



Simplyhealth Great South Run – Portsmouth Facts

- Portsmouth is the only island city in the UK.
- It's the home of Ben Ainslie Racing and hosted its second America's Cup World Series event in July 2016. The racing took place in the Solent – which our runners can see on their first, and final two miles of the course.
- Charles Dickens was born in Portsmouth in 1812
- Portsmouth is the second most densely populated place in the UK (after London)

Honorary Starters

- **Dame Kelly Holmes** – Double Olympic champion and Garmin Global Ambassador. Also running the 10 miles with Team Garmin.
- **John Jenkins MBE** – 98-year-old D-Day war veteran who has been a volunteer at Portsmouth's D-Day Museum for over 10 years. Last year he was awarded Portsmouth Volunteer of the Year and is supporting Portsmouth City Council's project to transform the museum to keep the veteran's stories alive.
- **Romana Abdin** – CEO of Simplyhealth, the event's headline sponsor.
- **The Lord Mayor of Portsmouth, Councillor Ken Ellcome and the Lady Mayoress, Jo Ellcome.**

The Course

- The route passes Spinnaker Tower, which stands 170m high.
- Route also goes through the Portsmouth Historic Dockyard, passing HMS Victory, HMS Warrior and the Mary Rose Museum.
- This year runners will have the unique opportunity to see HMS Queen Elizabeth, the newest and largest warship ever build for the Royal Navy of the United Kingdom. It arrived in her home dock of Portsmouth this August.
- HMS Victory has also recently been repainted:

- Conservationists peeled back 72 layers of the paint from the original timber frame, examining them with microscopes.
- They discovered the colour of Victory's hull, when she fought in Trafalgar, was not mustard-orange, but in fact a pale ochre.
- There are over 100 charities involved in the event, and 24 of them will be meeting runners in the charity village once they cross the finish line.
- The city of Portsmouth is twinned with Caen in France, which has runners over here to run the 10 miles.
- The Caen runners will go up against runners from Portsmouth City Council, with the fastest group winning the Brittany Ferries trophy!