

RESPECT THE CHALLENGE

FOR A FIT, HAPPY AND HEALTHY GREAT BRISTOL HALF MARATHON



WELCOME to your Runners' Guide. Over the next few pages you will find a wealth of information about the run-up to the event and the big day itself that will help your run go more smoothly. Running is great for your health, but it does not suit everyone and it's important to read the following information to make sure you are ready to take part:

Make sure you are healthy enough to train for your run. Talk to your doctor if you have any long-term health conditions or any health concerns.

See your doctor if you feel unwell at any time in your training, but especially 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 resuming training after a bout of gastroenteritis or flu.



FIT TO COMPETE

01

Start running slowly and build up gradually. Always allow time to warm up and cool down, but also time to rest and recover

between your training runs. A good warm-up should include activity that slightly raises the heart rate (such as walking or slow jogging) followed by stretching.

02

Vary your running surfaces and pace. Run facing oncoming traffic and wear bright, reflective clothing, especially

when it's dark.

HYDRATION

Make sure you stay well-hydrated. In the weeks leading up to the event, the colour of your urine is a useful indicator of hydration. Generally, dark urine suggests you are dehydrated (although nutritional supplements can also alter urine

colour), with pale straw-coloured water being ideal.

Alcoholic drinks are dehydrating, so avoid them in the 24 hours before you run.

During a run, drink when you need to. Don't gulp large volumes of fluids if you aren't thirsty – it can result in a condition called hyponatraemia in which your body salts become diluted, possibly causing confusion and vomiting.

Make sure you know where the drink stations are on the run's route. Aqua Pura and Lucozade Sport will be available, but only take a drink if you need one. In hot weather, water will be available at the start and a shower on route to help you cool down.



RESPECT THE CHALLENGE TOP TIPS

IN THE WEEK BEFORE YOUR RUN, WE'LL SEND YOU A FINAL EMAIL WITH LAST-MINUTE ADVICE AND THE LATEST WEATHER FORECAST TO HELP YOU DECIDE WHICH CLOTHES YOU WILL NEED

#01

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.

#02

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.

#03

Don't forget to bring your own safety pins to fasten on your run number.

#04

Remember to apply Vaseline to any areas where you have had chafing during training – that might include the groin, under your arms, the bra band or toes.

#05

Wear weather resistant sun-cream, but not too much – you don't want it running into your eyes as you sweat.

FIT TO RUN?

Don't run if you feel unwell or have been ill recently. Running can put you at risk of serious illness if you have been vomiting felt dizzy or had chest pains. Don't be tempted to start just because you have collected sponsors to raise money for charity. You can attempt another run in the future.

As a guide, during the weeks before the Great Bristol Half Marathon, you should aim to have run eight miles continuously in training to be prepared for the 13.1-mile distance. If you can't manage this, you may not enjoy it or complete it safely, so please don't run this time.

Remember to fill in 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 number, nobody else's. don't let anyone else use it if you decide not to take part.



NUTRITION

Stick to a healthy, balanced diet during training. In the week before your run, don't try any new foods and drinks as it may affect your digestion. Check out our nutrition guide on pages 6 and 7 for more information.



ON THE DAY

The first few miles of the run can be very crowded. Many people tire themselves out by dodging in and out of runners because they are behind on their personal run plans. Try to maintain a steady, even pace – enjoy the event.

After the run, collect your bag as soon as you can. Put on some warm, dry clothing and don't get cold.

Some runners don't drink enough when they are running and need to rehydrate afterwards, so make sure you 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.

○ For all your training needs visit:
greatruntraining.org

RUNNERS' GUIDE

THE ITEMS IN YOUR RUN PACK ARE IMPORTANT – PLEASE READ THIS SECTION CAREFULLY

CONTENTS

- 28** Run Number and Timing Chip
- 29** Travel
- 30** Event Facilities
- 30** The Start
- 31** The Finish
- 31** Meeting Up
- 31** The Charity Village
- 32-33** Course Map

MARVIN REES, MAYOR OF BRISTOL

It is truly a September of sport as we welcome the inaugural Great Bristol Half Marathon just two weeks after the Tour of Britain. We have a great sporting tradition



in Bristol, with the half marathon and 10k a highlight in the city's calendar, attracting thousands of runners and spectators. Congratulations to all of you who have made it to the start line, good luck and enjoy your run.

From Brunel to Banksy via Concorde, trip-hop and Aardman to our 450 parks and green spaces, we have an international reputation as one of Europe's leading cities when it comes to innovation, creativity and sustainability, making Bristol a great place to live, work, play and, of course, visit.

We are also a global city and we must not forget that a large number of our international links exist because of our diverse communities — from Somalia to Poland, 91 different languages are spoken in our city. This, of course, contributes to our vibrant cultural scene, with events and

festivals taking place throughout the year.

Our challenge, however, is that while we have a great story to tell, the city's success is shared by too few people. We want Bristol to flourish as a prosperous, inclusive and sustainable city in which no-one is left behind and participation in sport is a part of this — sport is a great leveller, it breaks down barriers, helps us find common ground, gives us hope and inspiration. Together we will build a better Bristol for everyone.

ABOUT YOUR NUMBER AND TIMING CHIP

- Check that your run number is identical to the master number on your covering letter. If not, contact the Great Bristol Half Marathon team at **info@greatrun.org**
- This is your unique number and only you must wear it on the day. Please don't swap, change or copy it.
- Fill in the missing details on the back of your run number. This information may prove invaluable should you require medical assistance on the day.
- A timing chip is attached to the back of your run number and it will automatically scan when you cross the start and finish lines. Please don't remove it or you will not get an accurate time.
- Remember to fasten your number securely to the front of your top using four safety pins, one at each corner. You must finish with your number intact in order to claim your Finisher's Pack.
- If you intend to use the baggage buses, your personal baggage label will be attached to your number. Complete your details and fasten securely to your bag.

- Visit **greatrun.org/bristolhalf** for the printer friendly version of your On the Day guide.

GREAT RUN APP

Download the new Great Run app from iTunes or Google Play. It's great for tracking runners, handy maps and as a guide for spectators.

SHARE YOUR FINISHING TIME

You can share your results for free on your personal social media platforms. If you'd like Great Run to Tweet your results straight after your run or post on Facebook, register now at

socialmediaregistration.greatrun.org

You will need your ID number, which can be found at the top of the covering letter (underneath the barcode) accompanying this magazine.

FREE WIFI

There will be free wifi available to all runners and spectators on event day at both the start and finish areas. Simply locate 'Great Run Free Wifi' on mobile devices and enter your email address

IMPORTANT MEDICAL ADVICE

Many of the serious medical problems occur in people who have been slightly unwell but do not wish to miss the Great Bristol Half Marathon or don't want to feel they have let down their friends or sponsoring charity. If you have, or have recently had, a cold or flu, are feverish or have been vomiting or had chest pain or otherwise feel weakened or unwell, it is unfair to both you and your family to risk

START AND FINISH AREA



serious illness by becoming a medical emergency — and should withdraw your entry till the following year.

GETTING THERE

Allow plenty of time to get to the start. Bristol has an excellent public transport system, so please consider these options wherever possible.

Travelling by Car

If you are driving we strongly recommend you use the park and ride services available. If you do drive into the city, be aware that Anchor Road will close at 03.00, with the remainder of the road closures in place before 07.30.

Please visit greatrun.org/bristolhalf for more information.

Park and Ride

A park and ride service has been set up for runners. Pick-ups will be available from Long Ashton and Brislington and both services will drop off on the edge of the road closures, as close as possible to the Event Village. The services are in operation from 07:00 to 15:00 and run at regular intervals. Full timetables are available at greatrun.org/bristolhalf.

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 into Bristol from North Somerset. Postcode: BS3 2HB.

Parking at these sites is free, passengers will only pay for their travel on the bus. The fares are:

Long Ashton

Adult return £3 Up to two children free with each paying adult. Group ticket £4 valid for 2-7 passengers (adults or children) travelling together.

Brislington

The return fare at Brislington is £3 per adult, £2 per student / young person and £1.50 per child, please note that two children under 16 can travel free of charge with each fare paying adult. No group tickets are available from

Brislington. Standard First West of England tickets are also available for use on the Brislington Park and Ride, including day, week, month, year and multi journey tickets.

Travelling by Train

Train services will be operating a normal Sunday service. Please allow suitable time to walk to the Event Village from Bristol Temple Meads Station, which will take approximately 20 minutes.

Traveling by Bus

Due to road closures there will be a number of alterations to bus services within the city. Signs at bus stops will indicate the nearest alternative. Please visit travelwest.info/bus for more information.

Travelling by Air

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 road closures. Information regarding Bristol International Airport and its links with the city can be found at bristolairport.co.uk.

Be patient and prepared – however you decide to travel to and from the event, it will be busy so expect delays.

RUN FACILITIES

Information Point

For any last-minute enquiries you can visit our customer services team on Saturday 24 September (11:00 – 17:00) and Sunday 25 September (from 8:00), based in Millennium Square. For entry, run number or timing chip problems please check the FAQ section at greatrun.org or email the Great Bristol Half Marathon team at info@greatrun.org in advance.

Baggage

We recommend you leave baggage with friends or family. If this is not possible, there is a baggage bus facility available within the Amphitheatre, close to Millennium Square, which is colour coded

to match your run number and will be open from 08.00.

- Attach the baggage label from your run number, fill out your details on the reverse.
- Locate the area that matches the colour of your run number.
- Place your own baggage on one of the buses in this area.
- Get your run number stamped – you will need to show your number to reclaim your baggage.

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.

Toilets

Toilets will be widely available within the Event Village and around the start area. We kindly ask that gents use the urinals where available.

AT THE START

- Make sure you read this magazine so you are aware of the location of your coloured assembly zone, baggage facility, toilets and Information Point.
- Follow the signs from the Event Village to the assembly area on Anchor Road.
- The assembly area will be split into orange, white, green and pink zones and these correspond to your run number, based on the predicted time you provided when entering the run.
- Remember you will be provided with an accurate time for your run as your chip will not activate until you cross the start line, so it does not matter which wave you start in.
- Listen out for any information given by the PA announcer.
- Those taking part in assisted wheelchairs are asked to line up towards the rear of the assembly area relevant to their coloured wave start.
- There will be one warm-up on the day, led by our Great Run fitness guru, Roy Gayle which will take place in the assembly area at 09.12.

ABOUT THE COURSE

- The Great Bristol Half Marathon features a 13.1 mile course which has been officially measured and certified.
- There is a full medical team in place at the event. 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.

If you require assistance and 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.

- The event sweep vehicle will travel at a designated pace of 17 minutes per mile at the rear of the field. If you fall behind this vehicle you will be instructed to complete the remainder of the event on the pavement.

If you feel unable to continue, a bus will transport you to the finish. The finish area will remain in place until the last entrant has crossed the finish line.

- In addition to the start and finish, there are four drinks stations on the course. Bottled Aqua Pura Water is available at 3 miles, 5 ½ miles, 8 and 10½ miles. Lucozade Sport is available at 5½ and 10½ miles (see course map on p32-33).

Be courteous of runners behind you, take only one bottle per station and move on once you have taken your drink. Take care when disposing of bottles and discard at the side of the road to avoid hazards to other runners. Toilets are available at all drink stations.

- There will be entertainment at various locations around the course to help motivate you, as well as charity cheering points.
- If you are planning to walk the Great Bristol Half Marathon or find at any stage you need to walk for a period, please keep to the left so runners can pass you with ease.
- During the planning of the event, every care is taken to ensure emergency

services can go about their duties with limited hindrance.

However, if an emergency situation does arise and a vehicle with blue flashing lights need to cross the course, we ask you make this as easy as possible by clearing a route for the vehicle to cross safely.

○ For any queries, check out the FAQ section at greatrun.org

THE FINISH

○ The Great Bristol Half Marathon will finish on Anchor Road.

○ Please keep moving once you cross the finish line, as there will still be thousands of runners coming in behind you. There is a medical service at the finish should you require it.

○ Follow the signs to the Finisher's Packs and take one in accordance with the t-shirt size you indicated on your entry form. Your pack will also contain a space blanket, bottle of Lucozade Sport and other goodies.

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

○ The finish area will be extremely busy and leaving at peak times will inevitably involve queues whichever way you travel so why not head back to the Event Village and stay for a while?

Collecting your baggage and meeting up

The family reunion area is Canon's Way close to the finish line. Follow the signs and meet up under the A-Z banner that matches the first letter of the runner's surname.

If you choose to meet up elsewhere,

make sure you plan this in advance of event day so everyone in your party is aware.

Retain your run number until you have collected your baggage as only runners will be allowed access to the baggage facility.

Event Village

The Event Village is located in Millennium Square and Anchor Square. As well as the Information Point, baggage, toilets and medical facilities there will be activation from a number of Great Run partners, charities waiting to meet and greet their runners and a massage facility.

There are numerous bars and restaurants close to the Event Village as well as the regular Harbourside Market, so there is plenty of food and drink options. Check out the exclusive runners' offers at greatrun.org/bristolhalf

OFFICIAL PARTNERS

○ **PUMA** – Once you #CrossTheLine, head to see PUMA who are waiting to celebrate your victory with a unique photo opportunity, then browse the latest range of PUMA Ignite running shoes to help you stay #ForeverFaster on your next run.

○ **Aqua Pura** is the Official Water Brand of the Great Bristol Half Marathon – grab your bottle before the run at the start, out on the course and at the finish line!

○ **Lucozade Sport** is the Official Sports Drink Partner – Lucozade Sport is available in all Finisher's Packs.

○ Series sponsor **Duracell** wants to help you unlock the power to go for longer. Stick close to one of the Duracell bunny

pacemakers. They'll help you pace your run and go for longer to achieve your best time. Duracell bunnies are also out in the crowd handing out Duracell PowerBoards, so look out for your friends and family holding out special motivational messages just for you!

○ **TomTom** – Official Wearable Technology Partner – come and visit our brand new partner located in the Event Village.

○ **Sanex Men** – Official Skin Care Partner.

○ **Pure Gym** is the Official Gym Partner – check out one of our 150 gyms nationwide by using promo code BRIS-TOL7 for a seven day pass, or use promo code BRISTOLJF for zero joining fee when you sign up.

○ **9BAR** is our Official Energy Bar Partner – Super Seed 9BAR is available in all Finisher's Packs, providing a natural good energy fix!

OFFICIAL PARTNERS

Full results will be available at greatrun.org, together with race reports and details of other Great Runs in 2016. Official Great Bristol Half Marathon photographers will be there to capture some of your proudest moments. Visit greatrun.org and follow links to your own Great Run photo album.

SEE YOURSELF ON TV

The Great Bristol Half Marathon will be live on Made In Bristol TV (Freeview Channel 8, Sky Channel 117, Virgin 159, and online).

HAVE A GREAT DAY AND ENJOY THE RUN!

ACKNOWLEDGEMENTS

The organisers of the Great Bristol Half Marathon would like to thank all of the various individuals, organisations and companies who have helped in the build up to the event.

Special thanks go to: Great Run, 9BAR, Athletics Weekly, Aqua Pura, BBC Radio Bristol, Bishop Sutton Cricket Club, Bristol 247, Bristol and West AC, Duracell, Grand Appeal at the Children's Hospital, Great Western Runners, Heart Radio, Holiday Inn, Lucozade Sport, Made in Bristol, ParkRun, Puma, Pure Gym, Sanex, The Sun, South West Ambulance Service, St John Ambulance, TomTom, Westbury Harriers



great bristol

*half
marathon*

*Course subject to change



Distance markers



Water station



Lucozade Sport



Bands on the Run

