

# Runner's Guide





# What have I been sent?

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Along with this magazine, please check your run pack contains the following:

1. Run number
2. Baggage label

## YOUR RUN NUMBER

Please check that your run number is identical to the master number on your covering letter. If it is different please contact Morrisons Great South Run at [info@greatrun.org](mailto:info@greatrun.org). This is your unique number and only you must wear it on the day. DO NOT swap, change or copy this number. Swapping numbers can be dangerous, by selling it onto someone else who may not be properly prepared for the event you could be putting their health at risk.

In order to simplify your running experience we have brought in run number timing chips for 2015. These are already attached to the back of your run number and eliminate the need for attaching and removing chips on



your trainer or ankle. Please DO NOT remove this from the run number as doing so will prevent you getting an accurate time for your run. You don't need to do anything to activate this chip, just leave it attached and it will automatically scan when you cross the start and finish line to give you your finishing time. Your timing chips do not need to be returned at the end of the run.

## BAGGAGE LABEL

Your personal baggage label is attached to the bottom of your run number. Please ensure that you complete your details on the label and attach this to your bag the night before the run. If you are not planning to use the baggage room in the Pyramids Centre, you will still need to detach the label from your number.

## GREAT RUN VOUCHERS

Your run number also contains special

offer vouchers from Portsmouth Historic Dockyard, PUMA, Spinnaker Tower, Virgin Trains, Aqua Pura and Mountbatten Centre.

## GREAT RUN APP

The Great Run app is available for download from iTunes.

Please review the information carefully and keep it on your phone for event day. It's great for last-minute advice, handy maps and as a guide for spectators.

## RECEIVE YOUR FINISHING TIME BY TEXT

You and two of your friends can receive your Morrison Great South Run finishing time on your mobile phones within seconds of crossing the line. Add some friendly competition by registering for this FREE service. Visit [greatrun.org/smsRegistration](http://greatrun.org/smsRegistration) and follow the simple instructions online.

You can also share your results on Twitter. If you'd like Great Run to Tweet your results straight after your run, register now at [socialmediaregistration.greatrun.org](http://socialmediaregistration.greatrun.org).

You will need your ID number, which can be found at the top of the covering letter (underneath the barcode) accompany this magazine.

# Understanding your Run Number

**Run Number** – This is unique to your entry (including your name) and must not be copied, sold on or transferred

**Baggage Label** – Please see the full guide to using the baggage room on page 39



## Back of your run number

The reverse of the run number will already be pre-printed with your name and address. It is really important however that you take the time to fill in the other details the night before the run. Please complete all the information as directed. This could save a lot of stress for friends and family who are waiting to hear from you after the run.



# Travel arrangements

## PLAN YOUR JOURNEY IN ADVANCE!

As the Morrisons Great South Run is live on Channel 5 again this year we cannot delay the start of the run so please allow yourself plenty of time to get to the event on Sunday morning.

The roads around Portsmouth and Southsea will be busy on the day so please give some thought as to how you will travel to and from the event in advance. There are lots of alternatives available to car travel so take a moment to read the following few pages to find out more. For alternative travel please visit [www.travelinesw.com](http://www.travelinesw.com)

### When to arrive

Please note that the start time for the Great South Run elite female race is 10.15am and because of the need to start the race on time we suggest that everyone travelling into the city gets there by 8.30am.

### Train travel

Why not avoid the traffic by leaving the car at home and taking the train? There are a number of trains that will get you into the city in plenty of time for the start of the run. The map on pages 36-37 shows some walking routes from the main local stations to the start and finish area. For more information on train services to Portsmouth visit [www.southwesttrains.co.uk](http://www.southwesttrains.co.uk)

### Local bus services

If you live in the Portsmouth area then please consider using the bus. For local bus travel information see [www.travelinesw.com](http://www.travelinesw.com)

### Coming by bike

If you live locally you may wish to come to the event by bike. It's a great way to warm-up ahead of your run and means you can beat the traffic. There is a bike park within the D-Day Museum



car park where you can lock your bike. The event organisers cannot accept any responsibility for the security of bicycles left within the bike park.

### Coming by car

Runners should plan to arrive by 8.30am as traffic into Portsmouth is limited to two main routes: the M275 western entrance and the Eastern Road (A2030). Portsmouth has water on three sides, so at busy times – and Morrisons Great South Run day is certainly one of those – traffic in and out of the city will always be slow moving. As you get into Portsmouth look out for the large digital information boards giving you parking and traffic information. There are hundreds of spaces in car parks around Portsmouth, within a short walk of the main event site. A lot of these city centre car parks are away from the main road closures and will minimise delays as you exit the city after you have finished your run. These car parks are also ideal if you are looking to make a day of it and take advantage of the city's shops and restaurants after the event. See the Car Parking & City Centre Road Closure map on pages 36-37 for details. Other smaller car parks are also available. For more information go to [www.visitportsmouth.co.uk](http://www.visitportsmouth.co.uk) and click on 'Visitor information' along the top and select the travel option.

### Park and Sail with Gosport Ferry

One of the easiest and most relaxing ways to get to and from the event is to take the short ferry journey from

*Gosport Ferry Ltd*

*It's shorter by water*



Gosport to Portsmouth Harbour. There are a large number of public car parks in walking distance of the ferry terminal in Gosport, with Haslar Marina opening for parking on the day too. Once across the water Portsmouth Harbour is only a 20-minute walk from the start area, an ideal warm up and cool down and a sure fire way to beat the traffic queues. Ferries run every 7.5 minutes on a Sunday, with more details of ferry times at

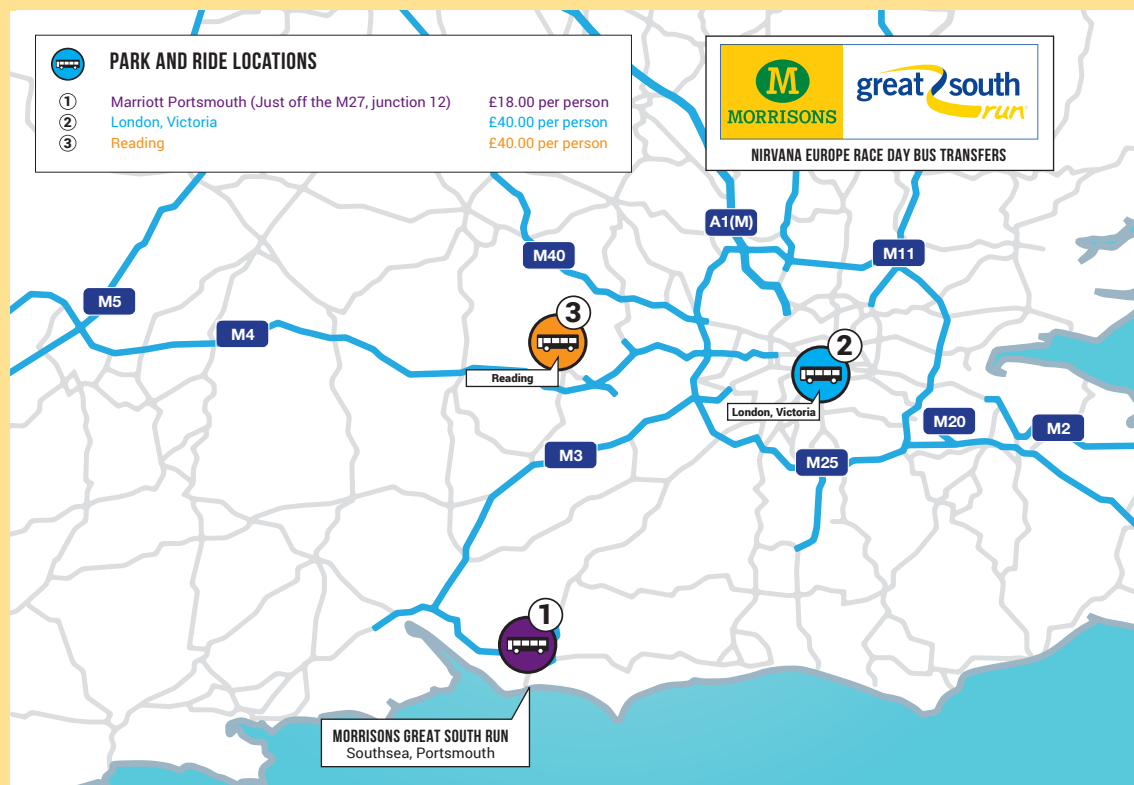
[www.gosportferry.co.uk](http://www.gosportferry.co.uk)

### Hovertravel Services

We are delighted that this year Hovertravel have agreed to put on additional services, bringing runners and spectators over from the Isle of Wight. The 10-minute crossings

will now start from the earlier time of 7.45am, with the start line only a short walk from the Southsea terminal. For more details visit [www.hovertravel.com](http://www.hovertravel.com)





### Nirvana Europe accommodation and run day transfers

As the official travel and accommodation provider to the Great Run Series, Nirvana Europe Ltd is delighted to be working alongside the event organisation and Portsmouth City Council to encourage you to spend some time in the lovely city of Portsmouth for your Morrisons Great South Run weekend.

Nirvana can provide you with accommodation within easy walking distance of the event, a range of accommodation slightly further out which can be coupled with a coach transfer to the event site and back or return run day transfer from a selection of locations around the south/south coast. For further information see page 51 or call 0191 257 1750.







**THE FURTHER AWAY YOU PARK FROM THE START, THE FASTER YOU ARE LIKELY TO GET HOME. USE THE WALK TO YOUR CAR AS THE PERFECT WARM DOWN**

### **SOUTHSEA COMMON CAR PARKING**

If parking at the seafront, follow the Great South Run signs to the temporary event parking on Southsea Common. Please note that there will be a charge of £5 to park on the Common.

The Common offers lots of space but entry and exit points are limited, so please be patient and follow the advice of the car park stewards. Due to the course design, cars will be able to leave this car park from around 12.15pm, so even the fastest runners amongst you should be able to drive off as soon as you finish.

We have worked hard to improve the car parking operation to minimise delays when entering and exiting but please note that if you do opt to park on the Common we ask all drivers (and their passengers) to appreciate that some delay is inevitable on departure.

Make sure you keep some food and drink in your car so you can refuel



after your efforts out on the course. On exiting the car parks on Southsea Common, all vehicles will be directed to the west initially as roads to the east will still be in use by runners. Please follow advice from stewards and the Police. Our aim is to have all roads out of the city, that were closed for the event, open by 2.30pm.

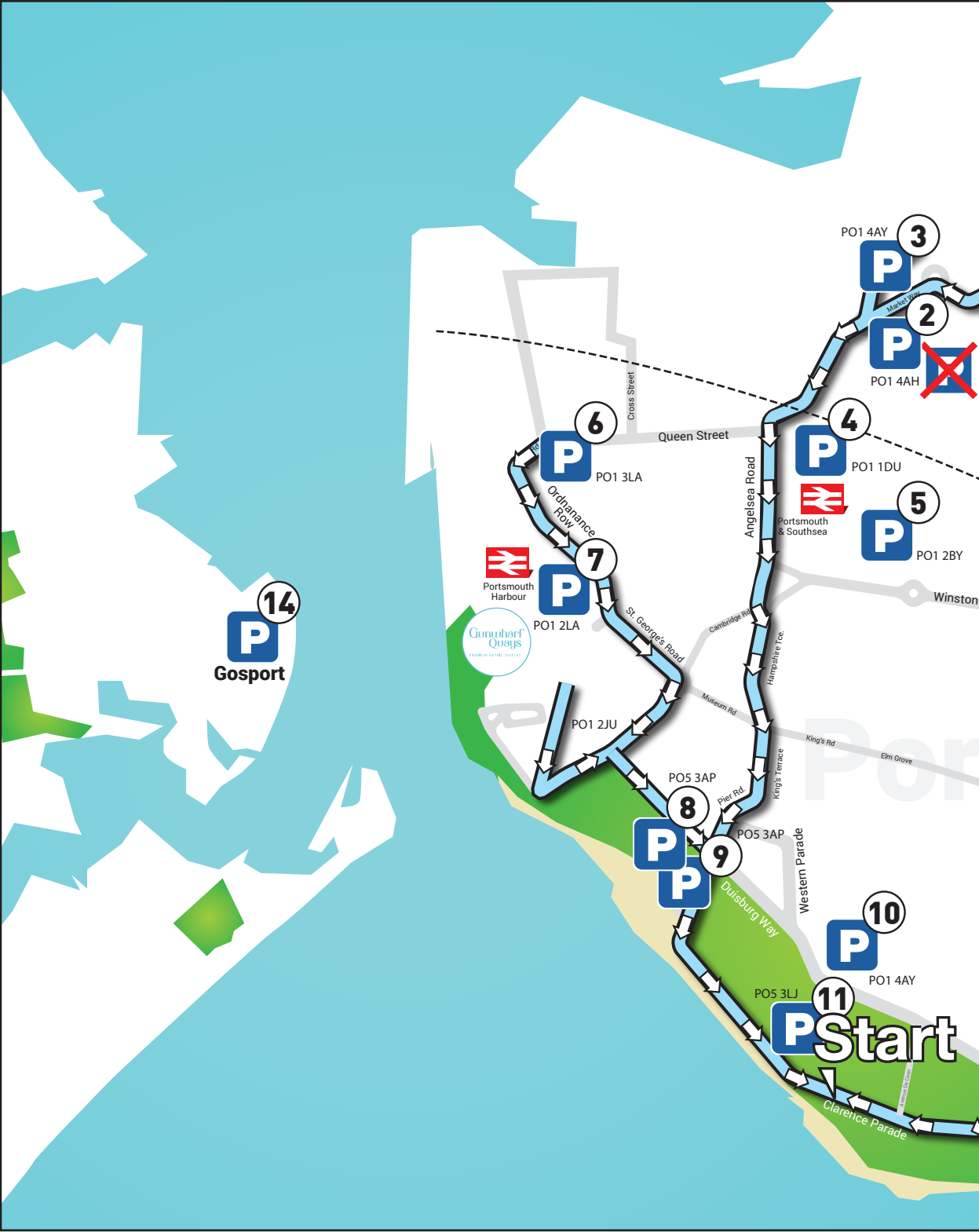


### **Road closures and late arrivals**

The roads around the start and finish on Southsea Common will be closed from 6.00am. This will affect Pier Road, Clarence Esplanade and Avenue de Caen. All other roads in use for the event across the city will close between 9.00am – 9.45am.

If you arrive in the city after 9.00am on the day please be aware road closures required for the course will mean that you will not be able to get close to the seafront so please use the city centre car parks and walk in.

Due to the wave system this will give you the opportunity to join a later wave – see The Start section for details.





# Key START points to REMEMBER



## TIMETABLE

- 07.00 Car parking on the Common, Information desk, toilets all open
- 07.30 Baggage drop open
- 09.00 Assembly areas open at the start
- 10.00 Channel 5 live coverage starts. Ensure your bag is in baggage room – if you are using it
- 10.15 Start of the Morrisons Great South Run Elite Female Race
- 10.20 Start of mass warm up
- 10.35 Start of the Morrisons Great South Run Elite Male Race and Orange Wave
- 10.38 Start of White wave warm up
- 10.48 Start of White wave
- 10.55 Start of Green wave warm up
- 11.05 Start of Green wave
- 12.00 Race presentations to elite female and elite male race winners

\*All times may be subject to change on the day

## THE START

The wave start will see runners go off in three separate 'waves' or run starts. By letting the field off in waves it means that there will be more room on the course to run in and it reduces the pressure in any narrower areas of the course: basically we're doing it to give you a better run on the day.

Simply stand in the relevant assembly area at the start (see the start layout for details) and the marshals will bring you up to the start line when it is time for your wave to go. Coloured signs will mark the front of each coloured assembly area and there will be marshals with rope to mark the rear. Please note that the Great South Run elite female race begins at 10.15am. As the event is live on Channel 5 we have to get the event started on time, so please make sure you arrive in good time. Although the elite male race and the

coloured waves will start a little later, please be at the start by 9.45am at the latest. Our announcers will keep you informed of what's going on. The start will open for assembly from 9.00am. With 25,000 runners it's not a good idea to leave it too late to get to the event. Arrive early and stay relaxed. Soak up the atmosphere, stretch those muscles and join in the pre-run warm up. Please remember the event terms and conditions on the entry form: no pushchairs in the run itself.

## PLAN YOUR TIME WISELY

There will be thousands of other people heading towards the assembly area so please leave yourself plenty of time to get to the start, especially if you are looking to use the baggage room located within the Pyramids Centre. Remember you can access your coloured assembly area using both sides of the road.





### INFORMATION OFFICE

No late entries are possible on the day, and all queries should be dealt with in advance by emailing [info@greatrun.org](mailto:info@greatrun.org). The information cabin is located adjacent to the skate park at the rear of the assembly area and will handle general enquiries on the day of the run.

### TOILETS

Toilets at the start are located adjacent to the skate park, within the car park on Southsea Common and on the west side of Avenue de Caen. Gents urinals are also available. We recommend that you don't forget to bring some toilet tissue with you, just in case you get caught short!

### WARM-UP

A mass aerobic warm-up will commence at 10.20am. This will take place from a stage at the junction point of the three coloured waves so you can all warm up together. Nothing too strenuous, but just what you need before the main event. Come early and enjoy the fun of a warm up to music.



Additional subsequent warm-ups will also take place just prior to the White and Green waves starting. See the timetable for details.

### BAGGAGE

There are no changing rooms at the start as it's impossible to cater for so many people, so arrive ready for action. If possible, you should leave your baggage locked out of sight in your car or with any friends who are meeting you at the finish. If you do have baggage that you need to deposit

at the event, there is a self-service baggage facility in the Pyramids Leisure Centre, this will operate with a separate entry and exit system. This will be open from 7.30am-4.00pm on run day. Any clothing left on the carriageway at the start will be removed during the clean-up operation and donated to charity.

### ON THE DAY OF YOUR RUN

#### Important medical advice

Many of the serious medical problems occur in people who have been slightly unwell, but do not wish to miss the Morrisons Great South Run or don't want to feel they have let down their friends or sponsoring charity. If you have, or have recently had, a cold or flu, are feverish, have been vomiting, had chest pain, or otherwise feel weakened or unwell, it is unfair both to you and your family to risk serious illness and become a medical emergency. The Great South Run will be back again next year! If you do decide to run, it's not the end of the world if you don't run quite as well as you'd hoped – don't push it.

### ESSENTIAL GUIDE TO START ASSEMBLY

- On arrival familiarise yourself with the map in your On the Day Guide – most importantly the location of your coloured Assembly Zone, Baggage room, Toilets and Information point.
- Follow the signs to the coloured Assembly Zones – your coloured run number corresponds with your coloured Assembly Zone (see page 32 for run number information).
- Once at your Assembly Zone you will be asked to show your coloured run number to gain entry.
- Please be considerate to your fellow runners and assemble according to the colour of your run number.
- When in your zone please move

away from the access gates to allow others to enter the assembly area.

- Prior to the run starting make sure you deposit any rubbish or bin liners at the side of the road so as not to cause an obstacle to other runners.
- Please listen and watch out for any last-minute details given by

the PA announcers, event staff or alternatively on the big screen.

- To allow safe management of assembly, each zone has a limit to the number of runners allowed in.
- If you leave your assembly zone, you will be allowed back in by showing Stewards your run number.

**FOR SAFETY REASONS,  
PLEASE BE AWARE THAT IF  
YOU ARRIVE AFTER 10.00AM  
EVENT STEWARDS MAY ASK  
YOU TO HEAD TOWARDS THE  
REAR OF THE FIELD WHERE  
YOU WILL BE ABLE TO JOIN  
THE RUN.**

#### What do I do when I hear the Start gun?

- Please be patient once the gun has gone and soak up the atmosphere while you make your way to the start line. Don't worry about your time! Your timing chip will not activate until you cross the start line giving you an accurate time over the 10-mile course.

# Your scenic guide to the course





## The first mile:

And you're off! The run heads along the south of England's coastline with views of the Isle of Wight to the left and Spinnaker Tower ahead. You'll pass the Portsmouth War Memorial. As you come to the 1-mile mark you enter historic Old Portsmouth where Portsmouth Cathedral is bound to catch your eye on your left.

## 1 to 2 miles:

Take in the stunning architecture of historic Old Portsmouth as you run along St Georges Road, then enjoy the sounds of the Rose & Thistle Pipe Band and the sight of the Spinnaker Tower soaring 170 metres above as the route continues onto Ordnance Row.

When entering Portsmouth's

Historic Dockyard you'll past the hull of the *Mary Rose* within the museum and the Royal Navy's most famous warship, *HMS Victory*.

## 2 to 3 miles:

The course then gives you a rare chance to set foot in the Naval Dockyard so enjoy this section as you're one of the 25,000 Great Runners with permission granted to run past the Royal Navy's current naval ships. Once you have exited the Dockyards, continue along Cross Street and then onto Queen Street where you pass the impressive looking main gate to HMS Nelson naval base and turn right in front of St John's Cathedral onto Anglesea Road.

## 3 to 4 miles:

Make your way down Anglesea Road past Victoria Park and onto Winston Churchill Avenue. Need a drink? Here's your chance to grab a bottle of Aqua Pura from the first drinks station – the next one is two miles away.

## 4 to 5 miles:

As you reach the turnaround point on Winston Churchill Avenue, feel spurred on by music from Old Thumper Dixie, who will keep you going. The end of Winston Churchill Avenue then takes you on to Hampshire Terrace. When you cross the roundabout onto Kings Terrace this is a well-deserved chance to "Whoop!" as you have hit the half way point!

## 5 to 6 miles:

Continue along Kings Terrace and take a left into Southsea Terrace. Just before Southsea Terrace bends to the right and becomes Western Parade, look left at the Mayfair Chinese restaurant. In 1925, the actor and comedian Peter Sellers was born here. Hum the Pink Panther theme tune to yourself for a few hundred metres until you pass The Queen's Hotel which was gutted in 1891 by a disastrous fatal fire and rebuilt 12 years later. Here you can pick up a bottle of Lucozade Sport from the drinks station. A little further on Sounds of Steel will entertain you as you run along the top end of Avenue de Caen, with your supporters cheering you on as you pass.

## 6 to 7 miles:

You are now entering the eastern loop of the course. As you run along Clarence Parade with the common on your right and get closer to South Parade Pier, as you pass along St Helens Parade the beat of the Batala Drums will help you keep your pace. Continue past the north side of Canoe Lake and onto Eastern Parade where your final chance to take on some hydration is offered by Aqua Pura at the last drinks station on the course before you head onto St George's Road.

## 7 to 8 miles:

The stretch along Cromwell Street





and onto Henderson Road is the most easterly section of the Great South Run course, where residents have traditionally come out of their houses in force to cheer you on!

### **8 to 9 miles:**

As you hit the 8-mile mark you start the turn back onto the seafront but be careful as, whilst it's the final straight, you should pace yourself since it's still a fair way, (especially if there is the traditional Great South Run westerly wind!) Running along Esplanade you pass the Royal Marines Museum with the famous Yomper Statue on your right. Here you will find Wave 105 Wall of Sound providing encouragement and motivation.

### **9 miles and into the Finish:**

It's the last mile now with four final landmarks to count down as you run past them: As Esplanade becomes South Parade Pier and you run past the south side of Canoe Lake, you see South Parade Pier on your left and can hear those welcoming cheers from the splendid ladies and gents on the Cancer Research UK Charity Bus. To take your mind off the final few hundred metres before your public await you with applause, glance to your left to take in the fantastic views across the Solent to the Isle of Wight and 'Palmerston Forts', the 19th century island built by Lord Palmerston in 1860. Shift your glance back ahead, the finish line is in sight!

### **MEDICAL POINTS ON THE COURSE**

We have a full medical team in place at the event including doctors, nurses, physiotherapists, the South Central Ambulance Service and St. John Ambulance. There are first-aid posts along the course as well as mobile medical units and the main medical facility at the finish. If you have any

medical condition, for example asthma or an allergy, please detail this on the back of your run number along with a note of any medication you take. This will greatly help the doctors if you need attention during the run. If the medical staff think it's unwise for you to carry on, they will suggest you retire from the event – nobody can be forced to stop, but it is recommended that you heed their advice.

### **DRINKS STATIONS**

In addition to the start and finish, there are three drinks stations on the route. Bottled Aqua-Pura water is available at 3½ miles and 7 miles. Lucozade Sport will be available at 5½ miles (see course map on pages 40-41) and in your Finishers Pack. It is recommended that you try Lucozade Sport in advance before drinking it on the run. Please remember that there are thousands of thirsty runners behind you so please move on from the tables once you have taken your drink. Toilets are available on the course at all three drink stations.

### **DRINKS BOTTLES**

Please take care when disposing of your used bottles. Discard them at the side of the road when you get an opportunity, as they can be hazardous to runners behind you.

### **SHOWER**

A run-through shower will be set up on the course at around the 6½ mile point. Look for the large "Shower ahead" signs. If you feel hot then use this to cool down, pouring drinking water over your head if far less effective. If you still feel hot, ease off the pace and go slow. Listen to your body.

### **SLOWER COMPETITORS**

The Police and Local Authority are very supportive of the event, but please note that we do have to re-open the roads

quickly after the event. The course will be re-opened on a rolling basis. Any competitors doing less than 17-minute mile pace (taking around two hours and 50 minutes to complete the 10-mile course) who are passed by the sweep vehicle will be asked by event stewards to finish the run on the footpaths, and we ask that you comply with this instruction.

### **Please note:**

Participants who are behind the event sweep vehicle as it enters Portsmouth Historic Dockyard will be directed along Queen Street and will rejoin the course at the junction of Cross Street/Queen Street.

Participants who are behind the event sweep vehicle at the 7-mile point will be asked to turn right and rejoin the course at the 9-mile point on Eastney seafront.

### **WALKERS**

If you are planning on walking the Morrisons Great South Run or at any stage in your run you need to walk for a period, please keep to the left so your fellow participants who are running can pass you with ease. We would also ask walkers not to walk hand-in-hand in a line.

### **MILE MARKERS**

Each mile is accurately marked by large signs.





# What to expect at the finish



THERE are two key things to bear in mind at the finish: the first is what to expect, and the second is what to do once you're through the finish system. The information below will answer the first point, and then we suggest you take a look at the following pages describing some of the things to do in Portsmouth and Southsea.

Leaving the main car park on Southsea Common at peak times will inevitably involve some delays so why not stay for a while?

## THE FINISH

Although it may seem very appealing, please resist the temptation to collapse with either euphoria or exhaustion as soon as you cross the finish line. With so many runners coming in behind you,

it's important that the finish remains free flowing and you will recover sooner if you keep moving. If you do need medical attention as soon as you finish, don't worry, medical teams on the line will be waiting to help anyone who needs attention so do ask for help.

## AQUA PURA

Keep moving through the finish to the Aqua Pura water station. Please take only one bottle each. Make sure you bring extra drinks in your kit bag, with friends or in your car.

## FINISHER'S PACKS

All your run souvenirs will be in your Finisher's Pack. Simply follow the overhead signs in accordance with the T-shirt size you indicated at entry

and collect your medal and pack. Your pack also contains a space blanket and Lucozade Sport, as well as other items including a food bar. Non finishers are not eligible for Finisher's Packs. PLEASE NOTE IT IS STRICTLY ONE PACK PER FINISHER.

## MEETING UP

The family reunion area is within the charity village on Castle Field. Follow the signs to 'Family Reunion'. Meet up under the A-Z banner that matches the first letter of the runner's surname. So if you're meeting a runner called John Smith, stand under 'S.' You might choose to meet up elsewhere, e.g. at a charity tent or at your car: the important thing is to agree this in advance with everyone in your party.

## MISSING PERSONS/LOST CHILDREN

A missing persons' service will be in operation on the day on Castle Field and will be clearly marked.

## TOILETS

There are plenty of toilets near the exit from the finish system and on the way back to the car park on Southsea Common. Men's urinals will be clearly signed and are a great way of avoiding long queues!

## CHARITY VILLAGE

There are 23 charities with marquees in the charity village to meet and greet runners. Many of them will be providing refreshments, massages and entertainment making it a great place for some post run chill out. Contact your charity to see if they will be there.

## RESULTS

Results will be available online at [www.greatrun.org](http://www.greatrun.org) after you have completed the run. Also check out the website for video and photo downloads.



## SPECTATOR ADVICE

The finish is open for viewing, but please stay behind the barriers at all times. Runners will exit the finish system on Southsea Common near the Skate Park. There are always thousands of people trying to meet up

here but you can avoid this by choosing a meeting point in advance. Please do not crowd the finish gates and block the exit from the finish.

## WHAT TO DO AFTERWARDS

Check out the Charity Village and enjoy refreshments on site. Southsea has some great pubs and cafes, and if you're looking to keep children entertained whilst waiting for a particular runner don't forget about the Blue Reef Aquarium or the entertainments and arcades at Clarence Pier and South Parade Pier. There are more places to eat and drink a short walk away in the city centre and at Gunwharf Quays.

## SEE YOURSELF ON TV

The Morrisons Great South Run will be shown live on national TV at 10.00am on Channel 5 on Sunday 25 October – so don't forget to set your digital recorders and tell your friends and family that aren't taking part to watch the programme and see if they can spot you.







## Spectator advice

THE start area on Clarence Esplanade will be busy but spectators are welcome to watch the start. All we ask is that you stay off the roadway and behind the barriers, and please allow runners plenty of room to get themselves into the assembly areas. Please don't crowd the area at the junction of Avenue De Caen and the Esplanade where the three wave areas meet.

A good vantage point for watching your friends and family will be along the Esplanade towards Clarence Pier but please stay off the roadway to allow the runners to pass. The course passes Gunwharf Quays so why not wave at your friends and family as they head past and then enjoy yourself in the shops and cafés while they run

another eight miles? The course passes close to the start/finish area from five to six miles along Clarence Parade, which is close to the shops and cafés in Southsea.

Spectators can catch the action by walking north across the Common or up Avenue de Caen onto Clarence Parade. Alternatively spectators can watch live action from the elite races and look out for you in the main field as part of the live Channel 5 coverage broadcast on the big screen at Castle Field. As you move around the course, be aware only those roads used for the run are closed to traffic so stay on the footpath for your own safety. When crossing the course please do so with caution, and only when the road is not in use by the runners.



### TOP TIPS FROM HAMPSHIRE POLICE

Hampshire Police would like the Morrisons Great South Run to be an enjoyable occasion for everybody. To minimise any problems on the day we advise following this advice:

- Do not park along the route of the run.
- Arrange to meet friends and family at the reunion area on Castle Field.
- In order to assist in the safety and security of all participants and spectators, please do not leave any baggage or personal items unattended.
- If you do discover a suspicious item or unattended baggage, please inform either a member of the event staff, site security or a Police officer.
- If you can avoid bringing valuables please do so, if you must leave valuables in your vehicle, store them out of sight in an area such as the boot.



## HAVE A GREAT DAY AND ENJOY THE RUN!

### Acknowledgements

The organisers of the Morrisons Great South Run would like to thank all of the various individuals, organisations and companies who have helped in the build-up to the event.

**Special thanks go to:** Aqua Pura, Beamish Oddsox, Channel 5, Denmead Striders, Denmead Guides, Gunwharf Quays, Hampshire Police, Havant Athletic Club, Ineos, Jim Edwards, JustTextGiving, Lucozade Sport, Morrisons, Nirvana, Parkwood Leisure, Portsmouth City Council, Portsmouth Historic Dockyard, Portsmouth Joggers, Portsmouth Omega Cycling Club, Puma, The News, Wave 105, South Central Ambulance Service, Spinnaker Tower St John Ambulance, The Event Medicine Company, The Royal Navy, Totton Running Club, 26th Guides, 6th Guides and 60th St Andrews Guides from Portsmouth, 6th Gosport Scouts, Students from the University of Portsmouth, 13 Strides