



RUN BETTER RUN TOGETHER EDINBURGH

10 MILE AND TEAM RELAY | SUNDAY 19 APRIL 2015
EVENT GUIDE

GREATRUN.ORG

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The World's Favourite Run



CONTENTS

| | |
|------------------------------|-----------|
| RUN PACK | 3 |
| GETTING THERE | 4 |
| TIMETABLE | 5 |
| EVENT DAY | 6 |
| AT THE START | 7 |
| SITE MAP | 8 |
| ON THE RUN | 9 |
| COURSE MAP | 10 |
| WHEN YOU FINISH | 12 |
| RESPECT THE CHALLENGE | 13 |

A MESSAGE FROM MORRISONS

We are delighted to be the headline sponsor of the Great Run Series and look forward to welcoming you to Edinburgh on Sunday 19 April for the Morrisons Great Edinburgh Run.

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 April.

ACKNOWLEDGEMENTS

The organisers of the Morrisons Great Edinburgh Run would like to thank the following organisations for their help and support in staging the event: Morrisons, PUMA, Aqua Pura, Lucozade Sport, Daily Record, Historic Scotland, Police Scotland, City of Edinburgh Council, Links United, Polonia Phoenix, Perth Road Runners, 157th Braid Scouts and Edinburgh Athletics Club, Virgin Trains, Capital FM, volunteers from the Carnegie swim team, East Lothian swim team, and Dunedin swim team.

RUN PACK

YOUR PACK INCLUDES:

MORRISONS GREAT EDINBURGH RUN OFFICIAL NUMBER

Your name and address are pre-printed on the reverse of your run number. Please make sure you complete the rest of your personal details.

If you would like to take advantage of the offers on the tear-off vouchers, please remove each voucher from your number and follow the specific instructions when redeeming them. Also included is your tear-off baggage label – for full details on our baggage system please refer to page five.

TIMING CHIP

All Great Run events this year have a new timing chip that you no longer need to attach to your shoe. Your timing chip is attached to the back of your run number. DO NOT REMOVE this timing chip from your number as it may affect the accuracy of your time. You do not need to return this timing chip at the end of the run.

Your timing chip is exclusive to you and you alone – DO NOT exchange it with anyone else. Your timing chip provides the following two functions:

- A) Accurate time – from the point you cross the start line until you cross the finish.
- B) Results – posted online shortly after you finish at greatrun.org/results.



Log in to greatruntraining.org using your Great Run ID and download the free app from iTunes or Google's Play Store. Great Run Training gives you everything you need for perfect event preparation at your fingertips.

- Interactive training to suit all levels
- Route mapper to accurately measure your running
- Review your progress and share your achievement
- Answer your questions with our expert advice and support

GETTING THERE

TRAVEL INFORMATION

By car:

Please note that there is no parking available at the start/finish area in Holyrood Park so allow for plenty of time to walk to the start area.

Details of car parks in Edinburgh are available by visiting www.edinburgh.gov.uk and following the links for transport and then parking.

Parking restrictions are in place around the race route. If you are parking on the city streets please pay attention to any signage regarding parking suspensions as illegally parked cars may be removed.

By bus:

Edinburgh is served by an excellent public transport system. Visit www.lothianbuses.co.uk or www.firstgroup.com/ukbus for information on bus routes, timetables and fares around the city.

By train:

Edinburgh Waverley train station is only a ten-minute walk from the start/finish area in Holyrood Park. For details of train timetables and fares, please visit www.thetrainline.com. Unscheduled works may change scheduled train times so please check websites a few days prior to the event.

By bicycle:

For those travelling to the event by bicycle, there are lots of bike racks within Holyrood Park and in front of the Scottish Parliament building. Although security staff will be patrolling the site, organisers will not be responsible for your bike during the event.

ACCOMMODATION

Edinburgh is a beautiful city with great shopping, galleries, museums, restaurants and bars. Why not make a weekend of it and avoid the rush on Sunday morning by checking into one of the many city centre hotels? For more information about accommodation in Edinburgh, go to www.visitscotland.com.

Alternatively, instead of rushing off after your run, why not stay and make a day of it? Within a few minutes' walk of Holyrood Park are some of Edinburgh's most popular tourist attractions including the Palace of Holyrood House, Our Dynamic Earth, The Edinburgh Dungeon, the Royal Mile and Edinburgh Castle. To find out more, check out www.visitscotland.com.

Top tip

Plan your travel and aim to arrive in Holyrood Park around one hour before you are due to run. This will ensure you have plenty of time to familiarise yourself with the facilities, relax and properly prepare for the run.



TIMETABLE

TIME

MORRISONS GREAT EDINBURGH RUN

| | |
|-------|--|
| 08:30 | Site Open (Baggage, toilets, catering concessions & information point) |
| 09:00 | Start Assembly Area Open (PA system active) |
| 09:20 | Warm-up starts |
| 09:30 | Start of Morrisons Great Edinburgh Run (elite athletes, club runners and orange wave) |
| 09:40 | Start of white wave (and start of Team Relay) |
| 09:50 | Start of pink wave |
| 11:00 | Elite Medal Presentations (male and female) |
| 13:30 | Start of Morrisons Mini Great Edinburgh Run |
| 14:15 | Start of Morrisons Junior Great Edinburgh Run |

*NB. All times are subject to change in the lead up to the event



EVENT DAY

INFORMATION OFFICE

Our information office will be located in Holyrood Park and will be open from 08:30 on Sunday 19 April 2015.

Please note that any problems with your entry, run number or timing chip must be resolved at least one hour before the first wave starts. If you do encounter a problem, please contact the organisers at info@greatrun.org. No entries will be taken on the day of the event.

TOILETS

There will be lots of toilets available in Holyrood Park, but, it is inevitable that they will be busy. Urinal blocks will be clearly signed, and we politely ask male runners to help reduce queues by using these facilities.

MISSING PERSON'S POINT

A missing person's point will be located and clearly signed in Holyrood Park. If such a situation arises, please contact a steward, event marshal or police officer.

MEETING FAMILY AND FRIENDS

With so many people taking part, it is not possible for everyone to meet their family and friends as soon as they cross the finish line. Agree on a meeting place in advance or use the large **orange** 'Meeting Point' banners in Holyrood Park. These banners are marked from A-Z so simply stand beside the banner that corresponds to the first letter of your surname.

FOOD AND DRINK

We know how much running and spectating can work up an appetite! Head across to our great concessions for the best local caterers serving extra tasty food and drink. There'll be picnic tables too so that you can sit down while you refuel!

JOIN THE CONVERSATION

Stay up to date with the latest news and training tips, while catching-up with fellow runners. Visit facebook.com/greatedinburghrun to get involved or follow us on Twitter [@Great_Run](https://twitter.com/Great_Run).

BAGGAGE

Due to the large number of runners we cannot provide changing facilities. Please arrive changed and ready to run.

If you do have baggage we advise that you leave it with friends and family, or use the baggage system which is located in Holyrood Park and will be open from 08:30.

The baggage system is colour coded. Make sure you attach your baggage label (found on the bottom of your run number) and deposit your bag in the matching coloured marquee.

For security reasons, you will have to show your number to gain access to the baggage marquees and match it with the correct baggage label before exiting. We recommend that you do not leave any items of value in your bag.

If you are running in the Team Relay please be aware that leg two runners, who are heading to the Changeover point at the Grassmarket may want to wear a jacket and hand it onto your partner when you start your leg of the run.

There will be no baggage facility at Team Relay Changeover point within the Grassmarket.

ADVICE FOR SPECTATORS

The geography of Holyrood Park will provide some excellent vantage points for watching the start and finish. The new route will also bring runners back through the park at around 1.5 miles. You may also want to cheer on your friends and family as they pass the famous landmarks out on the course. As you are moving around, please take note of instructions given by event marshals and safety stewards. Be aware that only the roads used for the run are closed to traffic.

If crossing the course, please do so with caution and only when you are instructed to do so by marshals or when there is a suitable gap in the flow of runners.

AT THE START

The start assembly areas will open to all runners at 09:00.

Please ensure that you are in your coloured assembly area no later than 09:20, when the start of the warm-up will begin.

Runners are asked to assemble in the clearly marked coloured areas on Queen's Drive. Fast paced club runners and orange numbers should assemble on Queen's Drive nearest to the start gantry while those with white and pink numbers behind. Coloured signs and banners will clearly mark each coloured assembly area.

You have been assigned a coloured number based on your predicted running time; this is the time that you identified during the entry process. This system means you should be running with people of similar ability, thus improving your running experience.

Once the mass run starts at 09:30 there will be a gradual release of runners across the start line. The start gantry is narrower than the road to give you space to enjoy your run and prevent any bottlenecks on the route. Please be patient at the start area, your time and result will be accurately calculated by your electronic timing chip.

TEAM RELAY RUNNERS

All leg-one runners will assemble at the front of the white wave at the start assembly area. Look out for the Team Relay signage or ask a race official if you are unsure.

Leg-two runners can either go directly to the Grassmarket or they will have time to watch their team-mate start before walking the 1 mile (approx.) from Holyrood Park to the Grassmarket. The route will be clearly signed along Holyrood Road and the Cowgate. Not all roads in the city will be closed to traffic so please take care when walking to the Team Relay changeover point.

Changeover point for Team Relay runners

The changeover point is within the Grassmarket. This is approx. 1 mile from the main event site and start/finish line in Holyrood Park.

There will be no baggage facility at the Team Relay Changeover point within the Grassmarket. A small information point will be located beside the Changeover point. Staff here will be able to help with simple problems, but all issues regarding lost run numbers should be addressed at the main customer services point in Holyrood Park. This will be open from 08:30.

On approach to the Changeover point there will be clear signage encouraging runners to "Get In Lane". All Team Relay Runners must move into the left hand lane so that they enter the Changeover zone.

Leg-two runners will be held in a pen within the Changeover zone. They must remain here until leg one runners have entered the Changeover zone and handed over the team sash to the leg-two runner. There is no need to swap run numbers or timings chips.

After completing the first leg of the Team Relay, leg-one runners should follow instruction from the marshals and move through the finish system to collect their Aqua Pura Water and finisher's pack including, Lucozade Sport, souvenir T-shirt and medal.

There will be a first aid point within the Grassmarket.

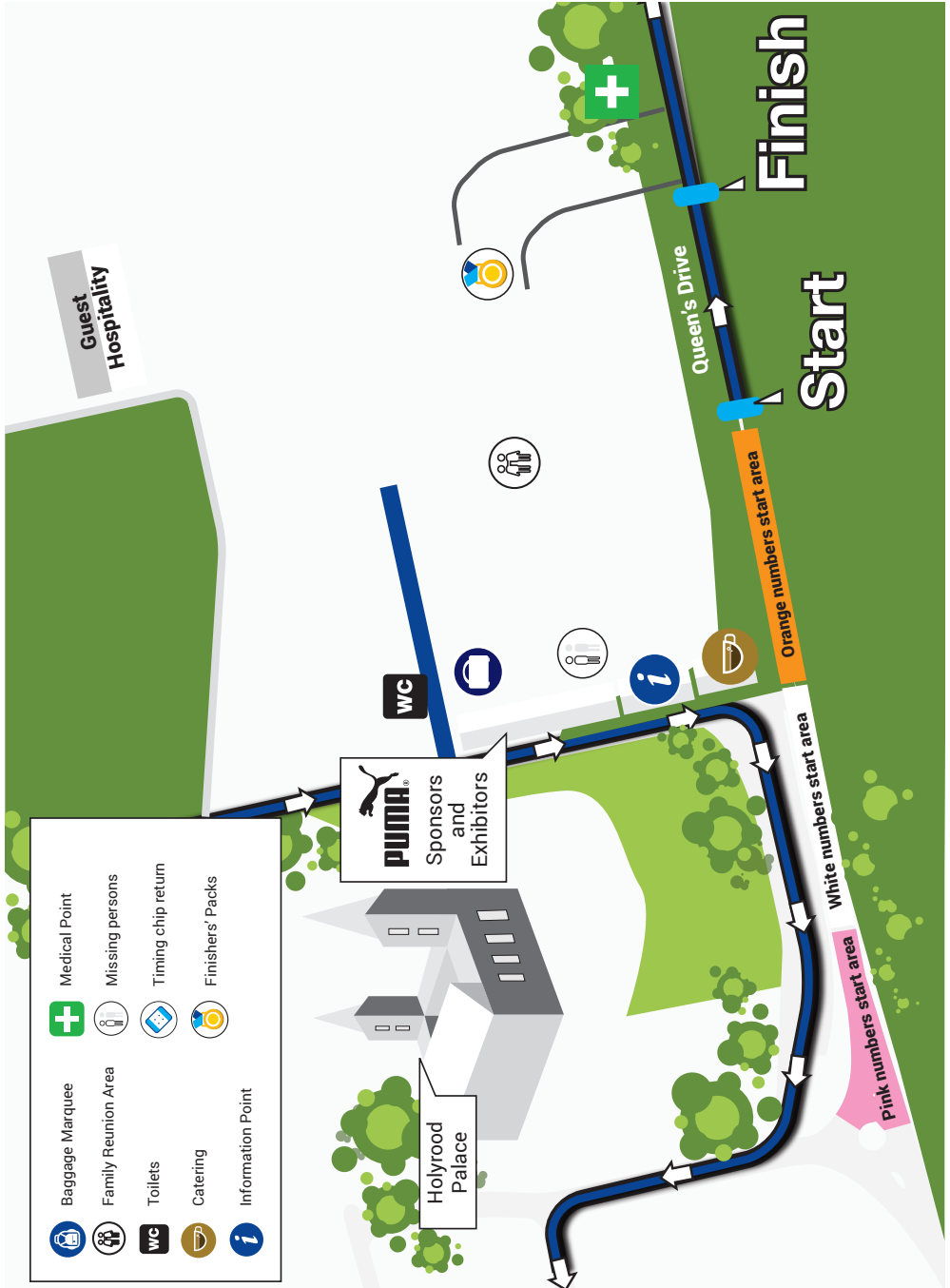
RUNNING WITH FRIENDS AND FAMILY

If you want to run with a friend but have been issued different coloured 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).

WARM-UP

Great Run warm-up expert, Stella, will be on her platform high above the start area. She will lead you and thousands of other runners through the right stretches to get you ready to run. The warm-up starts at 09:20.

SITE MAP



ENTERTAINMENT ON THE COURSE

If the fantastic views and famous landmarks aren't enough, there will be loads of live music as well as 'Walls of Sound' at key points around the course to keep you motivated. There will be everything from a drumming band to a rock choir as you make your way around the route and in keeping with tradition, there will be pipers at every mile point too.

As you approach the half-way point and head through the Grassmarket, the Capital FM Street Stars will be on hand at The Capital FM Sweetspot to motivate you for the second half of the course with music and DJ's.

The Grassmarket is an ideal place for friends and family to support you too. It is only a mile from the start and finish area, and as well as some fantastic cafes, bars, restaurants and shops, the Grassmarket will also host charity cheering points and a market.

The Grassmarket is also a good place for friends and family to watch the Team Relay changeover between runner 1 and runner 2.

STAY HYDRATED

For Morrisons Great Edinburgh Run participants running the full 10 miles there will be Aqua Pura water stations at approximately 3.5 and 8 miles. There will also be a Lucozade station at approximately 6 miles. Please only take one bottle as there will probably be a lot of runners behind you who are just as thirsty. When you have finished, please throw your bottle to the side of the road when it is safe to do so.

TEAM RELAY RUNNERS

The Team Relay will be held over the same route as the 10 mile event. As such, event infrastructure such as toilets and drink stations will be available at the following points.

Leg-one:

- Aqua Pura bottled water available at George Square (approx. 3.5 miles)
- Toilets available at George Square (approx. 3.5 miles)

Leg-two:

- Lucozade Sport available at Holyrood Park Road (approx. 6 miles)
- Toilets available at Holyrood Park Road (approx. 6 miles)
- Aqua Pura bottled water available at Duddingston Loch car park (8 miles)
- Toilets available at Duddingston Loch car park (8 miles)

First-aid and medical cover will be in place across the run route.

TOILETS

There will be toilets located at each of the drink stations at 3.5, 6 and 8 miles.

MILE MARKERS

Every mile on the course will be identified by a large marker at the side of the road. A piper will also be playing at each marker so that you can hear as well as see them coming!

MEDICAL SUPPORT

The British Red Cross and the Scottish Ambulance Service will be available around the course and at the start/finish area to provide full medical support.

SLOWER PACED PARTICIPANTS

The police and local authorities are extremely supportive of the event, but we do have to re-open the roads quickly after the last runner crosses the finish line.

As such, a clearly marked 'sweep' vehicle will travel around the course at a pace of 17 minutes per mile. If you are passed by the sweep vehicle, you will be asked to complete the course on the footpath. If this occurs, please don't worry, the finish system will remain in place until the last runner has finished so everyone will receive their official time and Finisher's Pack.

COURSE MAP



COURSE MAP



WHEN YOU FINISH

OFFICIAL PHOTOGRAPHS

Our official photographers will be positioned around the course to capture all of the action. Photographs will be available to view at greatrun.org in the days following the event.

RESULTS

Full results along with the official elite race report will be available at greatrun.org after the event.

TIMING CHIPS FOR TEAM RELAY RUNNERS

Both members of the team must wear their own timing chip which is attached to the back of their run number. Each Team will get their combined time as well as an accurate time for each leg. Timing chips will be activated at the start for leg-one runners once you cross the start line with the time stopping as you enter the Changeover zone.

Leg-two runners' timing chip will be activated once you leave the Changeover zone in the Grassmarket and will stop as you cross the finish line at Holyrood Park.

The time taken in the Changeover zone will be included within your overall team time, but will not be attributed to either runner.



RESPECT THE CHALLENGE

Taking on a ten mile run is a big undertaking, so please ensure you are fully prepared for the big day. We have lots of free advice and tips to help you in the run up to event day, which can be found online at greatrun.org/training.

We look forward to seeing you on the start line!

Good luck with the training.
The Great Run Company



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Great Scottish Run



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