

RUNNERS' GUIDE

ALL THE EVENT INFORMATION YOU'LL NEED TO SUCCEED ON YOUR NEWHAM RUN

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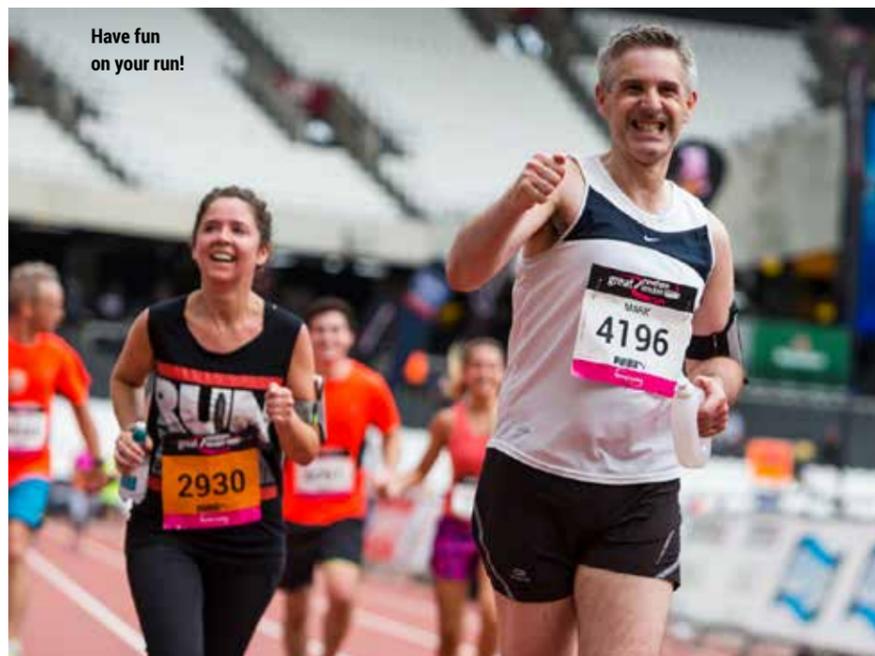
WELCOME FROM ROMANA ABDIN, SIMPLYHEALTH CHIEF EXECUTIVE

You are amazing! Yes, YOU! You may be asking why a random person you've never heard of is telling you such a thing. I'm a less than perfectly fit and able person who, in January this year, stood in awe on the start line of the Simplyhealth Great Edinburgh Winter Run, watching 3,000 people of every imaginable shape, size, age and physical ability doing something I think is amazing – getting active by running with friends, family and colleagues, sharing together in moving and being healthier.



I'm also lucky enough to lead Simplyhealth and we're the partner of The Great Run Company, the organisers of the Simplyhealth Great Newham London Run. We're doing this with one simple aim: to get millions moving.

We at Simplyhealth are people with a passion and a purpose that's all about helping people to make the most of life



Have fun on your run!

through better everyday health. You might be one of our three and a half million customers who we help every day in lots of ways but, even if you're not, I hope that through our support of the Simplyhealth Great Manchester Run we can help you in a small way to make the most of life.

My dad, who was a GP all of his working life, told me that if you want to be healthy you should smile a lot, sleep enough and get out of breath at least three times a week doing something you love.

So, as you do your final training for the Simplyhealth Great Newham London Run I wish you every success for the big day and, of course, to remind you that you are amazing!

MAYOR OF NEWHAM, SIR ROBIN WALES

I am delighted to welcome you to Newham for the Simplyhealth Great Newham London Run 10km and 2km Family

Run, organised in partnership with Newham Council.

Now in its eighth year, the event is a key part of the running calendar. Many people come back year after year to take part in the event – so welcome back if you are one of our returning runners.

During the run you will enjoy the sights of Queen Elizabeth Olympic Park before entering the iconic former Olympic Stadium.

We all remember the history that was made in the stadium in 2012 and you will be able to create your own historic moment.

Once again I will be joining you on the run and I wish you and everyone else taking part the best of luck. I hope you enjoy your day.



Runners will take in the sights and sounds of Queen Elizabeth Olympic Park

GRAB A CUPPA, GET COMFORTABLE AND READ CAREFULLY

The items in your run pack are very important so take the time to read this section carefully.

But before we begin, please remember that many of the serious medical problems occur in people who have been slightly unwell but do not wish to miss the event or feel like they have let down their friends or charity.

If this sounds like you, please don't risk becoming a medical emergency – the Simplyhealth Great Newham London Run will be back next year!

YOUR RUN NUMBER AND TIMING CHIP – IT'S YOURS AND YOURS ALONE!

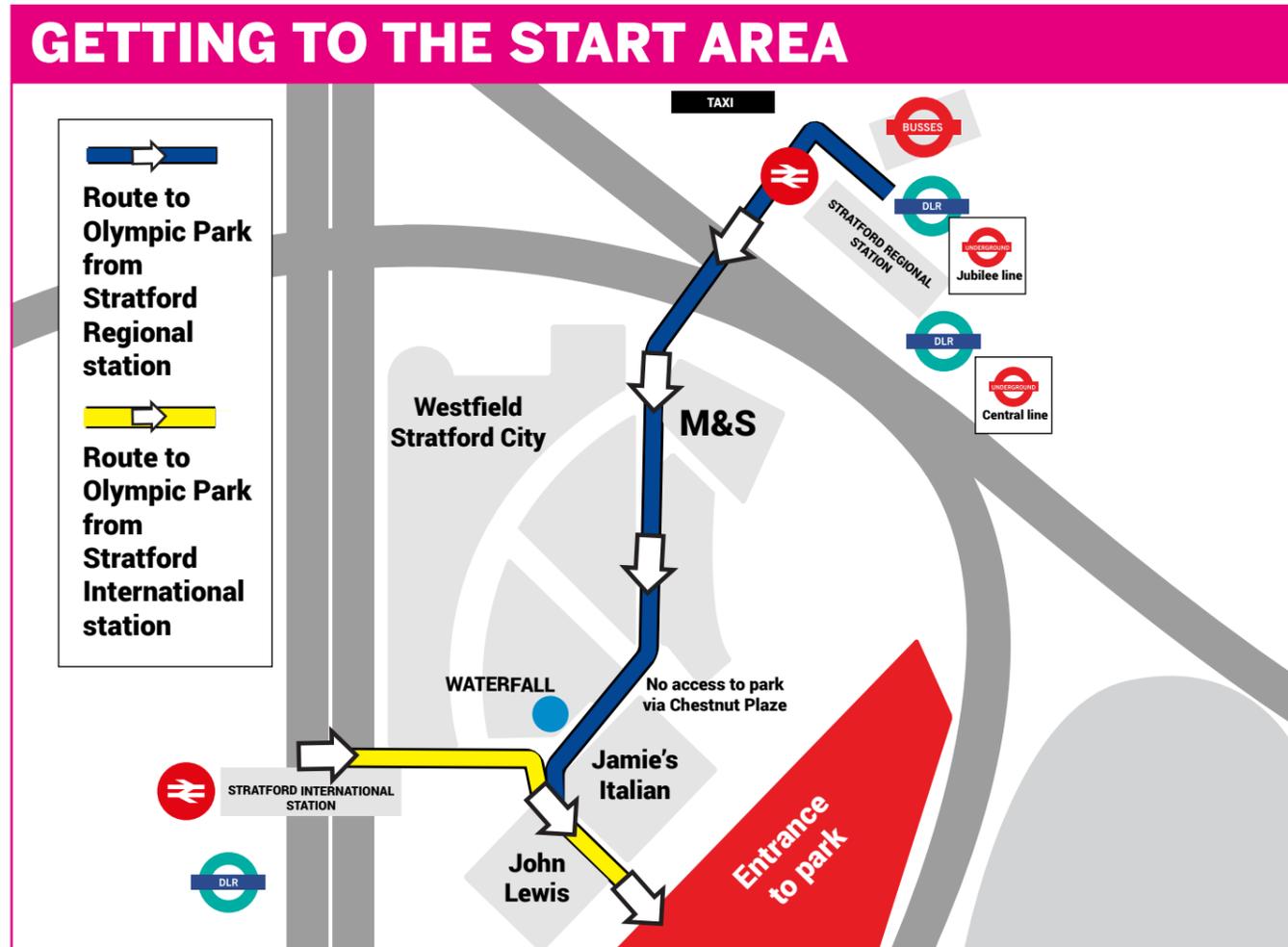
This is your unique number and only you must wear it on the day. Please don't swap, change or copy it in any way – and definitely don't remove your timing chip from the back otherwise we won't be able to give you an accurate finishing time!

Fill in any missing details on the back of the number and pin it securely to the front of your top as you will need your number to claim your Finisher's Pack and get your baggage back if you have used the baggage facility.

If you have any queries about your number or it doesn't match the number mentioned on the covering letter, get in touch sooner rather than later at info@greatrun.org

The colour of your number relates to your start wave, which is based on the estimated time you put on your entry form, so basically the faster you are, the earlier you set off. There's a rainbow of coloured waves – Orange, White, Green and Pink whilst Yellow and White striped numbers are for fast paced club runners.

You will also find two spectator vouchers attached to your run number that allow access to the Stadium (limited to two per runner due to licensing requirements).



Your friends and family should sit in the block allocated to you on your run number and their voucher.

You will then be able to join them when you have finished your run. They must keep their voucher with them at all times.

If you think you're going to run faster than you estimated, please contact us at info@greatrun.org prior to the event as you cannot automatically move to a faster wave. Alternatively, if you plan to run slower or your mates are in a later wave, you can move back without having to tell us.

WILL THERE BE WIFI?

Of course there will be wifi and it will be free. Simply locate 'Great Run Free Wifi' on mobile devices, enter your email address and start sharing those pictures! Remember to use the hashtag [#GreatNewhamLondonRun](https://twitter.com/GreatNewhamLondonRun).

This also means you can download the Great Run App from iTunes or Google Play. It contains loads of event day info and your loved ones can track you on your journey round the course.

HOW DO I GET TO THE START LINE?

Planes, trains...but preferably not automobiles! Queen Elizabeth Olympic Park has an excellent public transport system and is well serviced by various underground, overground, DLR and high speed rail options.

As there is no parking available at the Park, we would recommend using these services wherever possible, but still allow plenty of time to get there.

Key websites to check for any train/tube or roadworks that may impact your journey are:

tfl.gov.uk/live
nationalrail.co.uk
 Twitter @tfltravelalerts

The Central Line, Jubilee Line and London Overground system all service Stratford Regional Station.

The entrance to the Park is a 10-minute walk through Westfield Stratford City shopping centre.

Stratford International Station is serviced by the Docklands Light Railway (DLR) from Canning Town.

In addition, the High Speed 1 service from St Pancras International, Dover Priory and Ashford International also stop here. On leaving the station, the Park is a 5 minute walk through Westfield Stratford City shopping centre.

From **London King's Cross or Euston station**, walk to St Pancras International and use the High Speed 1 service to



ARRIVAL TIME GUIDE

Wave	Arrive at park from	Assembly time	Start time
Orange	0900	0945	1020
White	0900	0945	1032
Green	0900	1045	1115
Pink	0900	1045	1127

Stratford International. It only takes about seven minutes, but be aware Oyster cards are not valid on high-speed train services.

Taking the **London Underground** into Stratford Regional Station is the easiest way to travel.

Signage will direct you to Queen Elizabeth Olympic Park on exiting the station.

From **London Paddington** take the District or Circle line Southbound to

Notting Hill Gate then change to the Central line.

From **London Waterloo** take the Jubilee Line direct.

From **London Victoria** take the Victoria Line to Green Park, then change to the Jubilee Line.

From **Liverpool Street**, follow the Central line, or use TFL rail services.

If you are flying into the capital and land at **London City airport**, take the direct Docklands Light Railway (DLR) to Stratford International station.

From **Heathrow Airport**, take the London Underground Piccadilly line to Holborn then change to the Central line to Stratford regional station.

For details of cycle routes, roads with cycling facilities and cycle parks visit newham.gov.uk or tfl.gov.uk/modes/cycling

WHERE WILL I STAY?

If you are coming the night before and need somewhere to lay your head, Nirvana Europe are the official travel partners of the event and specialise in putting packages together across a range of budgets. Give them a call on 0191 257 1750 or visit nirvanaeurope.com.

You can also go to visitlondon.com or newham.com for help and advice.

WHAT WILL I FIND WHEN I ARRIVE?

On arrival, having crossed over the main bridge towards the stadium from Westfield, follow the signage and advice from the marshals to help you find your way around the site.

In order to give you a less crowded and slicker experience we have divided the event site into two areas.

Orange and Green waves should head to South Park Lawn and White and Pink Waves should use the facilities on the Stadium Island. See the map on page 31 for details.

The Information Point is on Stadium Island, too. You can't miss it, it's the Great Run-branded tent and is open from 09.00 on Sunday 2 July.

For any problems that can be sorted in advance, though, check the FAQs at greatrun.org/faqs or get in touch with the team at info@greatrun.org so we can sort the issue out and put your mind at rest.

The Missing Persons point will be located by the Information Point.

Toilets will be open from 09.00 on both Stadium Island and South Park Lawn. Orange and Green Waves should use the facilities on the lawn and White and Pink Waves should use the facilities on Stadium Island.

There are two big screens inside the stadium and will be live from 10.15. They will show footage from the run once it gets underway.

The stadium has various concession stands that will be open throughout the day so you can grab a well-earned drink and some food to re-fuel afterwards.

WHAT DO I DO WITH ALL MY STUFF?

We recommend you leave baggage with friends or family. If this is not possible, there is a limited facility for each wave which is colour-coded to match your run number. Orange and Green Waves will find theirs on South Park Lawn, while White and Pink waves will find theirs on Stadium Island.

You can drop your baggage off from 09.00 and should use a waterproof bag. There's a baggage label attached to your run number to use, too. Then you just need to locate the area in the marquee to match your run number.

However, remember to hang on to your number as you will need to show it to reclaim your baggage later!

EVENT DAY TIMETABLE

0900	Event site open
0945	Orange and White waves assembly open
1010	Warm-up for Orange and White waves
1015	London Stadium open
1020	Orange wave start
1032	White wave start
1045	Green & Pink waves assembly open
1105	Warm-up for the Green & Pink waves
1115	Green wave start
1127	Pink wave start
1320	Great Newham London Family Run assembly area open
1342	Warm-up for the Great Newham London Family Run
1350	Great Newham London Family Run Wave 1 start (Red numbers)
1400	Great Newham London Family Run Wave 2 start (Blue numbers)
1530	London Stadium closes

Important: we strongly recommend you do not leave valuables in your baggage. Organisers cannot accept responsibility for the security of items left in the baggage area.

I WANT TO GET STARTED

Ok, so you're itching to get over the start line but have you read this magazine, have you made sure your baggage is stashed safely and do you know your coloured assembly zone?

The start line and assembly areas are located close to the Stadium on South Park Lawn, next to ArcelorMittal Orbit. The area will be split into two zones which will first be for the Orange and White waves and then later the Green and Pink waves

– there's a reminder of your start time on the back of your number. If you are taking part in assisted wheelchairs please line up towards the rear of the assembly area.

LET'S GET WARMED UP

The Simplyhealth Great Newham London Run features a 10km course which has been officially measured and certified.

To make sure you are ready to take on the distance, there will be one warm-up at 10.10 for the Orange and White waves, then one at 11.05 for the Green and Pink waves, held within the assembly area, led by our Great Run fitness guru Roy Gayle.

Listen out for any information given by the PA announcer, he doesn't just like the sound of his own voice!

When you hear the gun go, please be patient. Your timing chip does not activate until you cross the start line so you will receive a completely accurate finish time.

I'M FEELING FIT BUT IS THERE HELP AT HAND IF THAT CHANGES?

We hope you don't need it, but there is medical cover available across the event – British Red Cross will be at the start, at intervals along the course and in the Stadium, where the main medical facility is situated.

If you need attention look out for the green banners which will mark the medical posts. Fill in the details on the back of your number – this information is invaluable to medics in the event of an emergency.

Our medical response team will include doctors, nurses, paramedics and first aiders. If the medical team think it is unwise for you to carry on, they will suggest you retire from the event. Nobody can be forced to stop, but it is strongly recommended that you heed their advice.

WHAT HAPPENS IF I CAN'T CARRY ON?

We have to clear the course by 13.30, so a sweep vehicle will follow at the back.



Savour the chance to run in the London Stadium

Any runners who feel they are unable to complete the 10km distance can use the sweep vehicle and get a lift back to the Stadium.

HOW CAN I STAY HYDRATED?

As well as at the start and finish lines there will be two Aqua Pura water stations on course, one at 4.5km and one at 7.5km.

Only take one bottle per station and move straight on (there are lots of thirsty runners behind you).

Take care when disposing of bottles and discard at the side of the course to avoid any hazards.

WHERE'S A GOOD PLACE FOR SUPPORTERS TO GO?

The start will be busy and viewing will be limited, but you can still watch. We do ask that you stay off the course and behind the barriers. Some parts of the assembly area are for runners only so areas with restricted access will be well signposted

and marshals will show you where you can stand.

But why not head straight into the Stadium at 10.15 to get a good seat in the stands? Just remember, though – once you are in the Stadium you should stay there until you meet up with your runner(s) as re-entry is strictly prohibited.

Spectators can walk out onto certain points of the course to cheer on runners but please note that your runner may have

arrived at the finish before you have made it back into the Stadium.

If you are a disabled spectator, please email our Customer Service team at info@greatrun.org prior to the event so we can allocate appropriate designated seating in the Stadium.

OUT ON THE COURSE

You will be able to tick off each kilometre as they will be clearly signposted around



Enjoy that finish line feeling

the course. And, should you need a bit of motivation and encouragement, we've got a great entertainment programme for you with four Bands on the Run and two Powersong stretches.

FINALLY...THE FINISH LINE IS IN SIGHT!

The Simplyhealth Great Newham London Run finishes on the track inside the former Olympic Stadium.

Please resist the urge to stop immediately, as there could still be thousands of runners behind you.

Your Finisher's Pack contains a bottle of water and your exclusive t-shirt and medal. Please take a pack corresponding to the t-shirt size you indicated on your entry form.

IT IS STRICTLY ONE PACK PER FINISHER. NON FINISHERS ARE NOT ELIGIBLE FOR PACKS.

The finish system will remain in operation until all runners have crossed the line within the Stadium.

WHERE ARE MY FRIENDS AND FAMILY?

When you have finished your run and exited the finish area you will see the Stadium has been split by colour.

Your family and friends should be seated in the number block that is detailed on your run number and their spectator voucher.

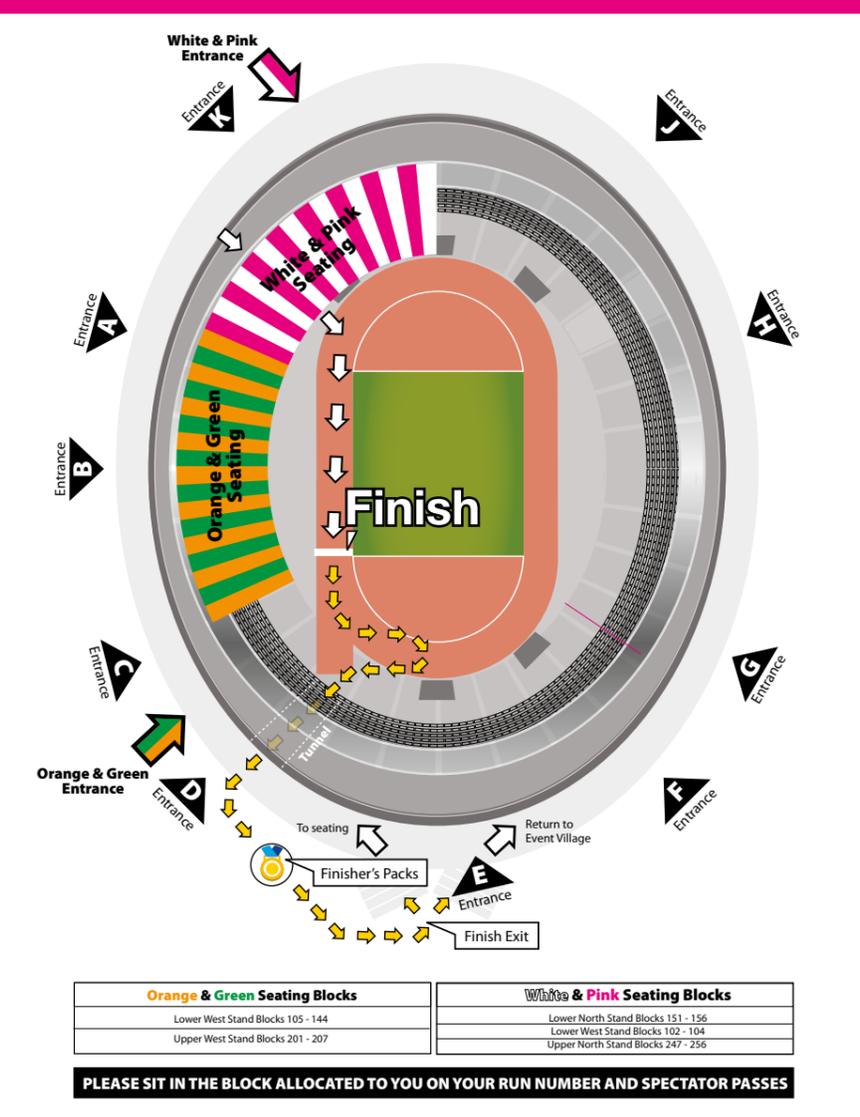
Follow the signage to the relevant stadium entrance using the colour of your number. This will help when finding the correct block number.

Blocks starting with a 1 are in the lower tier and 2 are in the upper tier. If you get lost or can't find your block, please speak to a steward who will happily help.

I'VE FINISHED RUNNING, NOW WHAT?

You could head straight home for a well-earned rest but, better still, why not complete your Great Run experience and visit the Event Village at Stadium

IN THE STADIUM



Island? This will be open from 09.00 until 15.30.

Several official charities will have meet and greet stands to welcome home charity runners, as well as activation from Great Run partners.

I'VE DONE IT AND I WANT TO SHOUT ABOUT IT

Of course you do and you can! If you'd like Great Run to share your results for free on your personal social media platforms, we can Tweet your results straight after your run or post on Facebook.

All you need to do is register now at

socialmediaregistration.greatrun.org. You will need your ID number, which can be found just under the barcode at the top of the letter you got with this magazine.

Full results will be available at greatrun.org, together with an event report and details of other Great Runs in 2017.

Official Simplyhealth Great Newham London Run photographers will be there to capture some of your proudest moments. Visit greatrun.org and follow links to your own Great Run photo album.

HAVE A GREAT DAY AND ENJOY THE RUN!

