



Timetable

Saturday 21 October

	Simplyhealth Great South 5k Simplyhealth Junior and Mini Great South Run
08:30	Car parking on Southsea Common opens Information desk and baggage drop opens
09:30	Simplyhealth Great South 5k assembly areas open
10:15	Simplyhealth Great South 5k warm up
10:30	START of Simplyhealth Great South Run 5k
11:30	START of Unlimited Great South Wheelchair Event
11:45	START of Claire Lomas' #10in24 challenge (Claire's start is located next to Blue Reef Aquarium)
11:50	Simplyhealth Mini Great South Run (Wave 1) warm up
12:00	START of Simplyhealth Mini Great South Run (Wave 1)
12:20	Simplyhealth Mini Great South Run (Wave 2) warm up
12:30	START of Simplyhealth Mini Great South Run (Wave 2)
12:50	Simplyhealth Junior Great South Run – Girls warm up
12:58	START of Simplyhealth Junior Great South Run self propelled wheelchairs
13:00	START of Simplyhealth Junior Great South Run - Girls
13:35	Simplyhealth Junior Great South Run – Boys warm up
13:45	START of Simplyhealth Junior Great South Run - Boys