

EVENT GUIDE 2023



IT'S FINALLY HERE!

The big day is nearly here, and we want to help you with any event day questions so that you can focus on enjoying your run and soaking up the atmosphere. Any info you might need before the big day is included in this guide. Up to date event information can also be found at greatrun.org.

For event day information and live tracking for your family and friends, download the FREE Great Run app from the iTunes App store or Google Play Store.

For real time updates and to follow all the action on event day, join the conversation on social media - just make sure you use

#GreatSouthRun



@great_run



@GreatSouthRun



@great_run



great_run



YouTube GreatRunTV



We're making some noise for every runner, supporter and volunteer who's invested their time and energy into making the AJ Bell Great South Run an amazing day.

Good luck to all the runners, from everyone at AJ Bell.

 **AJBell**

Feel good, investing.



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TIMETABLE

SATURDAY 14 OCT

AJ Bell Great South 5K

08:00 Event site and information point open

09:50 Warm up

10:00 5k start

AJ Bell Junior & Mini Great South Run

11:50 Mini wave warm up

12:00 Mini wave start

12:20 Junior Girls wave warm up

12:28 Wheelchair wave start

12:30 Junior Girls start

13:00 Junior Boys warm up

13:10 Junior Boys start

14:30 Event site closed



TIMETABLE

SUNDAY 15 OCT

AJ Bell Great South Run

07:00 Event site and information point open

07:30 Baggage opens

10:15 Elite Female start

**10:19 Fast Self-Propelled Wheelchairs and
Visually Impaired Runners start**

10:35 Elite Male start

10:35 Fast Paced Runner and Orange Wave start

10:56 Green Wave start

11:17 Pink Wave start



TRAVEL

When travelling to the event we suggest making use of the public transport options available on the day. Do leave plenty of time to get to the start line as there will be a number of road closures in place for the weekend. You can see a full list of road closures and parking options [here](#).

For information on getting to the start line using public transport, see [here](#) for Portsmouth City Council's map.

Park & Float

The stress-free way to Portsmouth from Gosport. Gosport Ferry's Portsmouth pontoon is a short walk from Portsmouth Harbour Train Station and The Hard Interchange for First Bus, Stagecoach and National Express services. At Gosport, the ferry terminal is right next to the bus station.

The service runs every 15 minutes from 05:30AM-23:00PM every day. For more information and to plan your journey visit Gosport Ferry's website.

If you do need to drive, then there are various car parks in the City Centre which can be seen [here](#). Please bear in mind the extensive road closures in place for the event and leave extra time for your journey.

Any travel updates will be added to the website, so please check the event page ahead of the event for any updates.



TRAVEL

Park and Ride

Park & Ride Portsmouth are running services across the weekend to help runners travel to the events. Please see the full timetable [here](#).

Train Stations

There are two train stations in Portsmouth which you can travel to. Portsmouth and Southsea station is approx. a 30-minute walk to the start line on Clarence Esplanade and Fratton station is approx. a 35-minute walk. If you plan on travelling to the event via train, South Western Railway has a quick and easy journey planner for you to use [here](#).

Parking

If you are travelling by car, be aware that road closures will be in effect from 09:30AM on Sunday. Take a look at this map for the pedestrianised route and event day parking locations.

You will not be able to enter the car park on Southsea Common after 09:45AM and won't be able to leave until 12:30 at the earliest. If you are arriving later, or need to leave early, please use the city centre car parks which are a short walk from the event site.





INFORMATION POINT

The information point will be available on the day for any last-minute queries. If you haven't received your race number for example, or need to collect your race pack, look out for the AJ Bell branded information marquee where our customer service team will be able to assist you with your query.

Location

**Clarence Esplanade
(opposite the Pyramid Centre)**

Opening Times

Saturday 8:00AM - 4:00PM
Sunday from 07:00AM

Safety Pins

If you forget to bring safety pins to attach your run number, don't worry, you can collect some from the stand located next to the Information Point without having to queue.





WAVE START TIME

Your wave colour and start time is detailed on your run number. Signs will direct you to the assembly area on Avenue de Caen and to the start line on Clarence Esplanade (see start map for details).

Run numbers will be sent out approximately two weeks before the event. Once your run number has arrived through the post, you have everything you need for event day and you don't need to visit the information point to register on the day. Simply attach your run number (which has your timing chip attached) to the front of your running top with safety pins and you're all set.

Please note:

Race packs are currently being dispatched to all runners and should arrive no later than Wednesday 11 October. If your race pack is not delivered by the weekend, you can collect a replacement race number from the information point (See page 9).





YOUR RUN NUMBER

This is your unique number, only you must wear it on the day. Please don't swap, copy or change this number - giving someone else access or selling your number on could put them at risk if they're not properly prepared. Your run number should match the master number on your covering letter. If it's different, please contact Customer Services [here](#).

If your run number hasn't arrived through the post, please visit the information point to collect a replacement.

Please Note: If you secured your entry after Friday 6 October, your run number hasn't been posted out and must be collected from the information point. We are also unable to send race packs outside of the UK as we cannot guarantee their delivery, so they will need to be collected from the information point.



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00:00:00

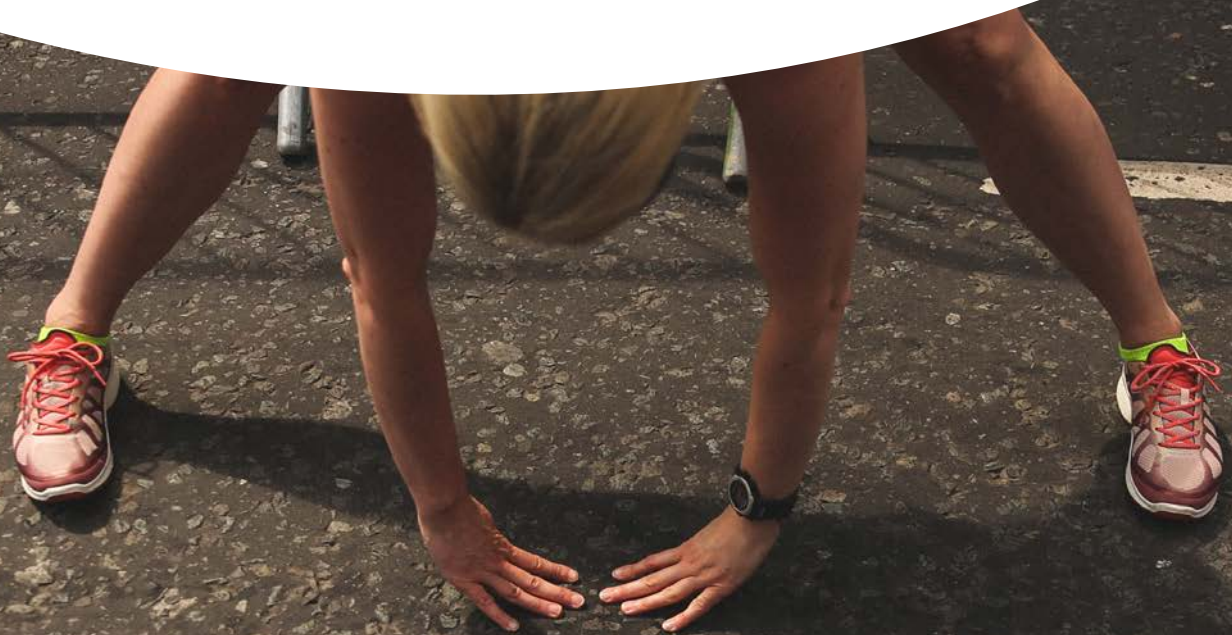
TIMING

Your timing chip is attached to the back of your run number. Please don't remove the chip – it will affect the accuracy of your time. The chip will automatically record your time for you, and you don't need to do anything else. And remember, your chip doesn't need to be returned at the end of the run.



WARM UP

Warm-up artists will be on site to get you warmed up and stretched out. Please use all the space we have created for you. Waves will set off separately to help regulate the flow of runners through the course.



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PACERS

Achieve your best time with the help of the Solgar pacemakers. Follow a pacemaker marked with the time you want to achieve and pace your run to perfection.



RUNNING WITH FRIENDS

If you want to run with a friend but have been issued different coloured run numbers, we ask that you follow a simple rule – runners can move further away from the start line but cannot move to a zone closer to the start line. For example, an Orange wave runner can move back to the Green wave. But a Green wave runner cannot move forward to the Orange wave. If this rule is followed, there is no need to change the colour of your run number on event day.



WALKING

If you plan on walking or walking/running the event, please start at the rear of your wave and stay to the left-hand side of the road for the first few kilometres to allow runners through who want to pass.





BAGGAGE

The baggage point is located in an open sided marquee on Castle Field and will be open from 08:30AM-12 noon on Saturday 14 October and 07:30AM on Sunday 15 October.

Please remember which side you use when you return to Castle Field to collect your bag. Fill in your baggage label (tear off from your run number) and make sure it is secured to your bag.

You'll need your run number to gain access to the marquee to drop off and collect your bag, so we can ensure it corresponds to the baggage label. Once you have dropped your baggage off, please vacate the area to allow other participants access.

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

Baggage Drop Locations

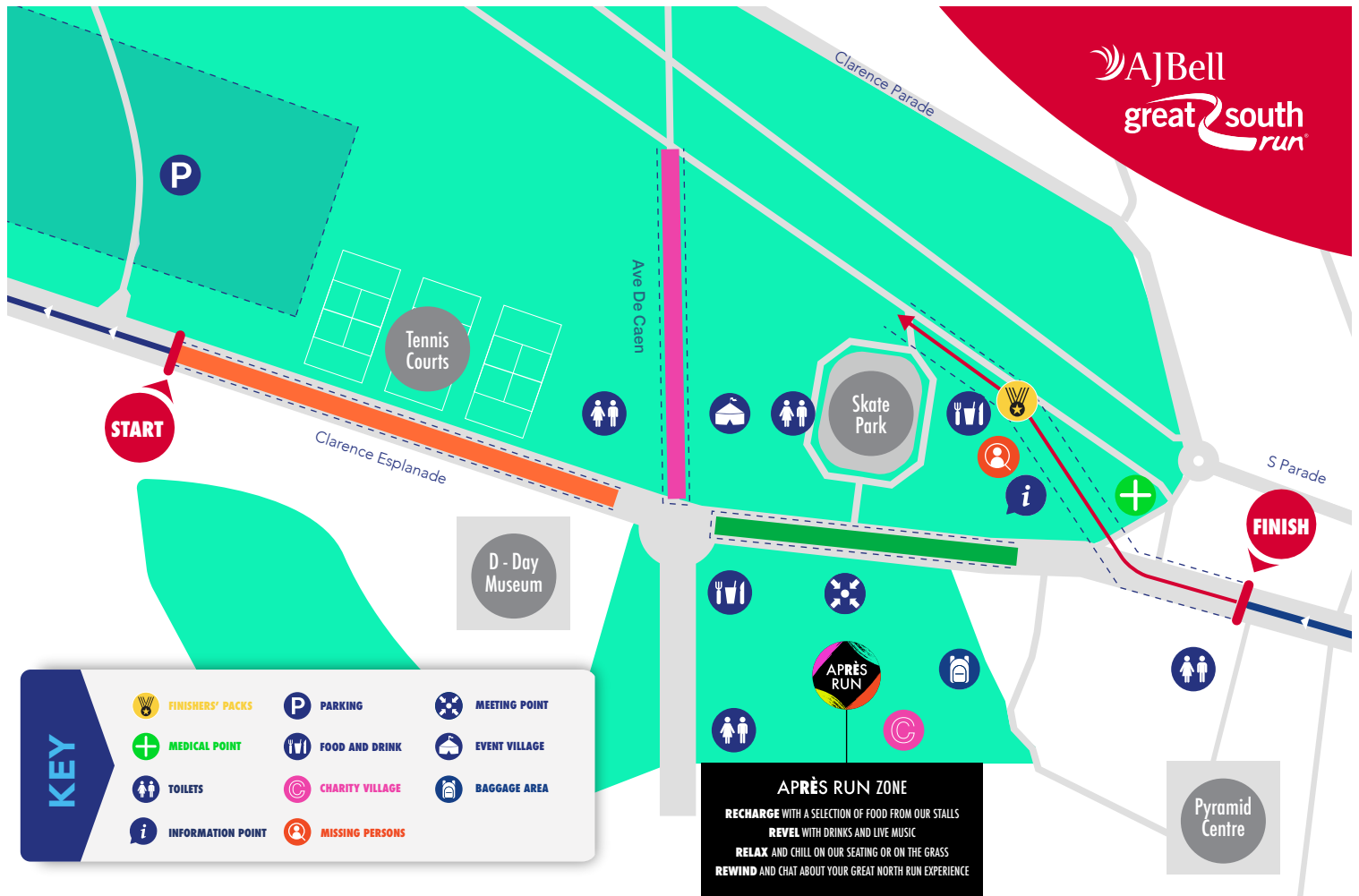
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AJ Bell GREAT SOUTH 5K ROUTE MAP



AJ Bell GREAT SOUTH RUN START & FINISH MAP



AJ Bell GREAT SOUTH RUN ROUTE MAP



AJ BELL GREAT SOUTH RUN ENTERTAINMENT MAP



TOILETS

There will be a number of toilets at the start and finish points. There will also be toilets available at the drink stations on the course. Toilet facilities will be busy before and after the run, so please allow plenty of time.



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FINISH

AT THE FINISH LINE

Don't stop immediately after you cross the finish line – please keep walking for a short distance so that you don't block other runners. If you're running at a rate slower than 17 minutes per mile, you may be asked to move on to the footpath for the later sections of the race.



MEDICAL SUPPORT

Medical facilities will be available near to the finish line and positioned around the course should you require assistance. Please contact a medic or steward if you need help at any time.



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EVENT & CHARITY VILLAGE

The Event Village, located adjacent to **the skate park**, is open to all and features a range of activities and exhibitors for everyone to enjoy - be sure to pop in and check out all the charity stands! It's also a great spot for family and friends to wait for runners, as they cross the finish line and exit the finish system.

The Charity village is located at **Castle Field**, along with the Reunion area and our Après Run zone.



APRÈS RUN

Continue the high energy celebrations and embrace the post-run high by stepping into our Après Run Zone, located at **Castle Field**. There will even be Heart Radio DJ truck providing club anthems and building that party atmosphere.



TUI Post-Race Stretch Zone & Massage

Look out for the TUI stretch zone or head over to the TUI Blue marquee to enjoy a post-race massage.





MEETING POINT

Please arrange to meet family and friends at the Meeting Point on **Castle Field**. Look for the large A-Z banners and stand by the one that corresponds to the first letter of your surname. The Junior & Mini reunion area is on Castle Field towards the end of the secondary finish.



MISSING PERSONS

A missing persons point is located adjacent to the Information Point which is near the skate park on **Clarence Esplanade (opposite the Pyramid Centre)**. If you come across a missing person please contact the nearest event steward, official or police officer.





FINISHERS' PACKS

You will be able to collect your finishers' pack after you cross the finish line. They 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.



If you opted out of receiving a finishers' t-shirt, please follow the signage to the opt-out t-shirt lane to ensure you collect the correct pack. There will be volunteers and stewards on hand to help.



OFFICIAL PHOTOS

Event photos will be going live from the moment you pass a **Marathon Photos Live** photographer on the course. Don't forget to check them out here when you finish and share your run number with your friends and family, so that they can register to be notified as soon as your photos are available.



RUNNER REWARDS

You have exclusive access to **Great Run Rewards powered by Endurance Zone**. Great Run Rewards gives you access to a selection of fantastic discounts from our friends at Endurance Zone. Browse through hundreds of offers from a range of lifestyle, sport, fitness and outdoor brands.





RECYCLING

We're 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 the event site. This isn't just limited to plastic but also includes cardboard, wooden pallets, medals, and signage. We reuse generic signage for as long as we can, and any outdated signage is fully recycled.

Clothing discarded by runners at the start of the race will be collected and donated to local charities. Jog On will also be hosting a recycling point in the event village, where runners can donate old trainers.

As part of our drive to improve sustainability at the event, there will be no bottled water at the start area, so please make sure that you hydrate before you arrive at 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.

We ask that you help us out with our sustainability goals and use the recycling bins on site to discard of any waste accordingly.

You will find three water stations along the Half Marathon route, and one water station along the 10K route (see map for locations). If you opt to bring your own standard single use plastic water bottle, please ensure that you dispose of it in the clearly marked recycling bins available at the start and finish areas.



great south
run[®]
**junior
& mini**

In celebration of the coast, the theme of this year's Junior and Mini Great South Run is 'Seaside Saturday'!

Minis aged 3-8 take on a daring 1.5km dash, while Juniors aged 9-15 tackle a 2.5km supercharged sprint. With plenty of encouragement and high fives from the crowds, it's an action-packed day with an atmosphere like no other.

This year, it's time for a day at the beach which means seaside creatures, sequins and tentacles, mermaids and pirates and more. We have prizes for the best fancy dress so get involved and get ready for an out-sanding day.

For the first time, Junior and Mini South Run runners will be joined by our very own mascot Tyney the Tortoise too. Tyney is our official Great Run mascot who made their first appearance at the Junior and Mini Great North Run in 2022. With the aim to get kids around the country running and active, Tyney will be making their Portsmouth debut at this year's AJ Bell Great South Run for high fives, photo opportunities, and lots of fun.



Good luck to all of the Junior and Mini runners taking part in this year's event. We can't wait to cheer you along on Saturday 14 October. If you've got your run number, you're all set. If your run number hasn't arrived, or you entered after Friday 6 October, you will need to visit the information point located near the skate park on Clarence Esplanade (opposite the Pyramid Centre). The information point is open on Saturday 14 October from 08:00AM

On the course

Mini runners must be accompanied by an adult around the course.

Timing

Junior runners will be timed and will be able to check their time on the website [here](#) after the event.

At the finish

Don't stop immediately after you cross the finish line – please keep walking for a short distance so that you don't block other runners. Junior and Mini finishers will be able to help themselves to a finisher's bag that contains a bottle of water, two treats, and the all-important medal! The Junior and Mini reunion point is located in Castle Field.

Missing persons

A missing persons point is located adjacent to the Information Point which is near to the skate park on Clarence Esplanade (opposite the Pyramid Centre). If you come across a missing person, please contact the nearest event steward, official or police officer.



Course Map



HAVE A HAPPY & HEALTHY RUN

Make sure you are healthy enough to take part in your run. Please 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. If you experience heart palpitations, light headedness or dizziness, chest pain or tightness, shortness of breath, excessive wheezing, or severe joint and muscle pain during or after, this can be a sign of a serious condition. Seek advice on taking part in the event after a bout of flu or gastroenteritis. Don't be tempted to start just because you've collected sponsorship to raise money for charity.



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EVENT DAY TIPS



Make sure you're comfortable - don't wear new trainers for the first time on race day. Ideally, run in your shoes for around a month before the event.



Stay warm - 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 and 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 - it's the best way to enjoy the event.



When you finish, try to collect your bag as soon as you can. Put on some warm, dry clothing to avoid getting cold. Take a drink as soon as you can after crossing the finish line.





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.



Avoid dehydrating alcoholic drinks for 24 hours before you run and make sure you're fully hydrated with water or squash before consuming any alcohol post-event.



Make sure you know where the drink stations are on the route. Water will be available but only take a drink if you need one. During a run, drink when you need to. Don't take big gulps if you're not thirsty – you could put yourself in a condition called hyponatremia where your body salts become diluted, possibly causing confusion, and vomiting.





GOOD MOVE by M&S
Activewear that performs



What. A. View.

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over 55 destinations

TUI are official sponsors of the AJ Bell Great South Run and to help support your next adventure you can use code TUISOUTHRUN23* and save an extra £100.

*T&Cs apply. Visit www.tui.co.uk/destinations/info/deals-terms-conditions for more details

 **TUI**
Live Happy

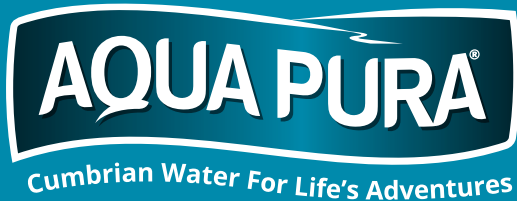


**Good luck Great South Runners!
Reach your gold standard. With ours.**



THE SOLGAR GOLD STANDARD.

Food supplements should not to be used instead of a varied balanced diet and a healthy lifestyle. Solgar is a registered trademark.



Official hydration partner of the



aqua-pura.com  



It's easy to win with Aqua Pura PURAdventures. Keep an eye out on our social platforms for this launching soon for your chance to win holiday vouchers and other instant win prizes!



FOLLOW US ON INSTAGRAM



You're amazing!

Our life-saving work is only made possible by the extraordinary efforts of people like you.

Thank you to all of our runners taking part in the Great South Run. Together we will beat cancer. It's not too late to join our team and fundraise for research into more than 200 types of cancer.

Sign up today at: cruk.org/team



Registered with
**FUNDRAISING
REGULATOR**

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). © Cancer Research UK 2022.



**CANCER
RESEARCH
UK**

Together we will beat cancer

A run to remember.

Go team Alzheimer's Society!

Thank you to all of our amazing runners taking part in the **Great South Run**.

Every step you take is one closer to leading dementia research breakthroughs. So, get out there, find your stride, and feel full of pride as you give help and hope to everyone living with dementia.

Join Alzheimer's Society at the start line of your next race and together, we can stop dementia devastating lives.

Search '**Alzheimer's Society Running**' to choose your challenge.

 Alzheimer's Society

alzheimers.org.uk/running



GOOD LUCK &
ENJOY YOUR DAY

FROM THE AJ BELL GREAT SOUTH RUN TEAM
AND OUR PARTNERS