus services check out travelwest.info/bus as there will be a number of alterations to the regular timetable due to road closures.

Bristol International Airport will be operating as normal. Information on

flights and links with the city can be found at bristolairport.co.uk

WHERE WILL I STAY?

If you are coming the night before and need somewhere to lay your head, contact Bristol Tourist Information Centre on 0906 711 2191 or go to visitbristol.co.uk

WHAT WILL I FIND WHEN I ARRIVE?

The Information Point is in Millennium Square. You can't miss it, it's the Great Run-branded marquee and will be open on Saturday September 16 from 11:00 to 17:00 and again on Sunday September 17 from 07:30.

For any problems that can be sorted in advance, though, check the FAQs at greatrun.org/faqs or get in touch with the



team at info@greatrun.org so we can sort the issue out and put your mind at rest.

You do not need to register on the day of the event. As long as you have your run number, simply head straight to your starting wave on Anchor Road in good time for the warm-up.

The Missing Persons point will be based in Millennium Square, too, near to the Information Point.

Temporary toilets will have popped up in the Event Village in Millennium

Square and additionally in Cathedral Walk, Canons Way and Lime Kiln Road.

WHAT CAN I BRING AND WHAT DO I DO WITH ALL OF MY STUFF?

Bring as little as possible, only the essentials. We do have a baggage bus facility (located within the Amphitheatre near Millennium Square), but anyone using them should expect additional security which will mean you need to allow more time to use them. If possible, please do

not bring a bag at all. If you do bring a bag try and leave it with friends or family or locked in your car.

I WANT TO GET STARTED

Okay, so you're itching to get over the start line but have you read this magazine, have you made sure you know where the baggage facility is and do you know your coloured assembly zone?

Follow the signs to your assembly area on Anchor Road which corresponds to the colour of your run number, based on the

predicted time on your entry form. You will need to show your number to gain access.

Once you're in, move forward so other runners can assemble behind you. If you are taking part in assisted wheelchairs please line up towards the rear of the assembly area. Listen out for any information given by the PA announcer, he doesn't just like the sound of his own voice!

When you hear the gun go, please be patient. Your timing chip does not activate until you cross the start line so you will receive a completely accurate finish time.

The Simplyhealth Great Bristol Half Marathon features a 13.1-mile course which has been officially measured and certified. The start line is on Anchor Road, close to the Harbourside. Each mile will be marked by large signs at the side of the road.

LET'S GET WARMED UP

To make sure you are ready to take on the half marathon distance, there will be one warm-up at 09:16 led by our Great Run fitness guru Roy Gayle.

I'M FEELING FIT BUT IS THERE HELP AT HAND IF THAT CHANGES?

We hope you don't need them, but there is a full medical team consisting of doctors, nurses, paramedics and physiotherapists in place from South West Ambulance Service and St John Ambulance.

Medical facilities will be situated at the start and finish areas and at points around the course. If the medical team think it is unwise for you to carry on, they will suggest you retire from the event.

During the planning of the event, every care is taken to ensure emergency services can go about their duties with limited hindrance. However, if an emergency situation does arise and a vehicle with blue flashing lights needs to cross the course, we ask you make this as easy as possible by clearing a route for the vehicle to cross safely.



WHAT HAPPENS IF I NEED TO WALK OR I CAN'T CARRY ON?

If you are taking part in an assisted wheelchair, are planning to walk or find you need to walk at any point, please keep to the left so runners can pass you with ease. Any runners who feel they are unable to complete the half marathon can use the Runners Welfare bus and be transported to the finish.

A sweep vehicle will follow at the rear of the last wave, at a 17-minute mile pace. If you fall behind this vehicle you will

be instructed to finish the event on the pavement. The finish area will remain in place until the last runner has crossed the line.

HOW CAN I STAY HYDRATED?

As well as at the start and finish, there will be Aqua Pura water stations available at 2½ miles, 5½ miles, 8 miles, 11½ miles (see map on p36-37).

Only take one bottle per station and move straight on (there are lots of thirsty runners behind you).

Take care when disposing of bottles and discard at the side of the road to avoid any hazards. Toilets are available at all drink stations.

HOW CAN I KEEP COOL?

You don't need to pour bottled water over your head to cool down. Run through the fine mist showers at the eight-mile and 11½ mile points. Look out for the large 'shower ahead' signs.

MUSIC TO MY EARS

We've got a great Bands on the Run

programme for you with 10 music zones across the course to help entertain and motivate you, as well as many charity cheering points. See the course map on p36-37 for locations.

WHERE'S A GOOD PLACE FOR SUPPORTERS TO GO?

The start and finish areas are open to spectators, although both areas will be very busy so we can't guarantee the best seats in the house!

Stay around the city centre to catch the runners as they enter the second half of

EVENT DAY TIMETABLE

0730	Event village opens to public (baggage, toilets and information point)
0830	Start assembly area opens
0915	Start of the Simplyhealth Great Bristol Half Marathon wheelchair race
0916	Warm-up for the Simplyhealth Great Bristol Marathon
0930	Orange wave start
0938	White wave start
0946	Green wave start
0954	Pink wave start
1100	Presentations for the Simplyhealth Great Bristol Half Marathon

*NB. Timetable correct at time of print. Please check your race numbers for any changes.

the run. From Millennium Square you are within walking distance of Prince Street (via Pero's Bridge) or Queens Square and the city centre via the Harbourside.

Or head straight to the Event Village around Millennium Square/the Harbourside and maybe grab a drink and a snack from one of the many outlets while you're waiting.

FINALLY ... THE FINISH LINE IS IN SIGHT!

The Simplyhealth Great Bristol Half Marathon finishes on Anchor Road and the finish system will remain in operation until the last runner has crossed the line.

Please resist the urge to stop immediately, as there could still be thousands of runners behind you. Your time will be automatically recorded by the chip on the back of your run number.

Your Finishers' Pack contains your exclusive t-shirt and medal, plus a bottle of Aqua Pura water and other goodies.





Please take a pack corresponding to the t-shirt size you indicated on your entry form.

IT IS STRICTLY ONE PACK PER FINISHER. NON FINISHERS ARE NOT ELIGIBLE FOR PACKS.

Keep moving through the finish area and back into Millennium Square.

Ask friends and family to bring extra drinks along too and have a spare drink in your kit bag.

WHERE DID I LEAVE MY BAGGAGE AND WHERE ARE MY FRIENDS AND FAMILY?

Be sure to collect your bag from the facility in the Amphitheatre Centre before 15:00 to avoid having to travel home in sweaty running kit!

You will need to show your run number to gain access and claim your bag. The family reunion area is on Canon's Way.

Follow the signs and meet up under the

A-Z banner that matches the first letter of the runner's surname.

I'VE FINISHED RUNNING. NOW WHAT?

You could head straight home for a well-earned rest! But, better still, complete today's Great Run experience with a trip to the Event Village in Millennium Square where a number of partners and charities will be waiting to meet and greet runners.

There are also numerous bars and restaurants close by as well as the regular Harbourside Market, so there is no shortage of choice when it comes to food and drink.

I'VE DONE IT AND I WANT TO SHOUT ABOUT IT

Of course you do and you can! If you'd like Great Run to share your results for free on your personal social media platforms, we can Tweet your results straight

after your run or post on Facebook. All you need to do is register now at **socialmediaregistration.greatrun.org**.

You will need your ID number, which can be found at the top of the letter you got with this magazine.

Full results will be available at **greatrun.org**, together with an event report and details of other Great Runs.

Official Simplyhealth Great Bristol Half Marathon photographers will be there to capture some of your proudest running moments. Visit **greatrun.org** and follow links to your own Great Run photo album.

SEE YOURSELF ON TV

The Simplyhealth Great Bristol Half Marathon will be live on Made In Bristol TV (Freeview Channel 8, Sky Channel 117, Virgin 159, and online).

HAVE A GREAT DAY AND ENJOY THE RUN!