



#GREATBRISTOL10K

- ☐ **RUN NUMBER**
Make sure you have filled in the back of your number with your details.
- ☐ **SAFETY PINS**
Bring some spares just in case but our customer services team will have some available for emergencies on the day of the event.
- ☐ **SPARE WARM/WATERPROOF CLOTHING**
- ☐ **A SPARE BOTTLE OF WATER TO SIP AT THE START**
There will also be bottled water available at the start in case you need more.
- ☐ **TRAVEL PLANS FOR THE DAY**
Allow plenty of time to get to the start...it will be busy!
- ☐ **DOWNLOAD THE GREAT RUN APP**
On iTunes or Google's Play Store.
- ☐ **PACK YOUR BAG THE NIGHT BEFORE**
With spare clothes, attach your baggage label (attached to your run number) and any other essential items you need. Make sure you don't leave any valuables in your bags.
- ☐ **MAKE ARRANGEMENTS TO MEET YOUR FAMILY AND FRIENDS**
The finish is a busy place so keep an eye out for the flying banners with letters of the alphabet on them to help you meet up with your friends and family.
- ☐ **READ THROUGH YOUR DOWNLOADABLE RUNNER'S GUIDE**
This contains maps, travel advice, baggage information and more.
- ☐ **SIGN UP TO RECEIVE YOUR RESULTS VIA SOCIAL MEDIA.**
More information at greatrun.org/social
- ☐ **DON'T FORGET, THERE WILL BE FREE WI-FI FOR ALL RUNNERS AND SPECTATORS ON THE DAY!**

FINALLY...RELAX, ENJOY AND ABSORB THE ATMOSPHERE OF THE DAY

GOOD LUCK!
WE'LL SEE YOU ON
THE FINISH LINE