



Simplyhealth

great *east*
run
Ipswich



EVENT GUIDE

Sunday 24 September

Half marathon

greatrun.org/east

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A MESSAGE FROM SIMPLYHEALTH

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 three thousand 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 Great East 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 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 Great East 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 Great East Run, I wish you every success for the big day and, of course, to remind you that you are amazing!

Romana Abdin
Chief Executive

ACKNOWLEDGEMENTS

The organisers of the Simplyhealth Great East Run would like to thank the following organisations for their help and support in staging the event: Simplyhealth, Aqua Pura, Duracell, PureGym, Ipswich Jaffa Running Club, Suffolk County Council, Ipswich Borough Council, Garmin, Ibuleve, Up&Go, Run4It, Nirvana, JustGiving, East Anglian Daily Times, Holiday Inn, University of Suffolk.

RUN PACK

SIMPLYHEALTH GREAT EAST RUN 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 8.

TIMING CHIP

Your timing chip is attached to the back of your run number. Please 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.

Great Run Training 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

TIMETABLE

TIME

START INFORMATION

08:00	Information point, toilets and baggage drop-off opens
09:00	Start assembly area opens to runners
09:40	Warm-up for the Simplyhealth Great East Run
10:00	START of the Simplyhealth Great East Run (orange wave)
10:05	START of the white wave
10:10	START of the green wave

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



GETTING THERE

TRAVEL INFORMATION

By car:

No matter where you start your journey Ipswich is simple to get to by car.

Ipswich is approximately 1.5 hours' drive from London and the same from Norwich. Well sign-posted, the surrounding area of Suffolk is within close proximity to towns and villages that are easy to get to by major country and main roads. For help with planning your journey to Ipswich and Suffolk please visit www.traveline.info.

Car parking:

There are plenty of car parking options to choose from on event day. [Click here to see more information >](#)

By bus:

Ipswich Buses operate a network of services across the town.

Find out more at: <http://www.ipswichbuses.co.uk/>

First Group buses link the towns and villages in Suffolk.

Visit: <https://www.firstgroup.com/norfolk-suffolk/plan-journey/places-interest/ipswich.com> to find out more.

By train:

Ipswich train station has frequent, fast and reliable services to and from major towns and cities, and is just a five-minute walk from the start line on Russell Road. For timetables and to book your train tickets visit www.greateranglia.co.uk.

Please note: engineering works are taking place between STOWMARKET and MANNINGTREE on Sunday 24 September.

Travelling from Colchester

The latest train we advise to travel on is the 8:18 to make the replacement bus service from Manningtree at 08:30, this will get you to Ipswich for 08:54.

Travelling from Norwich

The latest train we advise to travel on is the 07:20 to make the replacement Bus Service from Stowmarket at 08:05, this will get you to Ipswich for 08:41.

For specific journey information and advice visit: <https://www.greateranglia.co.uk/travel-information/service-alterations/london-liverpool-street-colchester-ipswich-norwich-and-277>

Plan your travel and aim to arrive 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.



WELCOME TO IPSWICH

Ipswich is England's oldest continuously inhabited town, East Anglia's Water-front Town and home to world-class dance, theatre, comedy and delicious local food & drink - all surrounded by beautiful Suffolk countryside and coastline.

WHERE TO STAY

Why not add a weekend away to your Simplyhealth Great East Run experience?

From luxury hotels like the Salthouse Harbour Hotel and Milsoms Kesgrave Hall to B&Bs and Self-catering options available across Ipswich, there is something for everyone.

THINGS TO DO

There's so much for you to do in Ipswich, so whilst you're here why not #exploreipswich?

- Visit one of the stunning parks; Christchurch Park has tennis courts, an arboretum, relaxing green spaces and is home to Christchurch Mansion and The Wolsey Art Gallery, which displays artworks by Constable and Gainsborough.
- Enjoy internationally-acclaimed dance at DanceEast where, on Friday 22 and Saturday 23 September, The National Dance Company Wales will be performing Triple Bill or visit The Avenue Theatre on Friday 22 September for a unique evening of jazz and pizza at their Morphology evening.
- Explore the rest of Suffolk; take a day trip to the coast at Felixstowe or Southwold or visit a historic village such as Hadleigh or Lavenham and then return to Ipswich in the evening to enjoy the restaurants, bars and nightlife.

DON'T MISS OUT... FOOD & DRINK FORKNIGHT!

The Simplyhealth Great East Run falls on the first weekend of this special Food & Drink celebration, get exclusive treats and deals in restaurants, bars and pubs across Ipswich.

Visit: <http://www.allaboutipswich.com/highlights/forknight.aspx> for more info and look out for posters across the town centre.

For the latest events, treats and things to do across Ipswich - visit allaboutipswich.com, visitsuffolk.com, @allaboutipswich, #exploreipswich.

STAY SOCIAL

JOIN THE CONVERSATION

Keep up to date with all the latest event information, competitions, useful running tips and more via our social channels. If you have any queries before or after the event, just get in touch and we'll be happy to help.

Don't forget to share your training selfies, event day pics, and medal moments by tagging them with the official event hashtag: #GreatEastRun.



AT THE START

CUSTOMER SERVICES

The customer services team will be based at the main information point located inside Ipswich Town's Portman Road Stadium on Sunday 24 September from 08:00.

The event has reached capacity and no entries will be taken on Sunday.

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 info@greatrun.org.

GREAT RUN APP

Download the FREE Great Run event app from the [iTunes App Store](#) or [Google Play](#) to take advantage of lots of cool features: live runner tracking, interactive course maps, selfie frames, event day countdowns and weather updates.

TOILETS

There will be toilets available around the start and finish areas.

Take a look at the finish map on page 12 to see where they are located.

BAGGAGE

Baggage and changing facilities are located within the event village in Ipswich Town Football Club. Baggage areas will open at 08:00 and we advise that you drop your baggage off as early as possible in order to get to the start line on Russell Road in plenty of time.

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 and numbered area.

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

ASSEMBLY AREA

Runners are asked to assemble in the clearly marked coloured areas on Russell Road and Constantine Road. The assembly area opens at 09:00.

Fast paced club runners and orange numbers should assemble on Russell Road nearest to the start gantry while those with green numbers should head to Constantine Road.

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 first mass run starts 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.

WARM-UP

A Great Run warm-up expert will be on the platform high above the start area. They will lead you and thousands of other runners through the right stretches to get you ready to run. The warm-up starts at 09:40.

RUNNING TOGETHER

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).

AT THE START

ADVICE FOR SPECTATORS

The half marathon will start on Russell Road and finish on the field turf of Ipswich Town Football Club, providing the perfect place for you to spectate.

You may also want to cheer on your friends and family as they pass the scenic areas and landmarks on the route, including the world famous Willis Building, the Waterfront or at Suffolk Food Hall with the stunning Orwell Bridge as a backdrop.

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.

MISSING PERSON'S POINT

A missing person's point will be located and clearly sign posted in Ipswich Town Stadium, near the information point. If such a situation arises, please contact a steward, event marshal or police officer.

MEETING AREA

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 'Meeting Point' banners on Alderman Road Rec.

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! Check out our great concessions inside the Stadium for a selection of caterers serving extra tasty food and drink.

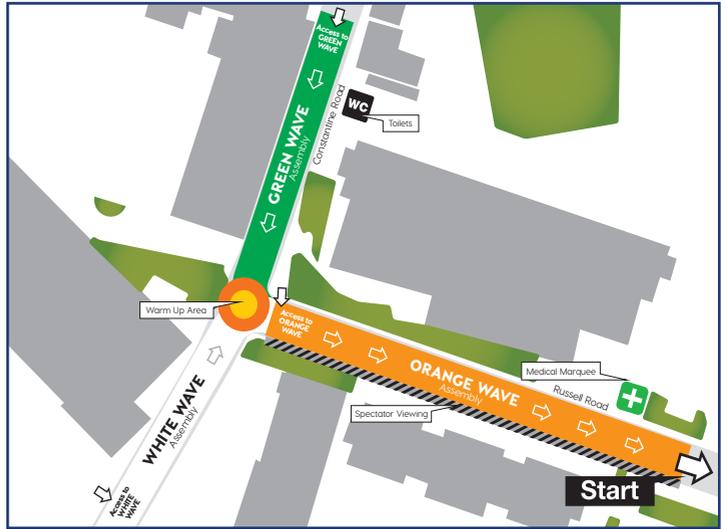
WI-FI

Participants and spectators will be able to benefit from the free WiFi services available near the start and finish areas of the event meaning you can access useful event information and social media channels at your fingertips.



MAPS

START AREA MAP



COURSE MAP



ON THE COURSE

TOILETS

There will be toilets located at the start and within the event village at the finish.

MILE MARKERS

The half marathon route will have flying banners marking every mile.

MEDICAL SUPPORT

St John's Ambulance will be providing medical support at the start, on the course and at the finish.

STAY HYDRATED

There will be Aqua Pura water stations at approximately 3, 6, 8 and 11 miles. Please only take one bottle as there will be a lot of thirsty runners behind you. When you've finished, please throw your bottle to the side of the road when it is safe to do so. There will also be water available at the start area and within your finishers' packs.

SLOWER PACED PARTICIPANTS

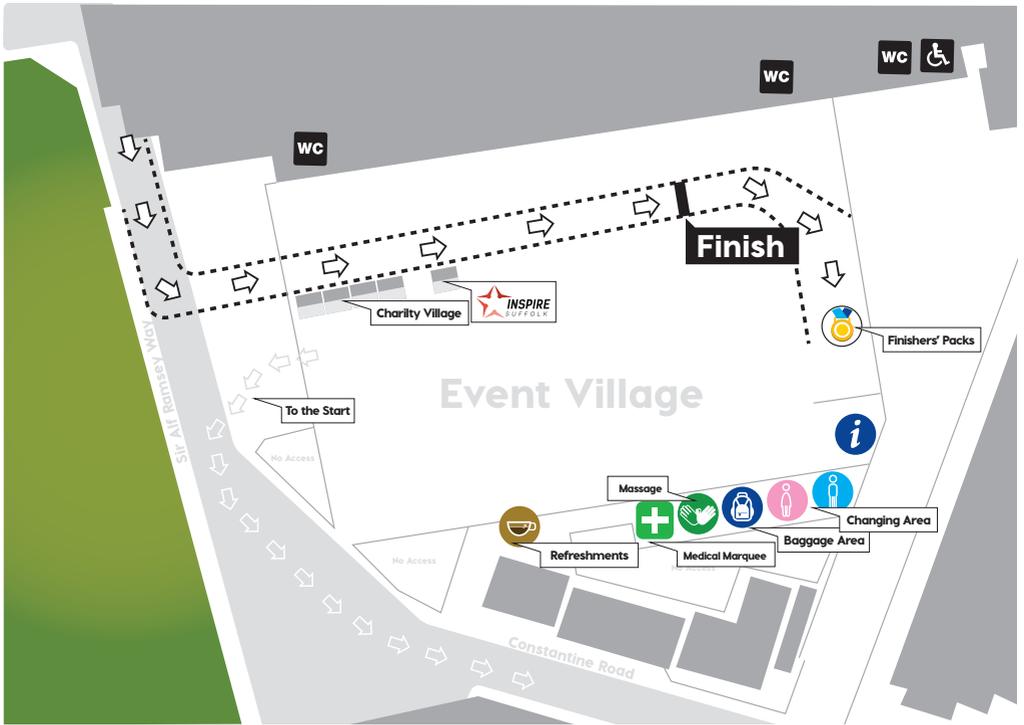
The police and local authorities are extremely supportive of the event, but we do have to re-open the roads quickly after the last runner crosses the finish line.

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.

Please note: there are some parts of the course that will take runners over short sections of cobbled streets, over uneven surfaces and curbs. Please take care as you cross over these parts.



FINISH MAP



Please note: the course maps may be subject to change in the lead up to event day.

WHEN YOU FINISH

THAT FINISH LINE FEELING

You've crossed that finish line, had a drink of water, collected your medal and goodie bag.. Now it's time to find your family and friends at the reunion point in Alderman Road Rec to celebrate your achievement!

You could be tempted to head straight home for a well-earned rest but why not stick around and head to the event village where you can browse the charity stalls, sponsor stands and food concessions?

Don't forget, you're in the middle of Ipswich Town centre where there are plenty of restaurants, bars and pubs to celebrate in!

GREAT RUNNERS WELCOME HERE

Make sure you visit the [Great Runners Welcome Here](#) section of the Simplyhealth Great East Run website to see what special treats local businesses have waiting for you.

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/photos in the days following the event.

RESULTS

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



RESPECT THE CHALLENGE

MAKE SURE YOU'RE FULLY PREPARED

Taking on a half marathon 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/respectthechallenge.

TOP TIPS TO MAKE SURE YOU'RE RUN-READY

- 1) *Never wear new trainers for the first time on the big day. Ideally, you should have run in your shoes for around a month beforehand.*
- 2) *You might want to bring along some old clothes to wear while standing on the start line. Once you start the run, you can throw them away. Whatever is left behind will be donated to local charities.*
- 3) *Don't forget to bring your own safety pins to fasten to your run number.*
- 4) *Remember to apply Vaseline to any areas where you've had chafing during training - that might include the groin, under you arms, the bra band or toes.*
- 5) *Wear weather resistant suncream, but not too much - you don't want it running into your eyes as you sweat.*

Good luck with the training, we'll look forward to seeing you on the start line!

Simplyhealth Great East Run





A GREAT WEEKEND FOR THE WHOLE FAMILY

21 & 22 OCTOBER 2017
10 MILES, 5K, JUNIOR & MINI EVENTS

GREATRUN.ORG/SOUTH