About the Event

The Simplyhealth Great South Run is the world's leading 10-mile running event. Held in Portsmouth, there are events and distances to suit all ages and all abilities.

The weekend of sport starts on Saturday 21 October, when 1,000 participants line up for the Simplyhealth Great South 5k.

Then runners from as young as 3 years old will line up on Clarence Esplanade in Southsea for the Simplyhealth Junior and Mini Great South Run, the biggest children's running event in the south, where youngsters run either 1.5km or 2.5km respectively.

On Sunday 22 October, the streets of Portsmouth become a sea of over 20,000 runners for the Simplyhealth Great South Run, which starts on Clarence Esplanade and heads past the scenic sights of Portsmouth Cathedral and Spinnaker Tower.

Participants are then given special access through Portsmouth Historic Dockyard, home of the iconic HMS Victory and HMS Warrior.

The fast and flat course finishes on the seafront with beautiful views of the Isle of Wight.

Shown live on Channel 5 from 10.00am to 12.15pm.