



great **bristol**
run®

In partnership with

EXPRESSTEST
by Cignpost

EVENT GUIDE

SUNDAY 19 SEPTEMBER 2021

Event day is just around the corner and we hope you're starting to get excited. We've created this guide to give you all the event day information you need, so all that's left to do is enjoy your big day!

Find all the event information online at greatrun.org/bristol, including **details of the changes** we've made to this year's event, timetable information, start and finish details and more.

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

Don't forget to tag us on social media with your medal selfies by using **#GreatBristolRun**





KEY UPDATES

- For the first time, the half marathon and 10k will take place on the same day, so please be aware that 10k runners will be taken on a slightly different route to half marathon runners at 2 points on the course. More information on these can be found below.
- This year, the 10k route will take you through the city centre
- You have been allocated an arrival time and an approximate start time, please arrive at your allocated timeslot.
- A one way system will be in place to move in and around the event site.
- There will be no warm up this year, however there will be plenty of space to do your own stretches.

You **WILL** be required to complete an online health assessment before arriving at the event to let us know that you have either:

- **Completed a lateral flow test, with a negative result**
- **Completed a PCR test, with a negative result**

Or

- **You are double-jabbed against COVID-19**
- **You have recently tested positive for COVID-19 and since recovered**

You will receive an email from Great Run on Saturday 18 September with further details on completing the online health assessment.

TRAVEL & PARKING

BY BIKE

If you're travelling to the event by bicycle then take a look at the **Better By Bike** website that will help you plan your route and find bike parking.

ROAD CLOSURES

There will be a number of road closures in order to facilitate the safe delivery of the event.

For traffic queries, information about road closures and alternative routes please email **travelbristol@greatrun.org**, or **[click here](#)** for more details.

Tow away information

For safety reasons, vehicular movement will not be possible during the event along the course, and we are also asking residents/ businesses not to park on roads used for the event course during road closure times. Tow away will be in operation on some sections of the roads where parking bays have been suspended and clearly marked. If your vehicle is left in an area affected by the uplift and is towed away on Sunday 19th September, you should contact 0808 164 4654 to establish where it has been moved to.

We apologise for any inconvenience that this event may cause you. Event stewards and course staff will assist traffic, businesses, and residents wherever possible on the day of the event.

TRAVEL & PARKING

THE CAR

We strongly recommend that you use the excellent Public Transport that Bristol has to offer, however should you need to travel to the event by car please see the below information regarding city centre car parks or take a look at the [car park map](#).

Please note: that due to road closures your usual route to the car park may not be possible. The following central multi story car parks will be open and accessible to the public on Sunday 19th September:

1. **Trenchard Street - Entrance from Lodge Street and Trenchard Street (Open 24 hrs)**
2. **West End Car Park is currently closed for refurbishment and is unavailable for parking on event day.**
3. **St James Barton (Open 24 hrs)**
4. **Rupert Street (Open 24 hrs)**
5. **Cabot Circus (Car park open 24 Hrs, shopping open 11am until 5pm)**
6. **Nelson St (Open 24 hrs)**

For all traffic and travel queries, information about road closures and alternative routes please email travelbristol@greatrun.org.

WALKING

If you are making your way to the course by foot, please take into consideration the walking times. Key times to note are:

From The Centre to the Arrival Zone: 10 mins walk

From Temple Meads Station to the Arrival Zone: 20 mins walk

TRAVEL & PARKING

THE BUS

For local bus services check out travelwest.info as due to road closures there will be a number of alterations to the regular timetable.

THE TRAIN

The closest Train station is Bristol Temple Meads which is about a one mile (20 minute) walk.

There's no engineering work planned affecting services into Bristol Parkway or Bristol Temple Meads.

THE FERRY

The cross harbour ferry service (Number Seven Boat Trips) will be running a ferry service across the harbour for the event to enable people to get over to the SS Great Britain and Spike Island. This service will run until 17:30.

Runners and spectators will also be able to travel using Bristol Ferry Boats who will be running consistently throughout the entire event, from Temple Meads, City Centre and Hotwells all day long from 10am until 6pm.

Keep up to date with their travel service [here >](#)

BY AIR

Bristol Airport will be operating as normal but you may need to allow extra time for your journey and take an alternative route.



RUN NUMBER & TIMING CHIP

Your wave colour, start time and arrival time is detailed on your run number. Please ensure you check this and arrive at the event at your allocated time.

Once your run number has arrived through the post you have everything you need for event day and you do not need to visit the information point to register. 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!

If your number hasn't arrived through the post, you'll need to visit the information point located in the Bristol Amphitheatre (see the start map below).

Your run number should be identical to the number in your cover letter, if not, please contact customer services: info@greatrun.org

Only you must wear your run number on the day. Please don't swap, copy or change your number. Selling it on or giving someone else access to your number might put them at risk if they're not prepared properly.

Your timing chip is attached to the back of your run number, please don't remove or cover the chip as it may affect the accuracy of your time. It will automatically record your time as you cross over the timing mats located at the start, various locations around the course, and at the finish, so you don't need to do anything. You don't need to return your chip at the end of the day.



WHAT3WORDS LOCATIONS

If you're new to the event or would like to know the exact location of key places like the baggage facility or start line on event day, then what3words is the perfect app for you.

We are working with what3words to help you – and your family and friends – find your way to important locations on the day. For more information download the what3words app or visit [what3words.com](https://www.what3words.com).

Find below the key what3words addresses for the Great Bristol Run.

Location for Arrivals Zone is: **tests.camp.throw**

Location for Assembly Zone is: **port.home.mock**

Location for Start Line is: **salad.feared.royal**

Location for Baggage Drop is: **marble.beside.locals**

Location for Customer Information is: **rare.above.simple**

Location for Finish Line is: **lowest.busy.sport**

Location for Charities is: **stand.advice.fact**

Location for First Aid point is: **twice.impact.hood**

Location for Missing Persons is: **circle.fallen.sings**

Location for Meeting Point is: **later.wedge.daring**



YOUR BAGGAGE

Baggage is located in the Bristol Amphitheatre, south of Millennium Square (what3word address: **marble.beside.locals**).

The baggage area will be located outside and will be in an uncovered fenced-off area, so we recommend securing your belongings in a waterproof bag in case of inclement weather.

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

To gain access to the baggage area and to collect your bag you will need to show your run number.

ON ARRIVAL

ARRIVAL ZONE

It's important to arrive at the Arrival Zone at your allocated time (found on your run number) as this will help to stagger and space out runners throughout the day.

Access to the Arrival Zone will be via a one-way system from the East of Bristol City Centre (Queens Square and Temple Meads direction). Please ensure you look at the maps in this guide and follow them accordingly.

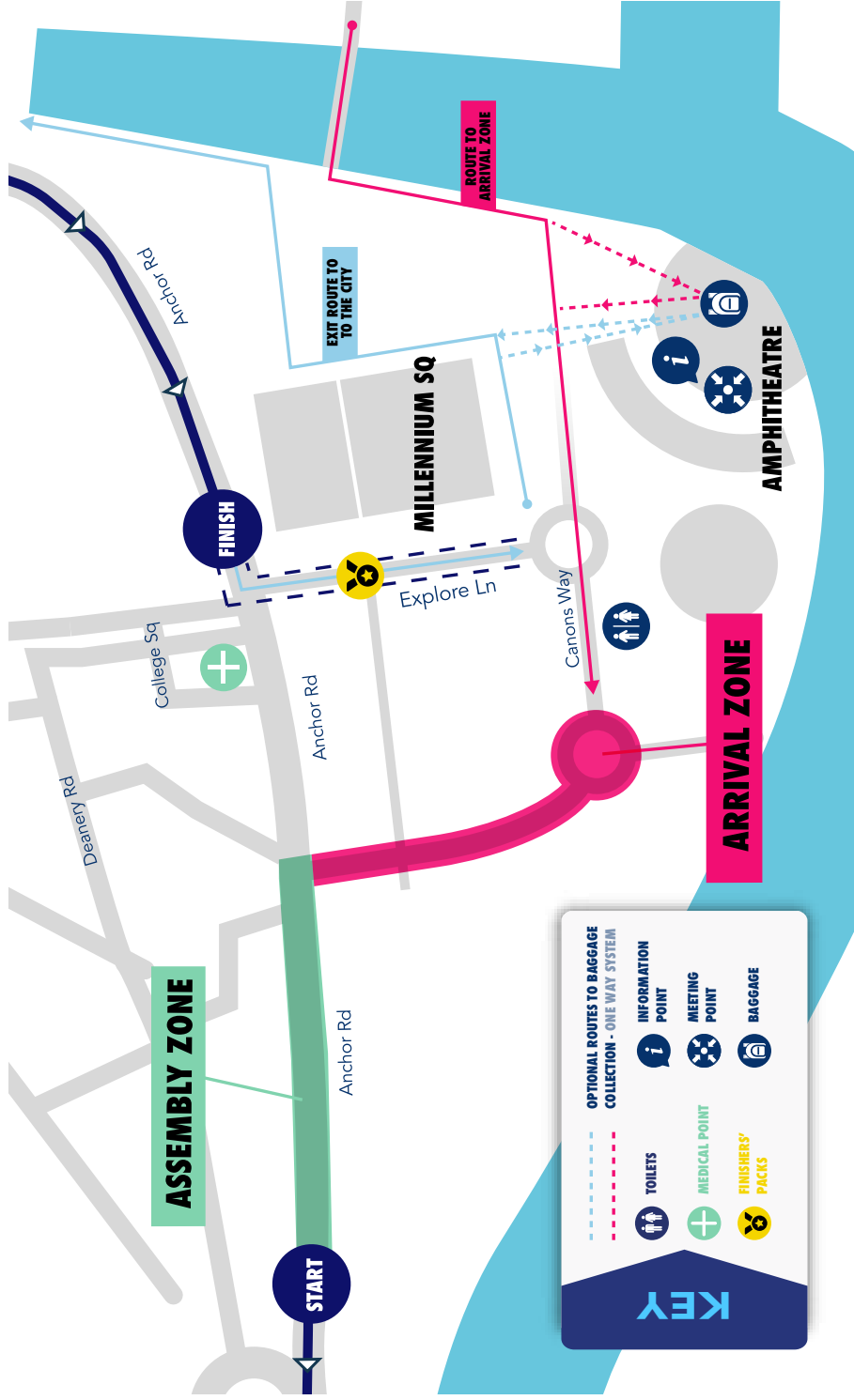
Please note There will be a one-way system in place on Pero's Bridge to allow for social distancing. Runners will be able to arrive from the East side of the bridge and walk towards the start line between the following times: 08:15-10:45. After this time the bridge will return to a normal two-way crossing point.

ASSEMBLY ZONE

After coming through the Arrival Zone, clearly marked routes along the one-way system will direct you to the Assembly Zone ahead of the start line on Anchor Rd.

Entrance to the Assembly Zone will be via access gates located at the end of the Arrival Zone and they will be managed to ensure that only the correct coloured run numbers enter.

START & FINISH MAP





TIMETABLE

We've provided different arrival times for each coloured wave (detailed in the timetable below) to allow runners to enjoy a socially distanced event. Please make sure you arrive at your allotted time.

0830 Runner assembly areas open – Main event and Family Mile

0830 Family Run Arrival Time

0830 Orange Wave Arrival Time

0845 Start of the Great Bristol Family Run

0855 Start of the Great Bristol Wheelchair Race (10k)

0858 Start of the Great Bristol Run Visually Impaired Challenge (10k)

0900 White Wave Arrival Time

**0900 Start of the First wave - Great Bristol Run
(10k fast paced and HM Orange) ***

0930 Start of the Second wave – HM White *

0930 Green Wave Arrival Time

1000 Start of the Third Wave – HM Green *

1000 Red Wave Arrival Time

1030 Start of the Fourth Wave – 10k Red *

1030 Blue Wave Arrival Time

1100 Start of the Fifth Wave – 10k Blue *

All runners should arrive 30 minutes before the start of their wave*

The timetable may be subject to change due to operational requirements.



AT THE START

In order to accommodate social distancing the start will work a little differently this year.

Waves will be set off in a steady flow to help regulate the number of runners through the start and around the course. Therefore, it's important to arrive at the time allocated to you on your run number.

Once you have had your run number checked, and you have entered our Assembly Zone, you will gradually make your way to the start line, where your race will start!

There will be no warm up at this year's event, however the event site and start areas have been designed with social distancing in mind and there will be room to do your own stretches before you start.

You should use the toilet facilities before you enter your Assembly Zone. Toilets are available at the start/finish areas, Canons Way, Cathedral Walk and near the event village. 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.

If you would like to walk or part walk the event we suggest starting at the back of your wave and keep to the left for the first part of your run to allow runners to pass.

A missing person's point is located in the Event Village in the Bristol Amphitheatre. If you come across a missing person please contact the nearest event steward, official or police officer.

AT THE START



MOVING WAVES

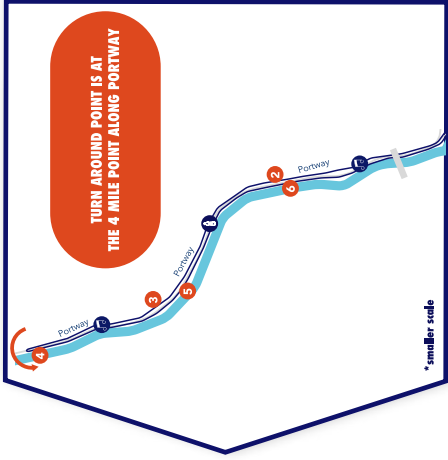
We highly recommend arriving and starting at your allocated times, however if you are hoping to run with a friend who has been allocated a different arrival and start time to you, you can move to the LATER arrival and start time, but you will not be permitted to move to the EARLIER arrival and start time.

For example, if Sarah's arrival time is at 08:30 but she would like to run with David, who's arrival time is at 09:00, Sarah would need to drop back to David's arrival slot and arrive at the site at 09:00. David would not be permitted to move to the earlier arrival slot of 08:00 to join Sarah.

You do not need to visit the information point to arrange this.

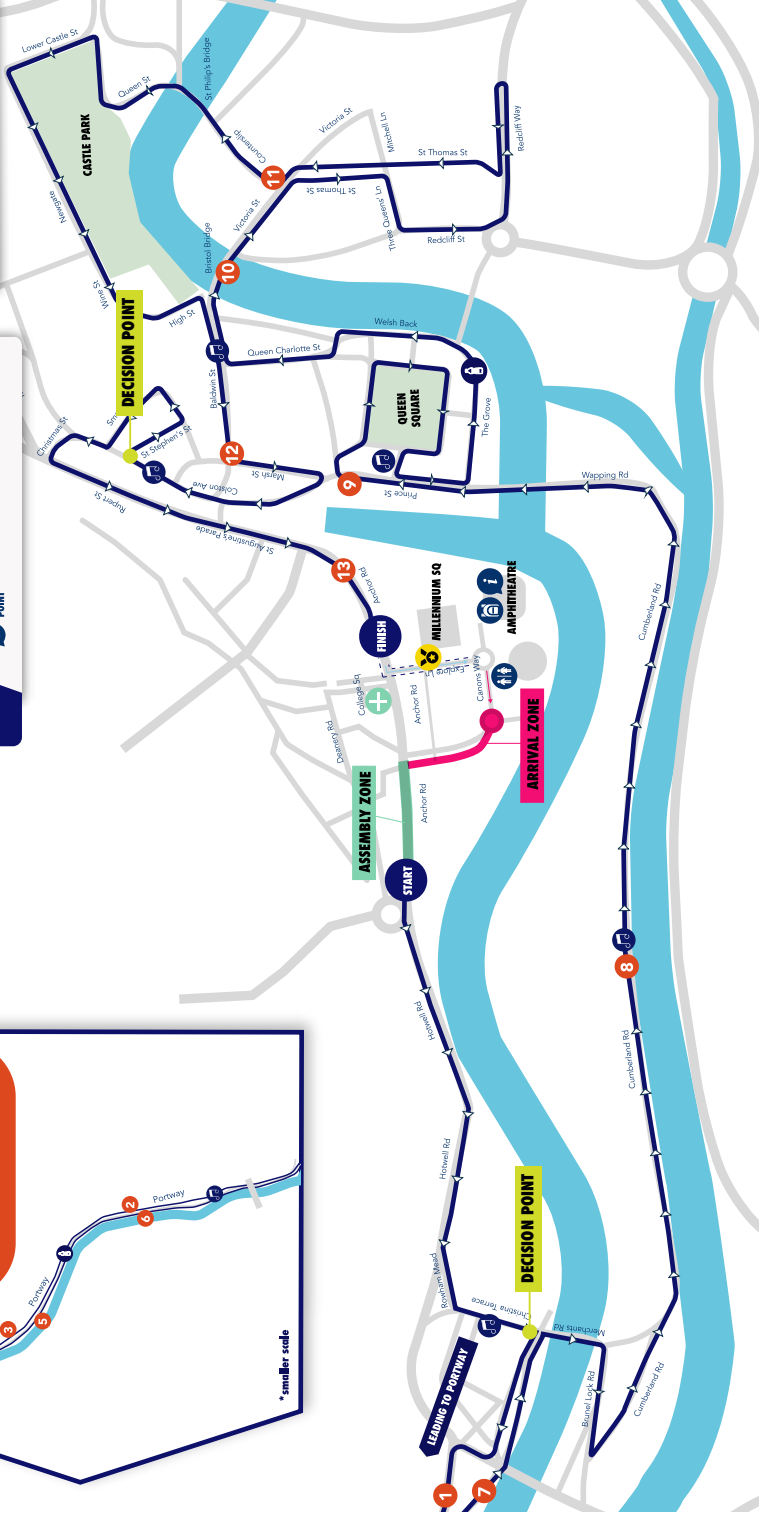
No half marathon starters will be permitted after 10:30 – Please do not be late to the start or you will unfortunately be unable to complete the whole distance.

HALF MARATHON COURSE MAP



KEY

- MEDICAL POINT
- BAGGAGE DROP
- HYDRATION AND RECYCLING STATION
- MILE MARKER
- MUSIC ZONE
- INSPIRATION POINT
- FINISHERS PACKS



ON THE COURSE

DECISION POINTS

Before you set off on your run, please ensure you know the location of the Decision Points (see course map). At approximately 1 mile into the 10k and half marathon routes, 10k runners will continue straight on and will not turn right onto The Portway. Half marathon runners will need to keep to the right and turn onto The Portway.

At approx. 1km before the finish (on both the half marathon and 10k routes) there will be a second Decision Point, where 10k runners will need to continue straight, and half marathon runners will need to go right.

There will be signage along the course to direct you but please ensure you know which route you are following and don't necessarily follow the person in front, as they may be doing a different distance to you.

MUSIC ZONES

RSVP DRUMMERS - 1.5 Miles

BATALA SAMBA - 3.5 Miles

KABOOZLE - 8 Miles / 2k

CHAI FOR ALL - 9 Miles / 4.5k

DRUM RUNNERS - 10 & 12 Miles / 5k & 8.5k

DANNY WHITE - 12.7 Miles / 9k

ON THE COURSE

A photograph of a woman in a blue t-shirt with 'Manchester University' and 'NBS' logos, running with her arms raised in celebration. She is smiling and looking towards the camera. Other runners are visible in the background, slightly out of focus.

A FINISH LINE FOR EVERYONE

No matter what your pace, everyone is running the same event and everyone will get to cross the finish line. If you're running at less than a 12 minute per km pace you may be asked to move on to the footpath for the later sections of the run.

FEED STATION INFORMATION

Due to Covid-19 there will be no energy gels or bloks provided on the route. We recommend training with energy products before taking part on event day, and then taking them with you while you make your way around the course.

GREAT RUN APP

If you've got family and friends who would like to see how you're getting on as you make your way around the course, why not encourage them to download the free Great Run App so they can track your progress.

Each time you cross over a timing mat around the course the app will update your location so that your friends and family can see how you're getting on.

You can download it for free via iTunes or Google Play.



AT THE FINISH

Please don't stop immediately as you cross the finish as there may still be people finishing behind you.

Medical facilities will be available near to the start and finish line, and staff from St John's Ambulance and South West Ambulance Service will be positioned around the course should you require assistance. 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, your finisher's t-shirt and other treats.

Please collect your bag up from the appropriate table.

Once you have finished the run, there are numerous bars and restaurants in Bristol where you can refuel, rehydrate and celebrate.

Visit greatrun.org/photos in the days following the event to view and purchase the official event photos taken by Marathon Photos.

You can also find your results after the event has finished by visiting greatrun.org/results

When you have finished your race, it is recommended that you exit to the East and follow the one-way system away from the Arrival Zone. Once the last starters have set off, at approximately **1145**, will you be able to exit to the North and West.

GREAT BRISTOL FAMILY RUN



The Great Bristol Family Run promises to be a fantastic day out for the kids. Not only will they get to be centre stage for the morning, they'll also be rewarded with a shiny new medal as soon as they cross the finish line.

The Great Bristol Family Run is approximately 1-mile in distance, starting and finishing on Anchor Road at 8:45 on Sunday 19 September.

Good luck to all the young runners!

Take a look at the course map to see where you'll be going.



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 located throughout the course. Check the course map for more detail on where they are located.

This year there will only be one water station on the 10k course, there will be three opportunities for water on the Half Marathon.

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.

GREAT RUN & COVID GUIDANCE

The Great Bristol Run has been planned with your health and safety at the heart of it. The changes to the event that are detailed within this guide is our way of doing all that we can to ensure a COVID-secure event.

We'd like to ask for your help to maintain these standards and ensure the protection of those around you, therefore if you display any Covid-19 symptoms, we ask that you do not attend the event.

You will be asked to complete an online health questionnaire before getting to the event, more details on this will be sent to you via email on Saturday 18 September.

The main symptoms of Covid-19 are:

- A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- A loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

For more information on the symptoms of Covid-19, please visit

www.nhs.uk/gettested

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 sunscreen, but not too much - you don't want it running into your eyes as you sweat.



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.



Avoid dehydrating alcoholic drinks for 24 hours before you run.

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. Bottled water will be available, but only take a drink if you need one.

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





Planning a holiday abroad, have you booked your COVID-19 travel testing?

We offer fast, affordable & reliable COVID-19 travel testing at over 30 sites across the UK, with prices from £35.



expresstest.co.uk



Trustpilot

Official Sustainable Energy partner of the **Great Bristol Run**



EQUANS is the new name for the services activities of global energy provider, ENGIE - combining energy solutions, facilities and regeneration services for the benefit of individuals, businesses and communities.

Expanding on ENGIE's purpose to make net zero carbon happen, EQUANS has the mission to connect, power & protect - empowering businesses and communities to fully embrace a greener, more efficient and increasingly digital world.

