



EVENT GUIDE

SUNDAY 20 OCTOBER 2019

It's finally here, event day has arrived and we want to help you with any on the day questions so you can focus on enjoying your run and soaking up the atmosphere.

Any info you might need before the big day including travel advice and location information can be found at greatrun.org/south

Don't forget event partners Hover Travel and South Western Railways are on hand to get you to the start line, see the travel section at:

www.greatrun.org/great-south-run/event-info

For on the go event information, selfie filters and live tracking for your family and friends, download the FREE Great Run app from Apple app store or Google Play Store.

For real time updates and to follow all the action on event day join the conversation on social - **#GreatSouthRun**



@great_run



@GreatSouthRun



@great_run



EVENT TIMETABLE

0700	Car parking on Southsea Common and information point opens
0730	Baggage room opens
08:00	Event Village Opens
0900	Start assembly area opens
1015	Simplyhealth Great South Run elite women's race start
1019	Start of wave for fast self-propelled wheelchairs and visually impaired runners
1020	Mass warm up
1035	Simplyhealth Great South Run elite men, fast paced and Orange Wave start
1056	Simplyhealth Great South Run White wave start
1117	Simplyhealth Great South Run Green Wave start

RUN NUMBER & TIMING CHIP

Your run number should be identical to the master number on your covering letter. If it's different please contact Customer Services via info@greatrun.org

This is your unique number, so only you must wear it on the day. Please don't swap, copy or change this number, selling it on or giving someone else access to your number might put them at risk if they're not properly prepared.

Your timing chip is attached to the back of your run number, do not remove or cover the chip as it will affect the accuracy of your time.

The chip will automatically record your time, so you don't need to do anything. Your chip doesn't need to be returned at the end of the run.

There is no need to register on the day. Once you've filled in the back of your run number and attached it to your front, you are good to go. You don't need to queue at the information point, you can go straight to your start assembly area.

Front



Back



Timing Chip





YOUR BAGGAGE

The baggage room is located in the Pyramid's Centre on Clarence Esplanade and is open from 07:30 to 16:00 on Sunday 20 October.

Fill in your baggage label (tear off from your run number) before leaving the house.

Make sure your baggage label is secured to your bag.

Sorry, the baggage room isn't for changing.

Please exit the baggage room as soon as you've dropped your bag off to make room for other runners.

Expect extra security around the baggage area including spot checks.

Only runners with numbers will be able to access this facility.

Please don't leave valuables in your bags - this is a self-service system and although there are security staff present, organisers can't accept any responsibility for lost or stolen items.

To gain access to the baggage room you will need your run number. When collecting your bag we will ask you to show your run number and baggage label to ensure they correspond.



AT THE START

Anyone walking or part walking/running the event should start at the rear of their wave and in the first few miles stay to the left-hand side of the road to allow runners through who want to pass.

If you want to run with a friend but have different coloured run numbers, you can drop back to run in the same wave but not move forward, i.e. closer to the start line.

You do not need to worry about changing your wave colour or letting us know, providing you only move back a wave."

You should use the toilet facilities before you enter your assembly area. Toilets are located on Castle Field.

Look for signage or ask one of the information staff on site for directions.

Toilet facilities will be busy before and after the run, so please allow plenty of time.

Please use all the space we have created for you.

Waves are set off separately to help regulate the flow of runners through the course.

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.

The start and assembly areas are located on Clarence Esplanade and Avenue De Caen. Please follow the clearly-marked routes to your coloured start area access gates. Each area will be managed to make sure the correct coloured run numbers enter.



Charity Cheering Points

1. Alzheimer's UK
2. Cancer Research UK

Key

- Live Music**
- Powersong**
Music played through a PA system to give you a boost.
- Water Station**
- Event & Charity Village**
- Water Refill Point**
(Spectators)

On Course Activation

- Special K**
Series snack partner. Special K will be **#powering** you.
- Wave 105.2 FM**
Wave 105's Wall of Sound around the 9 mile mark will spur you on with great music and jelly babies for the final stretch along the Explanade.
- ENGIE**
Official energy partner. ENGIE will be there to give you a boost **#EnergisingCommunities**.
- Garmin Support Zone**
Our timing partner Garmin are on hand to help you **#beatyesterday** with their on course motivational zone.



Water Station

Be prepared for the water stations along the course - they will be signed in advance.

Make sure you are ready to take a bottle - Try not to stop suddenly when there are runners behind you.

Please take only 1 bottle - be considerate of others.

When you have finished, discard your bottle in the bins provided or at the kerb edge and try to keep it from the running carriageway.

CLIF Feed Station

Apart from hydrating with water, it's important to take on fuel during your run. Your body can only store enough carbohydrate for 75 -90 minutes of running. There is a Clif feed station at approximately 8 miles giving out Clif Shot Energy Gels and Clif Bloks Energy Chews which will provide muscles with easy-to-digest carbohydrate in as little as 5-10 minutes.



The Simplyhealth Great South Run finishes on Clarence Esplanade in Southsea.

The family reunion area is in the Charity Village on Castle Field. Arrange to meet family and friends under the banner that matches the first letter of the runner's surname.

If you decide to meet elsewhere, please plan this in advance and make sure everyone in your group is aware of the plan.

The Missing Persons point will be located near the Skte Park and will be clearly signposted.

Don't stop immediately after you cross the line, you will have to walk a short distance.

No matter what your pace, everyone has taken part in the same event and everyone will get to cross the same finish line.

If you're running at more than a 17 min mile pace, you may be asked to move on to the footpath for the later sections of the run.

Medical facilities will be available near to the start and finish line and along the route.

Please contact a medic or steward if you need help at any time.

Finishers' packs will be sorted by t-shirt size and will include a bottle of water, your medal and other treats. Please take the pack that matches the t-shirt size you chose when you entered the event.

Visit greatrun.org/photos in the days following the run to view your event snaps. You will find your results online at greatrun.org/results.



AT THE FINISH

I'VE FINISHED RUNNING, NOW WHAT SHALL I DO?

You could head straight home for a well-earned rest! But, better still, complete the day's Great Run experience with a trip to the Event and Charity Village, the perfect post-run destination for you and your supporters.

Before you get distracted by the stands, food and drink on offer be sure to head to the Simplyhealth Stretch Zone where our qualified instructor will be able to guide you through key stretches, proven to help those tired muscles. If you've still got 20 seconds worth of running in your legs, take part in Simplyhealth's 'Rate My Gait' activity in the same area, which helps assess your running style and will give you tips to help stay fit and injury free. The Simplyhealth Massage Team are also ready and waiting to help you recover in the Simplyhealth Massage Zone, within the event village

Around the Event Village, our partners will be on hand to help you celebrate, rest and recover and will be handing out samples and bespoke Great Run offers along with advice and guidance on their products. Stands and activation's will be hosted by Special K, Garmin, Great Run merchandise, ENGIE, CLIF, Nando's, John West, Alton sports and Arnold Clark. Be sure to check out the Great Run App for details on who will be there.

Don't forget to check out our runner rewards and race voucher offers for some fantastic deals and discounts to help you celebrate your great achievement. Offers include discounts from event partners Garmin, ENGIE, and Alton Sports and free goodies at Nando's and Greggs. You will be spoilt for choice for food and drink options, however if you are keen to bag a bargain, please see the latest runners only offers at greatrun.org/runners-rewards/portsmouth



RECYCLING

We are constantly reviewing our sustainability and recycling practices and have made a concerted effort to reduce the amount of waste from plastic and other materials across the entire event.

We work with local partners to remove waste from site. This is not limited to plastic and includes, cardboard, wooden pallets, medals and signage. We ask that you please use the recycling bins on site to discard of any waste accordingly.

We reuse generic signage and keep using it for as long as we can, our outdated signage is fully recycled. Clothing that is discarded at the start of the race is collected and donated to local charities.

As part of our drive to improve the sustainability at the event there will be no bottled water at the start area. Please arrive hydrated, having had enough water before getting to the start. If you feel like you'll want a drink just before you run, we suggest you bring your own supply, which you may carry with you while you run. There will be water stations at around the 4 & 7 miles on the course and also at the finish.

If you opt to bring your own standard, single use plastic water bottle, please make sure you throw it in the clearly marked recycling bins that will be available in the start and finish area

HAVE A HAPPY & HEALTHY RUN



Make sure you are healthy enough to take part in your run.

Talk to your doctor if you have any long-term health conditions or any health concerns.

Don't run if you feel unwell or have been ill recently.

Running can put you at risk of serious illness if you experience heart palpitations, light-headedness or dizziness, chest pain or tightness, shortness of breath, excessive wheezing or severe joint and muscle pain.

Seek advice about taking part in the event after a bout of flu or gastroenteritis. Don't be tempted to start just because you have collected sponsorship to raise money for charity.



Stay comfortable - Don't use new trainers for the first time, ideally, you should have run in your shoes for around a month



Stay warm - You can bring old clothes to wear on the start line and throw them away, when you start (we donate these to charity)



Avoid chafing - Apply Vaseline to any areas where you have had chafing during training - e.g. groin, under your arms, the bra band or toes



Protect your skin - Use weather resistant suncream, but not too much - you don't want it running into your eyes as you sweat.



If the first few miles are crowded, don't tire yourself out dodging in and out of runners.

Try to maintain a steady, even pace – enjoy the event.

When you finish collect your bag as soon as you can.

Put on some warm, dry clothing and don't get cold.

Take a drink as soon as you can after crossing the finish line.

Make sure you are fully hydrated with water or squash before consuming any alcohol.

Try to eat some starchy foods within two hours of finishing the event – your muscles can replace energy (in the form of glycogen) most efficiently during this post-run window.



In the weeks leading up to the event, the colour of your urine is a useful indicator of hydration, pale straw-coloured water is ideal.

Avoid dehydrating alcoholic drinks for 24 hours before you run.

During a run, drink when you need to.

Don't take big gulps if you are not thirsty – you could put yourself in a condition called hyponatraemia where your body salts become diluted, possibly causing confusion and vomiting.

Make sure you know where the drink stations are on route. Water will be available, but only take a drink if you need one.

***GOOD LUCK AND ENJOY YOUR DAY FROM THE
SIMPLYHEALTH GREAT SOUTH RUN
TEAM AND ALL OUR PARTNERS.***



GARMIN.



**Arnold
Clark**



25% DISCOUNT
on select products



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Garmin.com/en-GB/greatrun

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BY THE FORERUNNER® 645 MUSIC.
YOUR SONGS ON YOUR WRIST.

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