great bristol 10k

WHATEVER YOUR RUN, MAKE IT A GREAT ONE

EVENT GUIDE

SUNDAY 15 MAY

GREATRUN.ORG/BRISTOL10K

PUMA · Bristol City Council · Lucozade Sport · AQUA PURA · PUREGYM · JJ Athletics · heart 96-103 more music variety · MADE IN BRISTOL · 9 BAR · The Sun · TOMTOM RUNNER 2 GPS WATCHES · B24/7

CONTENTS

ESSENTIAL INFORMATION	3
TIMETABLE	4
TRAVEL INFORMATION	5
AT THE START	6
AT THE FINISH	7
EVENT VILLAGE	8
COURSE MAP	9
ON THE COURSE	10
GREAT BRISTOL FAMILY MILE	11
RESPECT THE CHALLENGE	12

BE GREAT IN 2016

Thank you for signing up to the Great Bristol 10k this May. We're excited to welcome thousands of runners of all abilities to the beautiful South West city of Bristol.
The 10k is the first of our Bristol events this year, with the half marathon taking place on Sunday 25th September.

We wish you all the best in your training and we look forward to cheering you across that finish line!

ACKNOWLEDGEMENTS

The organisers of the Great Bristol 10k would like to thank the following organisations for their help and support in staging the event:
PUMA, Lucozade Sport, Aqua Pura, Pure Gym, Athletics Weekly, Heart Radio, Made in Bristol, 9Bar, Tom Tom, The Sun, Bristol 247, Grand Appeal at the Bristol Children's Hospital and BBC Radio Bristol.

great run training

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.

Great Run Trainining provides you with:
- Interactive training to suit all levels
- A route mapper to accurately measure your running
- A review of your progress and achievement
- Answers to your questions with help from our Great Run Training experts

ESSENTIAL INFORMATION

YOUR RUN PACK INCLUDES:

1. Great Bristol 10k official run number

The colour of your run number dictates your position within the assembly area (see assembly diagram below), which baggage drop to use and which route to take to the start line from the event village. If you have received a yellow and white striped number, you have been allocated to the 'Fast-Paced Runner' zone. Please assemble next to the yellow and white signed area at the front of the orange assembly zone and use the facilities and routes in place for the orange wave.

Note: in 2016 the wave colours will be different from the previous Run Bristol system.

Your name and address are pre-printed on the reverse of your number but please make sure you complete the rest of your personal details. Your run number has tear off discount vouchers from our event partners, as well as a baggage tag for those intending to use the baggage facility. Please secure your run number visibly to your chest.

2. Timing chip

Your chip will provide you with your personal time - from the point you cross the start line until you cross the finish. A bib chip system will be used at this event so your run number will have your timing chip attached to the back. Do not remove this from your run number as it will affect the accuracy of your time.

Key Preparation Advice

- When you receive your race pack, please check your run number is printed with your correct details and It has a timing chip attached. If you have any concerns, please contact **info@greatrun.org** in advance of run day. Your race number is all you need to take part on the day, you do not need to register.
- Please make sure you respect the challenge and have prepared properly for your Great Bristol 10k challenge. If you need training support or advice please see the information contained within pages 11 and 12 of this booklet or visit **greatruntraining.org**.
- If you are feeling unwell on the day of the event, please do not push yourself to take part if you don't feel up to it.
- In plenty of time prior to run day, plan your travel and book a hotel early if you are staying in Bristol to avoid added stress or disappointment. Your usual route may be affected by road closures for the run or public transport may differ on a Sunday morning. There are plenty of options of getting to the start line, please see page 5 for more information
- Pack a bag the night before and check the weather forecast to make sure you have everything you may need. Small jobs like filling in the details on your race number, attaching your baggage tag to your bag and filling a water bottle all help take some pressure off run morning. See page 8 of this guide for more information on the facilities you can expect to find in the Event Village.
- READ THIS BOOKLET! It contains all the key information you need to make your day as smooth as possible. If we can be of any further assistance, please contact **info@greatrun.org**.
- Relax, be confident in your preparation, try to get a good night's sleep, and we will see you on the 15th May!

LET'S GET SOCIAL!

For event-day information, training tips, competitions and more, follow #GreatBristol10k on our Twitter, Instagram and Facebook pages. Don't forget to share your event day photos with us!

@Run_Bristol **Facebook.com/runbristol** **@Great_Run**

TIMETABLE

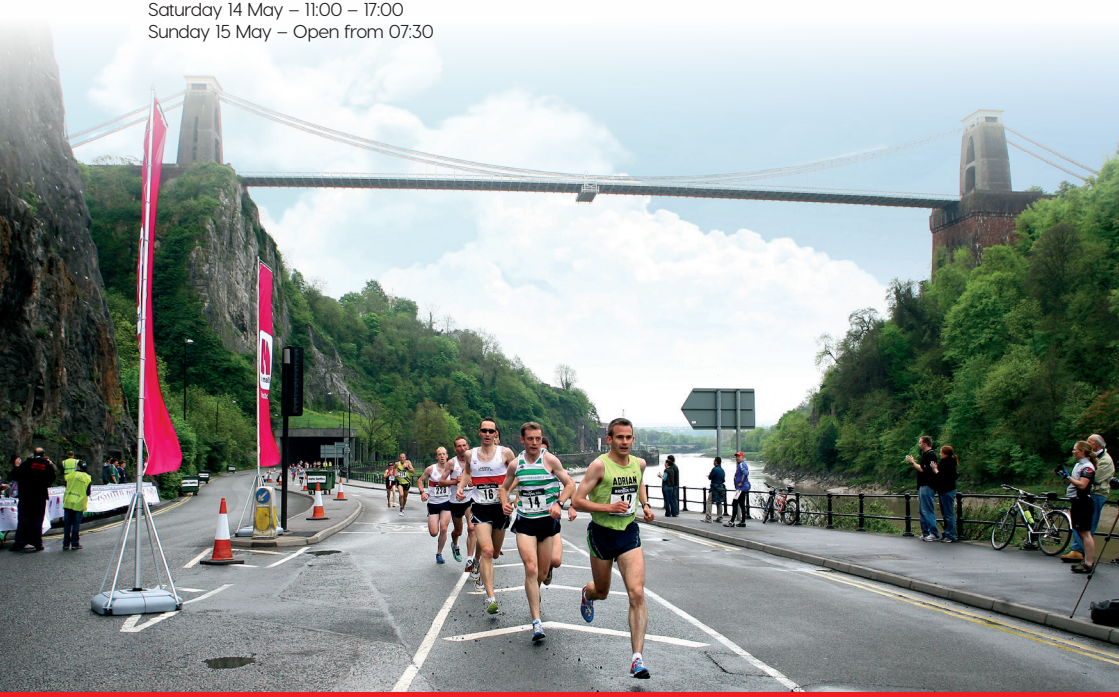
TIME	GREAT BRISTOL 10K
08:00	Event village opens (inc. Baggage service and Great Run Information Point)
08:30	Runner assembly areas open
09:12	Warm-up for the Great Bristol 10k
09:20	Start of the Great Bristol 10k Wheelchair Race
09:30	Great Bristol 10k **Orange** Wave Start
09:38	Great Bristol 10k White Wave Start
09:46	Great Bristol 10k **Green** Wave Start
09:54	Great Bristol 10k **Pink** Wave Start

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

INFORMATION POINT

If you haven't received your run pack through the post, you have queries about the run, or you know someone who would like to enter the Great Bristol 10k, we recommend coming to see our customer services team in Millennium Square at the following times:

Saturday 14 May – 11:00 – 17:00
Sunday 15 May – Open from 07:30



TRAVEL INFORMATION

TOURIST INFORMATION AND VISIT BRISTOL

If you need help planning your visit to Bristol, or are keen to find out what else there is to do while you are in the city, you can call tourist information on 0333 321 0101 from 10.00am – 5.00pm weekdays and 11.00am – 4.00pm weekends.

Alternatively you can visit **visitbristol.co.uk** to get a feel for the nightlife, the sightseeing, the shopping, or to book your accommodation.

For specific enquiries please email **ticharbourside@destinationbristol.co.uk**.

PARK AND RIDE

If you are driving to the event, we strongly recommend using the park and ride service that has been arranged for runners. Pickups will be available from Long Ashton and Brislington and both services will drop off on the edge of the road closures as close as they can get to the event village. The services are in operation from 07:00 until 15:00 and run at regular intervals. Full timetables are available on **greatrun.org/bristol10k**.

Brislington Park and Ride is located on the A4 Bath Road, next to the junction with Stockwood Road. Postcode: BS4 5LR.

Long Ashton Park and Ride is located just off the A370 travelling in to Bristol from North Somerset. Postcode: BS3 2HB.

If you are looking to use the park and ride service we advise that while passengers pay for their travel on the bus, the parking is free at the sites. This is a much cheaper option than parking in the city centre. The fares for the travel are as follows:

- Adult return £3
- Up to 2 children can travel for free with each fare paying adult, any additional children are charged at the child return rate of £1
- Group ticket £4 – valid for travel of 2-7 passengers (adults or children) travelling together

BUS SERVICES

Due to the road closures some bus services will be affected, however services will still run and alternative stops will be used. Further information is available online at **travelwest.info/bus**.

TRAIN SERVICES

Train services will be operating a normal Sunday service, however please allow suitable time to walk to the event village from Bristol Temple Meads Station.

AIRPORT

Bristol International Airport will be operating as normal but if you are planning on driving to or from the airport please ensure you plan your route to avoid the road closures and allow additional time for your journey. Information regarding Bristol International Airport and its links with the city can be found at **bristolairport.co.uk.**

ARRIVING BY CAR

If you are driving to the event we strongly recommend using the park and ride services detailed above. If you do intend to drive into the city please take note of the road closures that will be in place for the event. Anchor Road closes at 03:00 to allow time for installation of the start and finish infrastructure. The remainder of the road closures for the course will be in place before 07:30. Please see the website (greatrun.org/bristol10k) for more information on road closures and available car parks. For any further assistance with road closures or travel please contact **info@greatrun.org**.

AT THE START

START ASSEMBLY

The start assembly areas will open to all runners at 08:30.

Please ensure that you are in your coloured assembly area no later than 09:12, when the warm-up will begin. Runners are asked to assemble in the clearly marked coloured area on Anchor Road that matches the colour of their run number. Fast-paced club runners (yellow and white striped numbers) and runners with orange numbers should assemble on Anchor Road nearest to the start gantry while those with white, green and pink numbers should assemble adjacent to the relevant coloured banners, which clearly mark each coloured assembly area.

Please follow the signage from the event village to ensure you enter Anchor Road at the correct point for your assembly area.

RUN NUMBERS

Run numbers have been allocated 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 a similar ability, thus improving your running experience. If you would like to run with a friend but you are in different waves, we ask that you follow one simple rule. Runners can move backwards (away from the start line) to a different wave but not forwards (towards the start line) i.e. if you are in the white wave and your friend is in the pink wave, we ask that you move back to the pink wave and not forward to the white wave.

Once the orange wave starts at 09:30 there will be a gradual release of runners across the start line and 3 subsequent wave starts. The start gantry is narrowed 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 on the back of your run number.

WHEELCHAIR ATHLETES

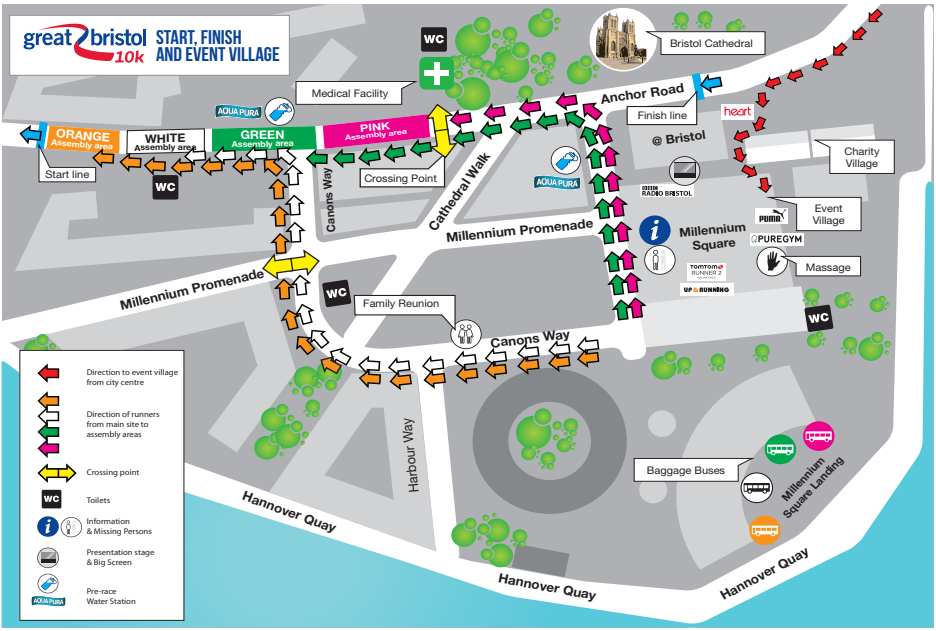
If you are a racing wheelchair athlete, please contact the organisers at **info@greatrun.org** prior to event day to advise that you would like to enter the wheelchair race at 09:20. If you are a supported or assisted wheelchair athlete, please start at the rear of your allocated wave.

WARM-UP

Great Run warm-up expert, Roy Gayle, will be on-hand to get every runner ready for the Great Bristol 10k. From his platform high above the start area, Roy will lead you and thousands of other runners through the right moves and stretches to get you ready to run. The warm-up starts at 09:12 – don't be late!

FAMILY REUNION

Before you head to your assembly area, don't forget to arrange a location to meet your family and friends once you have finished. It will be very busy and not possible for everyone to meet at the finish line. To make this easy, we will provide A-Z banners on Canon's Way close to the finish line so you can arrange to meet under the lettered banner that corresponds with the first letter of your surname.



AT THE FINISH

When you cross the finish line please don't stop immediately, keep moving and follow the instructions from the Great Run marshals who will direct you through the finish area and to your finisher's pack. Once you have collected your finisher's pack please follow the signage and advice of the stewards to return to the Event Village. There is no need to return your timing chip from the back of your run number.

FINISHER'S PACK

Finishers' packs will be sorted by T-shirt size. Please take a pack with the T-shirt size you specified when you entered the event. Enjoy the contents of the finisher's pack, which includes a bottle of Aqua Pura and Lucozade Lite, as well as that all-important finisher's medal.

RESULTS AND PHOTOS

Your results and photos will be available in the days following the event via **greatrun.org/photos** and **greatrun.org/results**. If you'd like Great Run to share your result for free on your Twitter and Facebook accounts after you finish, then please visit **greatrun.org/social** to sign up.

FREE WIFI FOR YOU!

After listening to requests from our event, Great Run will have a free WiFi network available for public use throughout the Great Bristol 10k.

The WiFi network will be called: GreatRunFreeWiFi and will be available in and around the runners village and the start and finish areas. Don't forget to send us your post-run selfies and tag them with **#GreatBristol10k**.

EVENT VILLAGE

Within the Event Village you'll find everything that you need for an enjoyable day.

GREAT RUN INFORMATION POINT:

For any last minute enquiries you can visit our customer services team on Saturday 14 May (11:00 – 17:00) and Sunday 15 May (from 08:00) who will be based in Millennium Square. It will get busy at the information point so if you have any queries ahead of the big day, please get in touch via email **info@greatrun.org** to give yourself plenty of time to get any problems sorted out.

Please note: no entries will be taken on Sunday 15 May.

BAGGAGE FACILITY:

We recommend that if possible you leave your bags with your friends and family while you run, but if this isn't possible for you then you can make use of the baggage facility, which will be within the Amphitheatre, close to Millennium Square. If using the baggage facility please ensure you attach your baggage label (found attached to your run number) to your bag before travelling to the event. There will be four baggage areas, each consisting of three buses that correspond to the 4 colours of your run number. Within your relevant area, simply leave your bag on a bus and get a stamp from the volunteers working on that bus so you can remember which one you put it on.

Staff will be on hand to answer any questions and to carry out checks to ensure that people are only leaving with their own bag.

There are no changing facilities available for this event and we recommend that you don't leave any valuables in your bag if you are using the baggage facility.

TOILETS:

Toilets will be widely available within the event village and around the start area. We ask kindly that gents use the urinals where available to keep queues moving as quickly as possible.

FIRST AID AND MEDICAL FACILITIES:

Medical facilities will be available near to the start and finish line and staff from South West Ambulance Service and St John Ambulance will be positioned around the course should you require assistance. Please contact a medic or steward if you need help at any time.

CHARITIES:

A number of charities will be in attendance at the event near to Millennium Square (please see the map on page 5 for more information). Please contact your charity about where they will be located if you are planning on dropping in on the day.

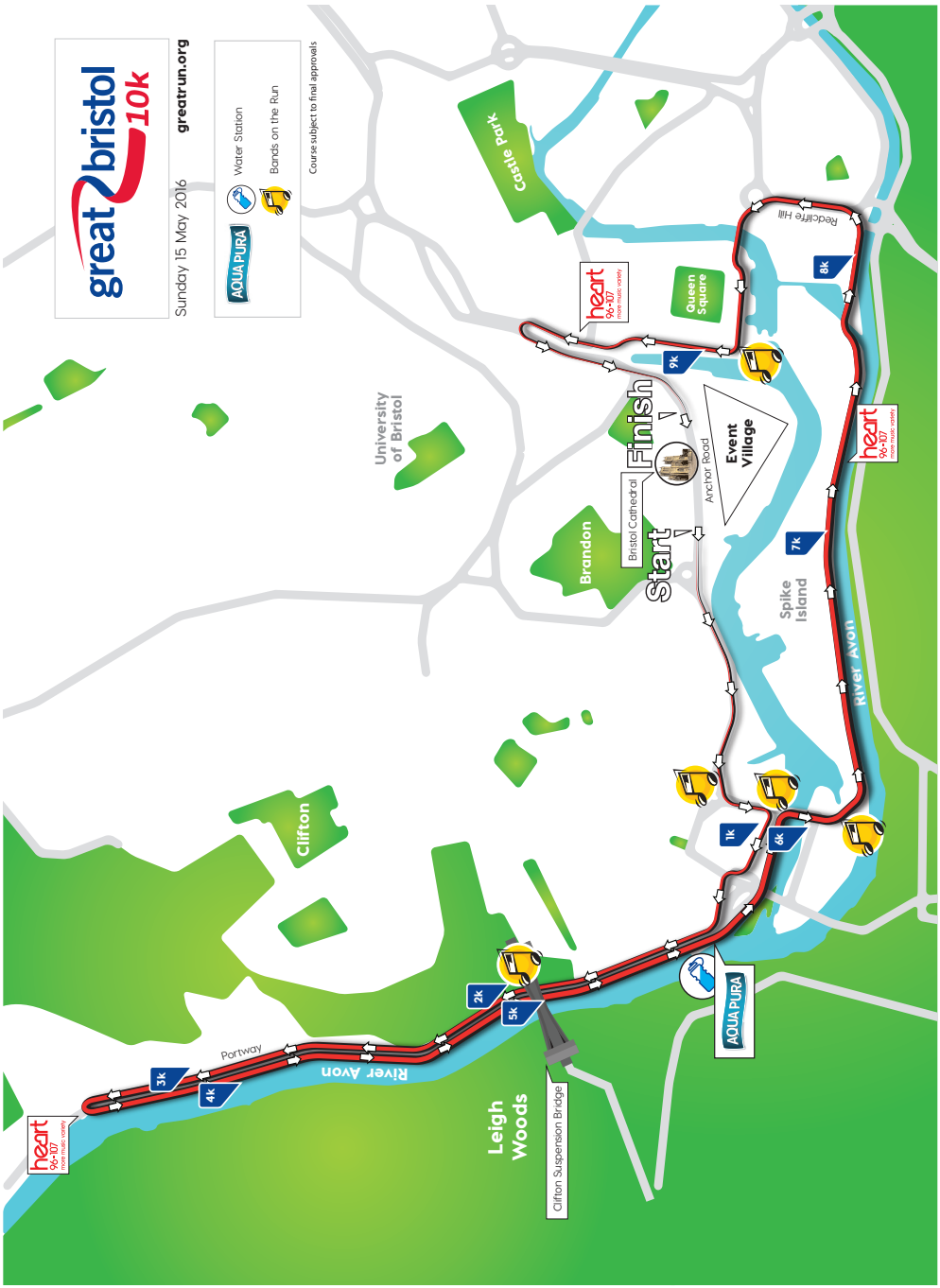
FOOD AND DRINK:

Once you have finished the run, there are numerous bars and restaurants close to the event village as well as the regular Harbourside Market. You will be spoilt for choice for food and drink options, however if you are keen to bag a bargain, please see the latest exclusive runners' offers at **greatrun.org/bristol10k**.

MASSAGE

THE Medical is an award-winning healthcare provider based in the South West. Our healthcare teams include private GPs, chiropractors, physiotherapists and osteopaths. We also provide acupuncture and a full range of massages. On the 15 May we will be offering free five minute massages to all those participating in the Great Bristol 10k. Good luck from all of the team!

COURSE MAP



great bristol 10k
Sunday 15 May 2016
greatrun.org
AQUA PURA
Water Station
Bands on the Run
Course subject to final approvals
Castle Park
Redcliffe Hill
Queen Square
heart 96-107 more music variety
University of Bristol
Finish
Bristol Cathedral
Anchor Road
Event Village
Start
Brandon
Spike Island
River Avon
Clifton
Portway
Leigh Woods
Clifton Suspension Bridge
1k
2k
3k
4k
5k
6k
7k
8k
9k

ON THE COURSE

ENTERTAINMENT ON THE COURSE

The Great Bristol 10k has a fast, flat course with stunning views and plenty of history. It makes the most of the city's picturesque backdrop, starting on Anchor Road near Millennium Square and Bristol Cathedral you will run parallel to the historic Bristol Harbour before continuing along Avon Gorge and taking in the iconic Clifton Suspension Bridge. The return route takes in Spike Island and the Cumberland Basin before passing the soaring Gothic St Mary Redcliffe Church on route to the well supported final kilometre through the City Centre. The course finishes on Anchor Road close to the start line where you can meet your family and friends and make the most of the fabulous bars, restaurants and attractions of the regenerated Harbourside. In addition to all this you will be able to expect the following:

- Each KM point will be marked by a large banner so you know exactly where you are on the course.
- At 5.5k you will find the Aqua Pura drink station that will offer bottled water for every runner. Please be considerate of the environment and use the bins provided to discard your bottles, do not throw them in the river.
- Bands on the run and Heart Radio Power Zones will provide regular entertainment around the route.

SWEEP VEHICLE

A sweep vehicle will operate at the rear of the run field. This vehicle will leave the start line after the last starter in the pink wave and will move at a pace of 12 minutes per kilometre. Runners that fall behind this pace will be offered the opportunity to board the bus that will continue to the finish line, or if not be asked to finish the remainder of the route on the pavement. But don't worry! The finish system will remain in place until the last person crosses the line, and all finishers will still receive their medal and finisher's pack.

GREAT BRISTOL FAMILY MILE

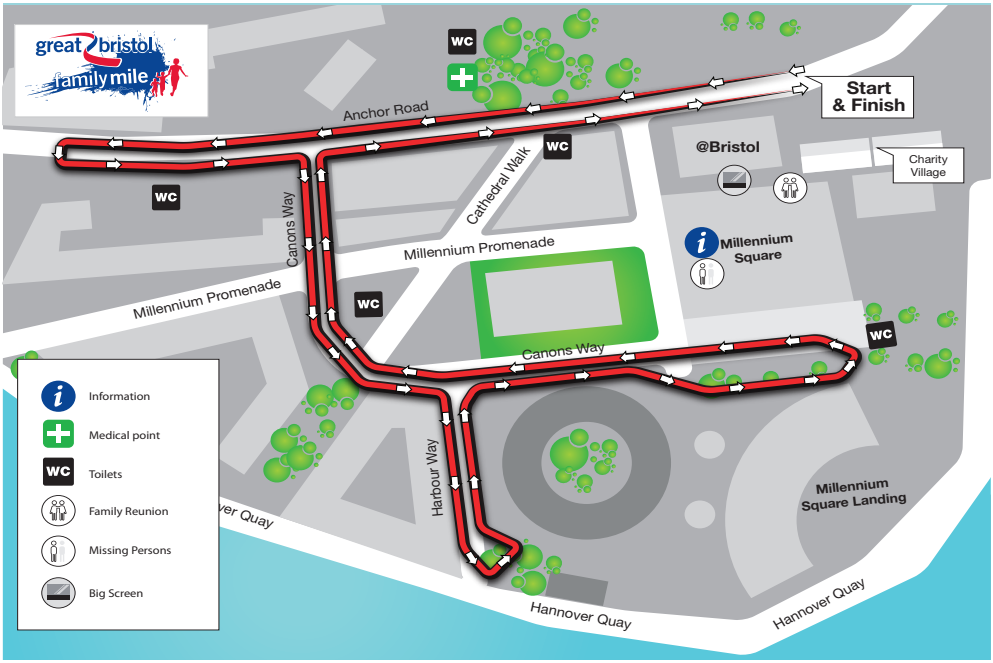
Brand new to the 2016 Great Bristol 10k is the Family Mile event, taking place in Bristol's historic Harbourside, where children aged 3 years old and over can enjoy their very own running event.
The event site can get very busy during the day so ensure that you've read through this guide for advice on travel, timetables, start times and more. More information can be found on your run number and in your running pack. For any event queries please get in touch with our customer services team via email: info@greatrun.org.

Good luck with your training, we'll see you on the day!

TIMETABLE

12:50	Great Bristol Family Mile warm-up starts
13:00	START of the Great Bristol Family Mile

GREAT BRISTOL FAMILY MILE COURSE MAP



OUR GUIDE TO A FIT, HAPPY AND HEALTHY GREAT RUN

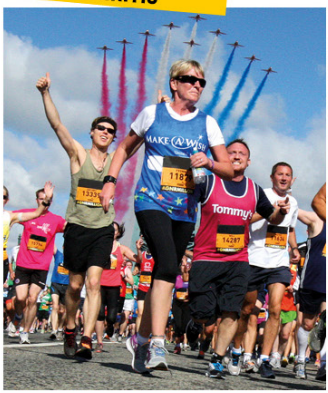
OVER the past 30 years more than one million people have completed a Great Run. Running is great for your health, but it does not suit everyone so it's important that you read the following information, have done all the training you need to and are ready to take part in your event.

FIT TO COMPETE

It's important to train properly for your run otherwise you will be at risk of injury. Here are some tips that will help ensure you enjoy your training safely.

1 Before you start any training programme, make sure you're healthy enough to run. Talk to your doctor if you have a long-term health condition that may affect your ability to exercise, such as:

- HEART DISEASE
- ASTHMA
- DIABETES
- EPILEPSY
- ARTHRITIS



If you start your training programme and find that you feel unwell, see your doctor, especially if you:

- Have heart palpitations
- Feel lighted-headed, dizzy or faint
- Have chest pain or tightness
- Get excessively short of breath
- Get excessive wheezing or coughing
- Have severe joint or muscle pain

2 Start your training slowly and build up gradually, especially if you haven't exercised for some time. Allow yourself recovery time when training. This is when your body gets stronger and fitter. If you don't allow time for your body to recover, you may weaken your performance and feel tired. Muscle aches and pains happen most commonly after an increase in training and stress on your lower limbs can cause injuries.

3 Give yourself time to warm up and cool down before and after your run. Warming up allows time for your body to prepare mentally and physically for the exercise you're about to do. A good warm up should include activity that slightly raises your heart rate followed by stretching. This increases the blood flow to your muscles, improves flexibility and prepares your muscles. Cooling down after your run helps to reduce muscle soreness and stiffness.

4 To reduce your risk of injury, vary your routes, running surface, pace and distance. Ideally, swap between two pairs of shoes on alternate training days.

5 Face oncoming traffic and stay visible, especially when it's dark – for example, wear bright or reflective clothing.

RESPECT THE CHALLENGE

HYDRATION

It's important that your body stays hydrated – keeps the right level of water – so that it can function properly. You also need enough water to allow nutrients to be transported around your body.

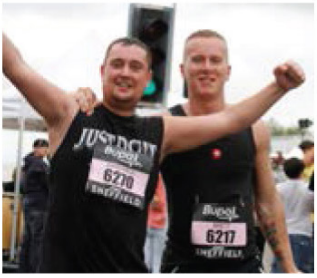
The colour of your urine can be a helpful indicator of hydration. Generally, dark urine suggests dehydration, with pale, straw-coloured urine being ideal. If you don't usually drink caffeinated drinks, don't start now as they can be particularly dehydrating if you aren't used to them.

In general, drink when you feel the need and don't gulp large volumes of fluids before, during or after the run – this can result in a condition called hyponatraemia.

This happens when the salts in your body are diluted too much and can cause confusion, disorientation and vomiting.

BEFORE YOUR RUN

Start the run well hydrated. Drink enough fluids in the week leading up to the run and in particular the day before the event to ensure that you're properly hydrated. Alcoholic drinks are dehydrating, so don't drink them less than 24 hours before your run. Drink whatever you have practised with during training.



DURING YOUR RUN

During strenuous exercise, you can lose between half a litre and two litres of water per hour as sweat. Therefore it's important to replace the fluid and salts you lose.

Everyone is different; some people sweat more than others, and some lose more salt in their sweat. Because of this individual variation, it's not possible to give exact advice on how much you should drink during a training session. As a general rule, aim for 120 to 150ml of cold fluid every 10 to 15 minutes. Cooler fluids are recommended because they are usually more palatable and help to lower your core body temperature.

Make sure you know where the drink stations are on the run's route. Aqua-Pura water and Powerade will be available, but only take a drink if you need one. If it's hot, there will be extra water and showers may be available – use these to cool yourself rather than pouring drinking water over yourself.

AFTER YOUR RUN

Most runners don't drink enough during the run and need to rehydrate afterwards, so take on some fluid as soon as you can after crossing the finish line. Although you may feel like celebrating, make sure you're fully hydrated with water or squash before you have any alcohol.

DO NOT RUN If you feel unwell or have been unwell, even if you are raising money for charity **DO NOT RUN**

RESPECT THE CHALLENGE

ARE YOU PREPARED FOR YOUR DISTANCE?

As a guide, during the weeks before your run aim to have run:

FOUR MILES CONTINUOUSLY
if taking part in a 10k run

SIX MILES CONTINUOUSLY
if taking part in a 10 mile run

EIGHT MILES CONTINUOUSLY
if taking part in a half marathon

If you can't manage this distance, you may not be able to complete the event safely and probably won't enjoy it.

PLEASE DO NOT RUN THIS TIME.

For all your training needs visit
www.greatruntraining.org

Respect the Challenge TOP TIPS

1. Check the weather forecast to help you decide what clothes you will need.
2. Apply Vaseline to any areas where you have had chafing during training, such as under your arms, bra band, toes or groin.
3. You might want to bring some old clothes that you can start the run in and throw away once you have warmed up.
4. Don't wear new trainers for the first time on run day – it's a good idea to run in them for at least a month before the event.
5. Make sure you have something to eat and drink to keep you going on the journey home after the run.
6. The first few miles can be very crowded. Many people tire themselves out by dodging in and out of runners because they are behind on run plans. Try to maintain a slow, even pace and enjoy the event.
7. Wear water-resistant sun cream – just be careful not to put on too much otherwise when you sweat, the sun cream may run into your eyes.
8. Remember to bring your own safety pins if your event requires you to wear a run number.

ILLNESS

During training

If you're injured, or have flu or gastroenteritis, don't train until you are fully recovered. Although the worst flu symptoms are usually over after five days, it can take much longer to recover completely. When you're better, start training gently and build up gradually. Don't try to make up for lost mileage – this may cause more damage or illness. Consider carefully whether or not to run if you have been ill or injured.

Fit to run?

Don't start a run if you feel unwell or have been ill recently. Running may put you at risk of serious illness if you have a fever, have been vomiting, have had severe diarrhoea or any chest pains, or otherwise feel unwell. Don't try to run just because you have collected sponsors to raise money for a charity – you will be able to attempt another run in future.

EATING

During training

The best advice when training is to stick a healthy, balanced diet. If you do this, you will be getting all the nutrients you need to exercise regularly, so you won't need to take vitamins or other supplements to improve your running.

On training days, have a meal about three to four hours before you run if you can. This should be low in fat and fibre and high in carbohydrate and include some protein. Then have a snack half an hour to an hour before your training.

Try to eat some starchy food within two hours of finishing an event or when completing a training run – your muscles can replace energy (glycogen) twice as quickly during this time.

The week before your run

It's very important both in the days before your run and during it that you stick to food and drink that you have tried before. Don't start trying lots of new foods as it may affect your digestion.

If you're going to be running for longer than 90 minutes, for example a marathon or half-marathon, you will perform better if you follow a programme of carbohydrate-loading in the three days before the run. This involves reducing your training and increasing the amount of starchy foods you eat while cutting down on protein. Sports dieticians recommend that in the three days leading up to the run more than the normal 60% of your food intake should be carbohydrates. This is important for maximising your muscles' energy stores.

The morning of your run

On the day of the run, have a meal that is high in carbohydrate and low in protein, fibre and fat, for example porridge with a banana or toast with honey. This will top up the level of energy in your muscles – particularly important if your run is first thing in the morning after eating nothing overnight. Eat this meal between one and four hours before the start of the run so your stomach has time to empty.

AFTER THE RUN

Don't let yourself get cold by standing around after you have finished. Make sure you keep moving, especially if you feel dizzy, and have something to drink. Collect your bag as soon as you can and change into warm, dry clothing – foil blankets will help, but won't stop you from getting cold. Then go to wherever you have arranged to meet your friends and family.

If you haven't drunk enough or eaten anything, you can feel faint even over half an hour after finishing a run. If this happens, have something to eat and drink, but don't drink too much.

RUN NUMBERS

It is important to fill in all the requested information on the back of your run number – including contact numbers for the day of the event. You must run with your own run number and not let anyone else use it if you decide not to take part.

Agreeing to the conditions of entry means only you are registered to this number. This will help medical staff identify you in case of an emergency – imagine the stress that could be caused to friends and family if someone is mistakenly identified.

For all your training needs visit:
GREATRUNTRAINING.ORG

great bristol half marathon

TAKE ON THE HALF MARATHON CHALLENGE

13.1 MILES
SUNDAY 25 SEPTEMBER
ENTER AT GREATRUN.ORG/BRISTOLHALF

PUMA · Bristol City Council · Lucozade Sport · Aqua Pura · PureGym · JN Athletics · heart 96-103 more music variety · Made in Bristol · 3 Bar · The Sun · TomTom Runner 2 GPS Watches · B24/7