



PRESS PACK

Saturday 24 & Sunday 25 October 2015





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WEEKEND CONTACTS

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Television broadcast times:

The Morrisons Great South Run will be broadcast live on Channel 5 from 10:00-12:30 on Sunday 25 October

Social Media:

greatrun.org/south

facebook.com/greatsouthrun

[@great_run](https://twitter.com/great_run)

[#greatsouthrun](https://twitter.com/great_run)



TIMETABLE

SATURDAY 24 OCTOBER

08:30 Car parking on Southsea Common, information desk and baggage drop open

09:30 5k start assembly areas open

10:15 Morrisons Great South Run 5K warm up

10:30 Morrisons Great South Run 5K start

11:50 Morrisons Mini Great South Run (Wave 1) warm-up

12:00 Morrisons Mini Great South Run (Wave 1) start

12:20 Morrisons Mini Great South Run (Wave 2) warm-up

12:30 Morrisons Mini Great South Run (Wave 2) start

12:50 Morrisons Junior Great South Run Girls warm-up

12:58 Morrisons Junior Great South Run for self-propelled wheelchairs start (boys & girls)

13:00 Morrisons Junior Great South Run Girls start

13:35 Morrisons Junior Great South Run Boys warm-up

13:45 Morrisons Junior Great South Run Boys start

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



COURSE MAP





COURSE MAP





6th October 2015

95,000th RUNNER CROSSES GO RUN FOR FUN FINISH LINE

On Tuesday, 6th October, over 1,200 primary school children took part in a GO Run For Fun event at Callendar Park, Falkirk, where the 95,000th runner in the campaign crossed the finish line.

With more than 180 events under its belt in just over 18 months, the GO Run For Fun campaign is already the biggest children's running initiative in the world. By the end of this year it aims to encourage over 100,000 kids to get off the sofa, give the TV a rest and get active, through small and large running events.

On Saturday 24th October, the Morrisons Mini Great South Run will team up with GO Run For Fun once again, to welcome over 1,000 Mini runners to the start line. GO Run For Fun mascot Dart will set the runners on their way, as they take on a 1.5k course in Southsea, Portsmouth ahead of the Morrisons Great South Run the following day.

GO Run For Fun is the idea of Jim Ratcliffe, owner of INEOS, one of the UK's largest manufacturing companies, which announced a £1.5m donation spread over three years to encourage children to run for fun by establishing the GO Run For Fun charitable foundation.

He explained: "I'm passionate about getting as many children running early in their lives. The idea is simple – to get children out of the house having fun. It is not rocket science. Running is the basis of so many great sports. If our children can catch the running bug early, they're more likely to stick to it, and this can only lead to them having more active and healthier lifestyles in the future."

Moving more is an important part of tackling childhood obesity which is fast-becoming one of the leading areas of public health concern in England.

GO Run For Fun will continue to tour the UK throughout 2015 with other events planned for Portsmouth and Worthing to name just a few. For more information and to enter your child for INEOS GO Run For Fun events happening near you, or to register your local club or school's interest in joining our campaign, please visit: www.gorunforfun.com.

-ENDS-

2015 Stat Attack:

To date, the Go Run For Fun campaign has:

- Hosted over 180 events across the UK, Europe and Texas, USA
- Encouraged over 95,000 children across the finish line
- Welcomed over 900 schools to take part in the campaign
- Inspired over 60 sporting ambassadors to take part, including Colin Jackson and Tanni Grey-Thompson
- Attracted over 1,100 volunteers to help inspire young children to run

Notes to editors:

More about GO Run For Fun:

INEOS GO Run For Fun is the UK's biggest running campaign aimed at children between the ages of 5 and 10, which also has global reach around INEOS sites.

The campaign was first launched in Newham by Olympic medallist Colin Jackson and Team GB Athlete, Perri Shakes-Drayton in September 2013.

INEOS GO Run For Fun has teamed up with The Great Run Company, the people behind the iconic Great North Run, to deliver a series of large and small running events to encourage grass roots participation and inspire the next generation of sporting talent.

More than 95,000 children aged 5-10 have now run 1km or 1mile at one of more than 120 INEOS GO Run For Fun events held around the UK. Sports clubs, schools, colleges and councils from as far afield as Glasgow, Swansea, Southampton and Newcastle have staged events, and the team will continue to tour new locations wherever there is interest.

For more information about the INEOS GO Run For Fun campaign, please visit: www.gorunforfun.com.

Who are INEOS?

INEOS has been described as the biggest company you have never heard of, and the facts about INEOS certainly support this statement.

The company was only set up 17 years ago and in that short time it has grown from scratch to become one of the largest chemicals companies in the world. Today it has sales of \$54 billion and employs 17,000 people across 65 sites in 16 countries. In the UK alone it has seven manufacturing sites, directly employing 3,500 people, supporting over 30,000 jobs in the wider community; not so surprising then to note it is the country's largest privately owned manufacturing company.

Whilst its public profile is low its impact on everyday life is enormous. INEOS products make a significant contribution to saving lives, improving health and enhancing standards of living for people around the world. It produces the raw materials that are essential to the manufacture of a huge variety of goods – from paints to plastics, textiles to technology and medicines to mobile phones.

INEOS has facilities at Grangemouth (Scotland), Northwich and Runcorn (North West), Saltend (Hull) Seal Sands, Newton Aycliffe (in the North East) and offices in Lyndhurst (New Forest).

"GO Run For Fun™"® is Jim Ratcliffe's idea. He has his own kids and knows the benefits of getting them active from an early age. He is passionate about getting kids off the couch and out of the house, up and running. Running is simple, kids do it naturally, it's fun, good for them and their development. It's not expensive, and is the basis for so many other sports. If kids catch the bug early enough they tend to stick with it. It gets ingrained and leads onto a more generally active and healthy lifestyle.

Today our children experience a very different lifestyle. Walks to and from school have been replaced by car and bus rides. Gym classes and after-school sports activities have been cut. Playing outdoors has moved indoors, many hours are now spent sitting in front of the TV, video games and the internet. The parents are busier than ever and families eat fewer home-cooked meals, snacking between meals is now commonplace.



Young runners experience a touch of magic

THE Morrisons Junior and Mini Great South Run will experience a touch of magic this year, as the biggest and most popular children's running event in the South is now Powered By Disney.



Starting with an energetic warm-up set to a soundtrack of Disney hits and featuring Disney inspired dance moves ... it's sure to be a day to remember!

Thousands of young runners can choose from some of their favourite Disney characters to be printed on their run number, before taking on 1.5k and 2.5k runs in the heart of Southsea on Saturday 24 October, with a beloved Disney guest setting them on their way.

There will also be a fancy dress competition, with all parents and children encouraged to join in the Disney Dress Up for the chance to win prizes on the day, including dress up costumes and gift cards from The Disney Store.

Once the running is over, it's time to pick up a well-deserved medal and finishers' pack and head to Castle Field for more fun activities.

Welcoming young athletes, school friends and fundraisers aged from three to 15, there will be plenty to see and do on the day, with 'come and try it' sports, food concessions and lots of family friendly activities.

To find out more and enter visit greatrun.org/south





junior
and mini

great south
run

Powered by Disney

SATURDAY 24 OCTOBER
SOUTHSEA, PORTSMOUTH

1.5K & 2.5K
RUNNING EVENTS



Join thousands of children for the biggest children's running event in the South.

Featuring a run number starring a favourite Disney character, Disney themed warm up and an appearance from a special Disney guest!

Get active with the Morrisons Junior and Mini Great South Run... Powered by Disney!

GREATRUN.ORG/SOUTH



TIMETABLE

SUNDAY 25 OCTOBER

- 07:00 Car parking on Southsea Common and information point open
- 07:30 Baggage room open
- 09:00 Start assembly area open
- 10:15 Morrisons Great South Run elite women's race start
- 10:20 Morrisons Great South Run warm up
- 10:35 Morrisons Great South Run elite men's race and orange wave start
- 10:48 Start of white wave
- 11:05 Start of green wave

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













COURSE MAP





CELEBRITY RUNNERS
 (correct at 20 October 2015)

	<p>Hugh Dennis</p> <p>5663</p>	<p>Outnumbered, Mock the Week, running for Alzheimer's Society</p>	
	<p>Yvie Burnett</p> <p>22530</p>	<p>Vocal coach on The Voice</p>	
	<p>Iain Percy</p> <p>12284</p>	<p>Double Olympic sailing champion</p>	
	<p>Iwan Thomas</p> <p>321</p>	<p>Television presenter and former 400m Olympic athlete</p>	

	<p>Gary Poulton</p> <p>8531</p>	<p>Contestant on The Apprentice 2015</p>	
	<p>Sarah Gomme</p> <p>10244</p>	<p>ITV Meridian presenter</p>	
	<p>Mikey Harris</p> <p>4850</p>	<p>Youth team manager at Portsmouth FC</p>	
	<p>Matt Kennard</p> <p>666</p>	<p>WPC 56, Waterloo Road, Doctors, running for Bloodwise</p>	
	<p>Laura Aikman</p> <p>333</p>	<p>Bluestone 42, Casualty, Lemon le Vida Loca, Waterloo Road, running for Bloodwise</p>	
	<p>Maya Sondhi</p> <p>777</p>	<p>Citizen Khan, Fedz, Casualty, running for Bloodwise</p>	

	<p>Lucy Briggs Owen</p> <p>444</p>	<p>Television and theatre actress, Midsomer Murders, The Siblings, running for Bloodwise</p>	
	<p>Susan Wokoma</p> <p>999</p>	<p>The Inbetweeners 2, Bluestone 42, Holby City, running for Bloodwise</p>	
	<p>Jay Taylor</p> <p>888</p>	<p>Television, theatre and film actor including Misfits, A Fantastic Fear of Everything, running for Bloodwise</p>	
	<p>Aneirin Hughes</p> <p>555</p>	<p>Actor and singer, Casualty, Judge John Deed, Under Milk Wood, running for Bloodwise</p>	

Morrisons Great South Run Statattack!

Here are just a few of the thousands of statistics that come together to make the Morrisons Great South Run a success!



- The route passes by the historic HMS Victory, the world's oldest naval ship still in commission, berthed in the Naval Dockyard. It took 6,000 oak trees to build her

- The Morrisons Great South Run is the only 10-mile running event in the world to hold IAAF Gold Label status

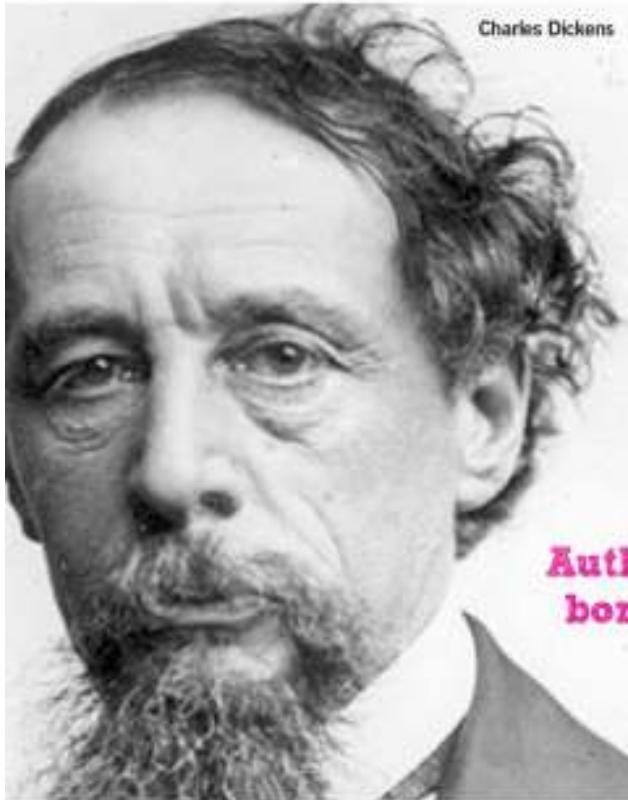
- 90,000 bottles of Aqua Pura water and 50,000 bottles of Lucozade Sport will be given to thirsty runners

- The average age of a Great South Runner is 39

- In 2014 the highest volume of runners crossing the finish line took between 1 hour 30 minutes and 1 hour 45 minutes to complete the 10 miles.

- Honorary starters include Harry Redknapp, David James, Frank Bruno, Dame Ellen MacArthur, Dame Kelly Holmes and Jo Pavey whilst celebrity runners include Gethin Jones, Iwan Thomas, Hugh Dennis and Dr Hilary Jones





Charles Dickens



• In high winds the Spinnaker Tower can flex six inches (150mm)

• The oldest competitor in this year's run will be a sprightly 92

• The City of Portsmouth is twinned with Caen in France and Duisburg in Germany

Author Charles Dickens was born in Portsmouth in 1812

• There are over 100 charities involved in the event in one way or another, you'll be able to visit 24 of them in the Charity Village at the finish!

• Our runners' miles will be the equivalent of 10 trips around the circumference of the Earth

• The first person in Britain to use an umbrella was Jonas Hanway, who was born in Portsmouth in 1712



• The women's course record of 51:00, set by Sonia O'Sullivan (left), in 2002, still stands today as does the late Benson Masya's 1995 course record of 45:56

• The Morrisons Great South Run burns off almost 1200 calories per runner – the equivalent of 13 bananas





For immediate release
21 October 2015
For attention of sport desk

THOMPSON AND PAVEY FACE WORLD CLASS CHALLENGERS ON HOME GROUND IN MORRISONS GREAT SOUTH RUN

The resurgent Chris Thompson and Supermum Jo Pavey face world class opposition on home ground when they fly the flag for the south of England in the Morrisons Great South Run on Sunday.

Thompson, winner of the European Championship 10,000m silver medal behind Mo Farah in 2010, made a heartening return to form after a career-threatening injury with an emotional victory in the Morrisons Great Birmingham Run last Sunday.

The 34-year-old pride of Aldershot Farnham and District club will have to overcome a loaded field if he is to complete a famous Great Run double in the prestigious IAAF Gold Label ten mile race in Portsmouth.

Uganda's Commonwealth 10,000m champion Moses Kipsiro will be going for his own Great Run double after returning to form with an impressive victory in the Bank of Scotland Great Scottish Run half marathon in Glasgow on 4 October.

The elite men's field also includes a trio of leading Kenyan runners: 2013 world cross country champion Japheth Korir, 2013 Great South Run winner Emmanuel Bett and Great North Run course record holder Martin Mathathi.

They will be backed by compatriots Emmanuel Kipsang, Kevin Kochei, John Mnangat and Evans Kigen Kirui, while Poland's Marcin Chabowski and Japan's Takehiro Deki provide further international interest.

On the domestic front, Thompson will be joined by Olympic marathon man Scott Overall and Commonwealth Games representatives Dewi Griffiths and James Wilkinson.

Pavey lines up as a two time winner of the world's leading ten mile race, having triumphed in 2006 and 2012, but the 42-year-old Exeter Harrier faces a tough task in 2015.

The elite women's field includes Vivian Cheruiyot, the Kenyan who took her collection of World Championship gold medals to four with her 10,000m victory in Beijing in August.

Pavey, the reigning European 10,000m champion, also faces two of the three women who finished ahead of her in the Great Scottish Run: second-placed Kenyan Doris Changeiywo and third placed Briton Gemma Steel of Charnwood AC.

Kate Avery, runner up to Steel in last year's European cross country championships, and former European cross country champion Charlotte Purdue provide further British strength in the field.

However, Kenya's Betsy Saina, winner of this year's Morrisons Great Manchester Run 10km is likely to be right at the sharp end and other international challengers include Poland's Iwona Lewandowska and Jip Vastenburg of the Netherlands.

The world's leading 10 mile run starts and finishes in Southsea and gives participants a unique opportunity to run through Portsmouth's Historic Dockyard, passing iconic landmarks such as HMS Victory, HMS Warrior and the Mary Rose Museum.

The flat course has been graced by world-class athletes such as Liz McColgan, Paula Radcliffe, Sonia O'Sullivan, and Mo Farah, who won the men's race in 2009.

The event has grown into a festival of sport in Portsmouth and Southsea, with around 25,000 people taking part in four events across two days, including the Morrisons Junior & Mini Great South Run and the Morrisons Great South Run 5k.

Find out more at www.greatrun.org/south

-Ends-

For further information contact:
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Notes to Editors:

The Great Run Company

The Morrisons Great South Run is the world's leading 10 mile running event and part of the Morrisons Great Run Series.

Great Run is now established as the world's favourite run with over 280,000 participants a year taking part. The events programme stretches across the UK from Glasgow to Portsmouth offering a full range of distances from 5k through to a Marathon team relay. Most events include a family running element and support the growing INEOS Go Run for Fun campaign.

As well as the running programme, Great Swim and Great Cycle offer an additional series of timed challenges in iconic rural and urban venues.

A full range of online services are available from Great Run Training as well as Great Run Local weekly events staged in our key cities. All designed to provide the support and advice for participants of all abilities to achieve their personal goal.

To find out more about the events and services provided by Great Run and its partners visit www.greatrun.org Great Run, the world's favourite run.

Morrisons

Morrisons is one of the UK's biggest food retailers, with 515 stores, and we're the only British supermarket to have our own food processing sites, abattoirs and even a farm. We employ expert livestock buyers to pick animals straight from the farmer and we are unique in making almost a quarter of the food we sell in store ourselves, giving us unrivalled control over our supply chain.

We're committed to supporting British farming, that's why all Morrisons-branded fresh meat and everything on our butchers' counters is 100% British. And we have more skilled specialists on hand to prepare more fresh food in store than any other retailer, with over 6,000 fully trained crafts people in our stores including butchers, bakers, fishmongers and cheesemongers.

Every week, over 11 million customers pass through our doors and more than 125,000 colleagues across the business work hard each day to deliver great service to them. Our aim is to give our customers more.



GREAT SOUTH RUN ROLL OF HONOUR

MEN			
Year	Name	Country	Time
2014	James Rungaru	Kenya	00:46:31
2013	Emmanuel Bett	Kenya	00:48:03
2012	Stephen Mokoko	South Africa	00:46:40
2011	Leonard Komon	Kenya	00:46:18
2010	Joseph Ebuya	Kenya	00:45:16
2009	Mo Farah	Great Britain	00:46:25
2008	Bernard Kipyego	Kenya	00:46:43
2007	Luke Kibet	Kenya	00:47:31
2006	Simon Arusei	Kenya	00:47:17
2005	John Yuda	Tanzania	00:46:45
2004	Hendrick Ramaala	South Africa	00:47:14
2003	John Yuda	Tanzania	00:46:35
2002	Simon Kisamili	Kenya	00:47:27
2001	Khaled Skah	Morocco	00:46:17
2000	Gert Thys	South Africa	00:48:26
1999	Simon Kashmir	Kenya	00:47:42
1998	Stephane Franke	Germany	00:47:40

1997	Christopher Kelong	Kenya	00:46:53
1996	Gary Staines	Great Britain	00:46:57
1995	Benson Masya	Kenya	00:45:56
1994	Gary Staines	Great Britain	00:47:00
1993	Gary Staines	Great Britain	00:46:11
1992	Boay Akonay	Tanzania	00:47:04
1991	Thomas Naali	Tanzania	00:47:11

WHEELCHAIR MEN

Year	Name	Country	Time
2010	Aaron Phipps	Great Britain	00:45:46
2007	Tushar Patel	Great Britain	00:42:52
2006	Brian Alldis	Great Britain	00:41:11
2005	David Weir	Great Britain	00:35:15
2004	Kenny Herriot	Scotland	00:38:23

WOMEN			
Year	Name	Country	Time
2014	Belaynesh Oljira	Ethiopia	00:52:40
2013	Florence Kiplagat	Kenya	00:53:53
2012	Jo Pavey	Great Britain	00:53:01
2011	Asselefech Mergia	Ethiopia	00:52:55
2010	Grace Momyani	Kenya	00:52:03
2009	Ines Monteiro	Portugal	00:52:32
2008	Paula Radcliffe	Great Britain	00:51:11
2007	Rose Cheruiyot	Kenya	00:53:44
2006	Joanne Pavey	Great Britain	00:52:46
2005	Derartu Tulu	Ethiopia	00:51:27
2004	Benita Johnson	Australia	00:52:32
2003	Sonia O'Sullivan	Ireland	00:53:26
2002	Sonia O'Sullivan	Ireland	00:51:00
2001	Restituta Joseph	Tanzania	00:52:36
2000	Restituta Joseph	Tanzania	00:55:10
1999	Esther Kiplagat	Kenya	00:54:42
1998	Marian Sutton	Great Britain	00:54:17
1997	Liz McColgan	Scotland	00:52:00
1996	Derartu Tulu	Ethiopia	00:52:39
1995	Liz McColgan	Scotland	00:53:12
1994	Gitte Karlshoj	Denmark	00:54:49
1993	Liulia Negura	Romania	00:53:19
1992	Liulia Negura	Romania	00:53:19
1991	Olga Bondarenko	Russia	00:53:16

WHEELCHAIR WOMEN

Year	Name	Country	Time
2010	Kaye Rowe	Great Britain	1:38:35
2007	Anne Wafula-Strike	Great Britain	00:59:05
2006	Paula Craig	Great Britain	00:53:25



GREAT SOUTH RUN HISTORY

The Great South Run is Europe's most popular 10 mile race and started life in Southampton back in 1990 before moving just a few miles along the M27 motorway to the neighbouring city of Portsmouth 12 months later.

The fast and flat 10 mile route takes in the iconic sites of the Portsmouth Historic Dockyard including Portsmouth Cathedral, Spinnaker Tower and the HMS Victory- which plays host to the HM Band of Royal Marines, who perform for passing runners. The final flat stretch along the sea front has given thousands of people the opportunity to get a personal best time for more than twenty years.

Every year the event attracts a plethora of athletes, celebrities and runners raising money for good causes, with over £30 million having been raised for charity over the years.

The Morrisons Great South Run has grown into a great weekend of running in the popular seaside location, along with the Morrisons Junior & Mini Great South Run and the introduction of the Morrisons Great South Run 5k in 2011.

Dutchman Marti ten Kate was the winner of the inaugural 10-mile event in 47 minutes 52 seconds while Alison Gooderham, who surprised herself with a fast clocking of 56min 09sec, was the women's winner.

The Diet Coke Great South Run (as it was then known), relocated to the present course in 1991. Prison officer Thomas Naali from Tanzania escaped from the field to take first place while Olga Bondarenko, the reigning Olympic 10000m champion from Russia, clinched a star-studded women's race.

Another Tanzanian, Boay Akonay, was winner in 1992 – the first year the race was known as the BUPA Great South Run - with Iulia Negura from Romania scoring the first of her two successive victories.

Gary Staines became the first British winner of the men's race a year later when setting a very fast course record and British best of 46:11 and he repeated the feat in 1994 to defeat world marathon champion Douglas Wakiihuri as well as world cross country champion John Treacy. Denmark's Gitte Karlshoj was women's champion.

In 1995 Benson Masya, after having just won a third Bupa Great North Run, spoiled Staines' ambitions of completing a hat-trick of Great South successes with a still-standing UK All-Comers record time of 45:56. Liz McColgan, fighting her way back to fitness, flew in from Scotland to show a clean pair of heels to her rivals with a winning time of 53:12.

Staines won again in 1996 while Derartu Tulu set a women's course record of 52:39, though it only stood a year as McColgan bettered the mark by 39 seconds, while Kenya's Christopher Kelong won the men's title in 47:40.

Germany's Stephane Franke, the European 10,000m bronze medallist, was men's winner in 1998, while Marian Sutton bettered her runner-up spot of two years previously to triumph in the women's event.

Simon Kisamili and Esther Kiplagat were the winners in 1999 before the year 2000 event had to be postponed following flooding in Southsea and Eastney. Rearranged to November, Gert Thys of South Africa and Restituta Joseph from Tanzania were the winners on a day of high winds.

Former Olympic 10,000m gold medallist and world cross country champion, Morocco's Khalid Skah, was a convincing champion in 2001 along with Joseph for the second year running.

The following year's race produced a new world record with the in-form Irishwoman Sonia O'Sullivan finishing in exactly 51 minutes. Kisamili notched his second win in the men's race.

O'Sullivan was again the winner in 2003 while John Yuda, an experienced half marathoner, became yet another Tanzanian winner in Portsmouth.

2004 belonged to Hendrick Ramaala, who went on to win the New York Marathon, while Benita Willis (then Johnson), Australia's World Cross Country champion, flew to a 52:32 win.

In 2005 Ramaala, before going on to defend his New York title, was beaten by Yuda and Tulu, after winning the Great North Run, notched a second women's title in Portsmouth.

Britain's Jo Pavey showing she had the ability to transform herself from a track specialist into a world class road runner and as the runaway winner of the 2006 race and compatriot Jon Brown just missed out on the men's title when beaten in a sprint finish by Kenya's Simon Arusei.

Kenyan's Luke Kibet and Rose Cheruiyot were victorious in 2007 while Paula Radcliffe setting a UK best performance of 51min 11sec, savoured success the following year when easily thwarting the ambitions of Jessica Augusto and Magdalene Mukunzi, the Portugese and Kenyan runners finishing in 53min 15sec and 53min 18sec.

Radcliffe, until the six miles marker was still well on target to smash the Lornah Kiplagat's world best performance of 50min 49.6sec but decided because of the gusty wind, to keep something in reserve. She said: "I felt in the last two miles it was going to be really windy, so saved a lit bit for that. Actually it wasn't too bad down the sea front as I was psyched up for it to be."

In 2008 Kenya's Bernard Kipyego added the men's title to his success at the Bupa Great Edinburgh Run in May, destroying the field very early to win in 46min 43sec. Irishman Martin Fagan produced a storming finish to snatch second spot just three seconds ahead of the winner's fellow countryman and defending champion Luke Kibet in a time of 46min 58sec.

In 2009, Mo Farah scored the first ever victory by a British male athlete since Gary Staines achieved his third and final success 13 years earlier. Farah, in the best ever finish to the 10 miles race recovered to win ahead of Stephen Mokoka by a second in a time of 46:25 with Luke Kibet, the 2007 champion, third in 47:16. Ines Monteiro took a leaf out of the book of fellow Portuguese Jessica Augusto, winner of the 2009 Bupa Great North Run, when spreadeagling the field after two miles to win the women's event. The European cross country bronze medallist, clocking a national record of 52:32, finished 86 seconds ahead of fellow countrywoman Ana Dulce Felix with Australian Benita Willis, the 2004 winner, third in 54:41.

World cross country champion Joseph Ebuya produced the fastest 10-mile run ever seen in the UK in the 2010 event, racing to a stunning time of 45:16 on a lovely sunny and calm day in Portsmouth. The 23-year-old Kenyan raced clear of eventual runner-up Saif Saeed Shaheen of Qatar and fellow countryman Vincent Yator, who finished third, with around three miles to go and comfortably overhauled Benson Masya's 15-year-old previous best mark by a huge 40 seconds.

Grace Momyani, who had won the 10,000m gold medal at the Commonwealth Games in Delhi at the start of the month, made it the first Kenyan double for the three years when taking the

women's title in 52:03. Britain's Freya Murray produced a great performance to record 52:27 and seal the seal the runners-up berth with Aniko Kalovics of Hungary third in 53:01.

In 2011 World 10km and 15km record holder Leonard Komen planning to attack Haile Gebrselassie's World 10 miles best performance saw his attempt fall well short of his target of 44:23. Komen who made his intentions publicly known beforehand but went off too quickly covering the first mile in 4:12 won in a time of 46:18. He was followed home by fellow Kenyan and World marathon champion Abel Kirui who he beat by 22sec with Ireland's Alistair Cragg third in 47:14.

Ethiopia's former World half marathon runner up Asselefech Mergia won the women's race 52:55 ahead of the Kenyan pair of Commonwealth 10000m silver medallist Doris Changeywo and the Games marathon champion Irene Jerotich who clocked 53:34 and 53:43.

In 2012 Mokoka toyed with the opposition from start to finish before sprinting ahead of Ayad Lamdassem and Tariku Bekele with just under 250m remaining, to win the men's race in 46:40.

Throughout the race he kept hitting the front opening a gap of a few yards before constantly falling back to the pack and asking them to speed up which saw Kirui try and inject some pace which had slowed after a fast opening mile of 4:34.

Pavey hammered her rivals when hitting the front from the beginning and claiming a runaway success ahead of Jess Coulson and Berhane Adere in 53:01.

The women's race, beginning 20 minutes before the mass event which had a record 25,000 entries from 45 different countries and was led by the elite men, saw Pavey produce a ruthless performance when triumphing by 42sec from the vastly improving Coulson with Ethiopia's Adere recording 53:55.

2013 saw Kenyan's Emmanuel Bett and Florence Kiplagat defy gale force conditions to score convincing victories and capture their respective titles.

Bett had the tougher contest in his 10 miles race before destroying the threat of South Africa's defending champion Stephen Mokoka, who pushed him throughout the encounter.

However the 30-year-old, with one last major break, finally pulled away in the last mile winning by 19 seconds in a time of 48:03 with Uganda's Thomas Ayeko a distant third in 49:08.

Kiplagat enjoyed a much easier success clocking a time of 53:53 to win at a canter ahead of fellow Kenyan Polline Wanjiku, who recorded 56:43 with Great Britain's Charlotte Purdue an excellent third in 56:57.

Kiplagat, a former World Cross Country and Half Marathon Championships gold medallist broke the field almost from the start and a speedy second mile of 5:04 took her into an unassailable lead which just got longer and longer.

In 2015, the elite women's race that got underway first - in conditions that were windy but thankfully not of the hurricane nature that affected the 2013 race.

Gemma Steel and Belaynesh Oljira batted it out over the last three miles of the course.

Turning into the home straight, Steel glanced over her left shoulder but Oljira nipped past on her inside. The Briton gritted her teeth and launched a counter-attack but could not quite close the gap.

Oljira prevailed in 52 minutes 40 seconds, with Steel second in 52:40 and Changeiywo third in 54:18.

The elite men's race was blessed with a strong field and five contenders emerged from the early stages: Rungaru, who finished sixth in the junior race at the 2011 World Cross Country Championships; Kiplimo, who took bronze in the Commonwealth Games marathon in July;

Michael Shelley, the Commonwealth marathon champion from Australia; and Joel Kimutai and Emmanuel Bett.

The five were still together at the halfway mark, but then the race started to take shape. By 10km it was down to Kiplimo, Rungaru and Bett but then Bett dropped and at seven miles Kiplimo started to pull away from Rungaru.

The race looked over as the Ugandan turned on to the seafront but bit by Rungaru started to peg pack the gap. With 800m to go, the 21-year-old Kenyan pulled level. Then, with 150m remaining, he sprinted clear, winning by seven seconds in 46 minutes 31 seconds.

Kiplimo finished second in 46:38 with Kimutai third in 47:21, Shelley fourth in 47:39 and Bett fifth in 48:07.