

The Great South Run logo, featuring the words "great" and "south" in a sans-serif font, with "run" in a script font below "south". A stylized swoosh underline connects the two words.

great south  
run

In partnership with

The logo for EXPRESSTEST by Cignpost. "EXPRESSTEST" is in a large, bold, sans-serif font, with "by Cignpost" in a smaller font below it.

EXPRESSTEST  
by Cignpost

A wide-angle photograph of a large crowd gathered on a grassy area near a body of water, with a lighthouse visible in the background. The text "EVENT GUIDE" is overlaid in large, white, bold, sans-serif capital letters.

# EVENT GUIDE

**SATURDAY 16 AND SUNDAY 17 OCTOBER 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/south\*\*](https://greatrun.org/south), 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 **#GreatSouthRun**.





# KEY UPDATES

We've made some changes to the way the Great South Run is delivered in 2021 to keep all of our runners, volunteers and staff safe. Please follow instruction from event staff on the day.

- **You have been allocated an arrival time and an approximate start time, please arrive at your allocated timeslot.**
- **The site layout will be different this year, please follow the directional arrows where requested.**
- **There will be no warm up this year, however there will be plenty of space to do your own stretches.**
- **We will be releasing runners over the start line at a slower rate than in previous years. This will ensure that everyone has lots of space to run while they are on the Great South Run route.**
- **Thanks to our sanitizer partner Nursem we will have lots of opportunities for you to sanitise your hands at the event, These will be both at the start and finish, and around the main event site.**



# KEY UPDATES

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 16 October with further details on completing the online health assessment.

# TRAVEL & PARKING

We highly recommend planning your travel and transport to the start line ahead of event day to ensure that you can have a calm and enjoyable morning before you run.

For information on getting to the start line on Sunday 17 October using public transport, see here for Portsmouth City Council's map: **[See Here](#)** for plenty of public transport information and handy tips for travelling around the city. The document includes information about travelling by train, bus, and ferry.

## **Park & Float**

The stress-free way to Portsmouth from Gosport. Simply park at Walpole Park car park (South Street, Gosport, PO12 1ER), download the MiPermit App onto your smartphone & search location 708547 to buy your chosen ticket. Then either hop on the bus (the stop is opposite the car park on South Street), or take the short walk through the town centre, to the ferry terminal. The service runs every 15 minutes from 05:30 – 23:00, every day.

Ticket prices:

Day Return £7.00

Family Day Return £9.90 (2 adults & up to 3 children/ seniors)

# TRAVEL & PARKING

## **Park and Ride**

If you are travelling to the Great South Run via car, road closures will be in effect from 09:30. Take a look at this [map](#) for the pedestrianised route and event day parking locations.

You will not be able to gain entrance to the car park on Southsea Common after 0930, and won't be able to leave until 1230 at the earliest. If you are arriving later on need to leave early please use the city centre car parks a short walk from the event site

## **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. As an official event partner, South Western Railway are also offering incredible days out, delicious food and drink and even more as a way to say well done to all our runners. Check out the rewards via our [Great South Run Rewards page.](#)

# 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 a cabin near to the skate park on Clarence Esplanade (opposite the Pyramid Centre).

The information point will be open on Saturday 16 October from 08:30 – 14:30, and will also be open from 08:00 on Sunday 17 October.

Your run number should be identical to the number in your cover letter. If not, please contact our customer services team via the website [here>](#)

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.

An aerial photograph of several runners on a dark asphalt track with white lane markings. The runners are in various stages of a stride, and the image is used as a background for the top half of the page.

# 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://what3words.com). Find below the key what3words addresses for the Great South Run.

Location for Assembly Zone is: **sheets.pads.proven**

Location for Start Line is: **locals.pest.losses**

Location for Baggage Drop is: **senses.wage.number**

Location for Information Point is: **tables.latest.gravy**

Location for Finish Line is: **menu.tests.lost**

Location for Charity Village is: **across.groups.person**

Location for Meeting Point is: **joined.dart.served**

Location for Medical point is: **venues.menu.movies**

# YOUR BAGGAGE



The baggage point is located in an open-sided marquee on Castlefield and will be open from 08:30 on both Saturday 16 and Sunday 17 October.

Please note that on Saturday 16, the baggage area will close at 12 noon after the Great South 5K.

Expect extra security around the baggage area including spot checks. Only runners with numbers will be able to access this facility.

Before leaving your belongings in the baggage facilities, make sure you fill in your baggage label by removing it from your run number and attaching it to your bags.

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

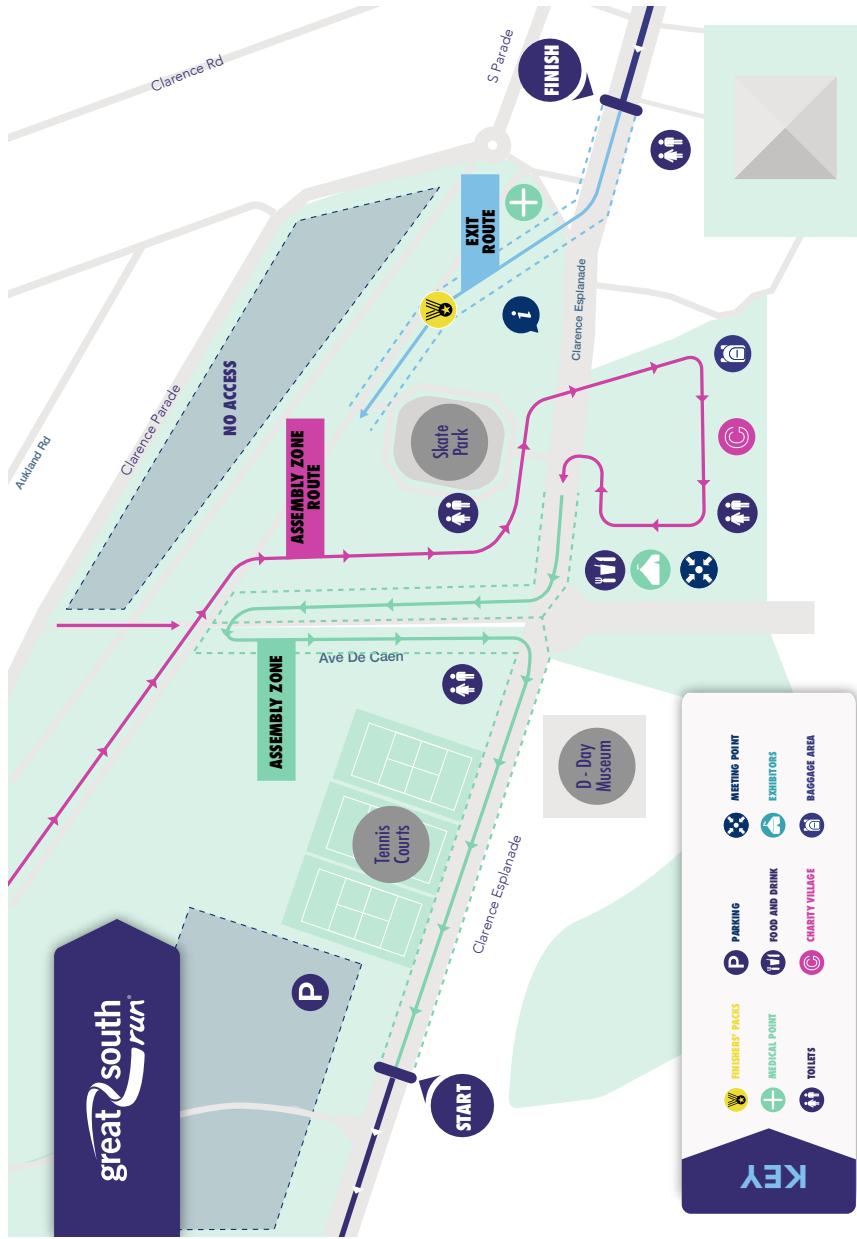
If your run number hasn't arrived through the post, you'll need to visit the information point located in a cabin near to the skate park on Clarence Esplanade (opposite the Pyramid Centre).

The information point will be open on Saturday 16 October from 08:30 – 14:30 and will also be open from 08:00 on Sunday 17 October.

Toilet facilities will be available in a number of places. Look for signage or ask one of the information staff on site for directions. You should use the toilet facilities before you enter the Assembly Zone. Toilet facilities will be busy before and after the run, so please allow plenty of time.

A missing person's 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.

# START & FINISH MAP





# TIMETABLE

We've provided you with 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.

08:00 Information Point opens

09:30 Assembly Zone opens for fast paced club runners and  
ORANGE wave

**10:00 Start of the Great South Run fast-paced runners &  
ORANGE wave**

10:00 Assembly Zone opens for WHITE wave

**10:30 Start of the Great South Run WHITE wave**

10:30 Assembly Zone opens for GREEN wave

**11:00 Start of the Great South Run GREEN wave**

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

We recommend arriving at the event no more than an hour before your start time. This will give you 30 minutes to visit the information point, drop any baggage off, and use the toilet facilities, before you make your way to the Assembly Zone on Avenue de Caen at your allotted arrival time.

# 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 race number checked, and you have entered the 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.

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.

# 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 08:30 to join Sarah.

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

# 10-MILE COURSE ROUTE

great south  
run

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by Cignapost

## KEY



BAGGAGE



MUSIC ZONE



MEDICAL POINT



TRAIN STATIONS



MILE MARKER



HIGHLAND SPRING  
HYDRATION STATION



# ON THE COURSE



The event is famous for its buzzing atmosphere, iconic music and entertainment zones, and a route that takes runners past HMS Victory, Portsmouth's historic dockyard and the glorious seafront finish. Prepare to be entertained from start to finish by a host of live music and local legends, our very own Beats Boost zone and the high-energy Wave 105 crew.

Also on route, you will pass the brand-new Thank You Zone which will recognise the incredible efforts, throughout the pandemic, of our NHS heroes, fundraisers, teachers, supermarket workers, care home carers, sports coaches, mental health guardians, and many more.

With 10 entertainment zones and 3 charity cheering squads, we'll have you bopping, clapping, singing, and running from start to finish.

Leading the way for runners will be the 100% electric Nissan LEAF's as our official lead vehicle. Nissan are excited to be electrifying the Great Run series 2021 to create a cleaner, more sustainable event for all.

## **WATER STATIONS**

This year, courtesy of our Official Hydration Partner, Highland Spring, there will be 2 Highland Spring Hydration Stations water stations available out on the course to keep you hydrated as you go. Highland Spring use 100% recycled plastic for their bottles, which are also 100% recyclable themselves!

# ON THE COURSE

## A FINISH LINE FOR EVERYONE

No matter what your pace, everyone is running the same event and every last runner will be able to enjoy the feeling of crossing that finish line. If you're running at less than a 17 minute per mile 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.

To celebrate the partnership CLIF are offering exclusive nutrition 'training-packs' for all registered entrants with a range of Before/During/After products.

Bag yourself £15 RRP of nutrition for only £8! (Plus P&P, Limited Stock)

**[Claim Your Pack Here>](#)**

## 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 Central 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 courtesy of Highland Spring, your medal, your finisher's t-shirt and other treats.

Please collect your bag up from the appropriate table.

Once you've finished the run, there are numerous bars and restaurants in Southsea and Portsmouth where you can refuel, rehydrate and celebrate.

Your official photos will be going LIVE from the moment you pass a MarathonPhotos.Live photographer, located out on course. Share your run number with friends and family and they can register to be notified as soon as your photos are available online by clicking [here](#)

Alternatively, visit [\*\*greatrun.org/photos\*\*](https://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.\*\*](https://greatrun.org/results)



## TIMETABLE

08:30 Information Point opens

**10:00 Start of the Great South Run 5k wave**

*We recommend arriving at least 30 minutes before the event start time to visit the information point, drop any baggage off, and use the toilet facilities*

Good luck to everyone taking part in this year's Great South 5k event. We can't wait to cheer you along on Saturday 16 October.

If you've got your run number you're all set, if your run number hasn't arrived, or you entered after Friday 15 October, you will need to visit the information point located in a cabin near to the skate park on Clarence Esplanade (opposite the Pyramid Centre).

The baggage point is located in an open-sided marquee on Castlefield and will be open from 08:30-12 noon on Saturday 16 October. Only runners with numbers will be able to access this facility. Before leaving your belongings in the baggage facilities, make sure you fill in your baggage label by removing it from your run number and attach it to your bags. 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.

To gain access to the start line on Clarence Esplanade we recommend arriving from South Parade. Once you finish, you'll be able to collect your well-earned finishers' bag that will include your medal, t-shirt and a bottle of water.



great south 5k  
run

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## TIMETABLE

- 11:45 Great South Mini Run starts**
- 12:30 Great South Junior Wave 1 Start (Girls 9 - 11, Blue)**
- 12:30 Great South Junior Wave 1 Start (Girls 12 - 15, Blue Stripes)**
- 13:15 Great South Junior Wave 2 Start (Boys 9 -11, Red)**
- 13:15 Great South Junior Wave 2 Start (Boys 12 -15, Red Stripes)**

Good luck to all the Junior and Mini runners taking part in this year's event. We can't wait to cheer you along on Saturday 16 October. If you've got your run number you're all set, if your run number hasn't arrived, or you entered after Friday 8 October, you will need to visit the information point located in a cabin near to the skate park on Clarence Esplanade (opposite the Pyramid Centre).

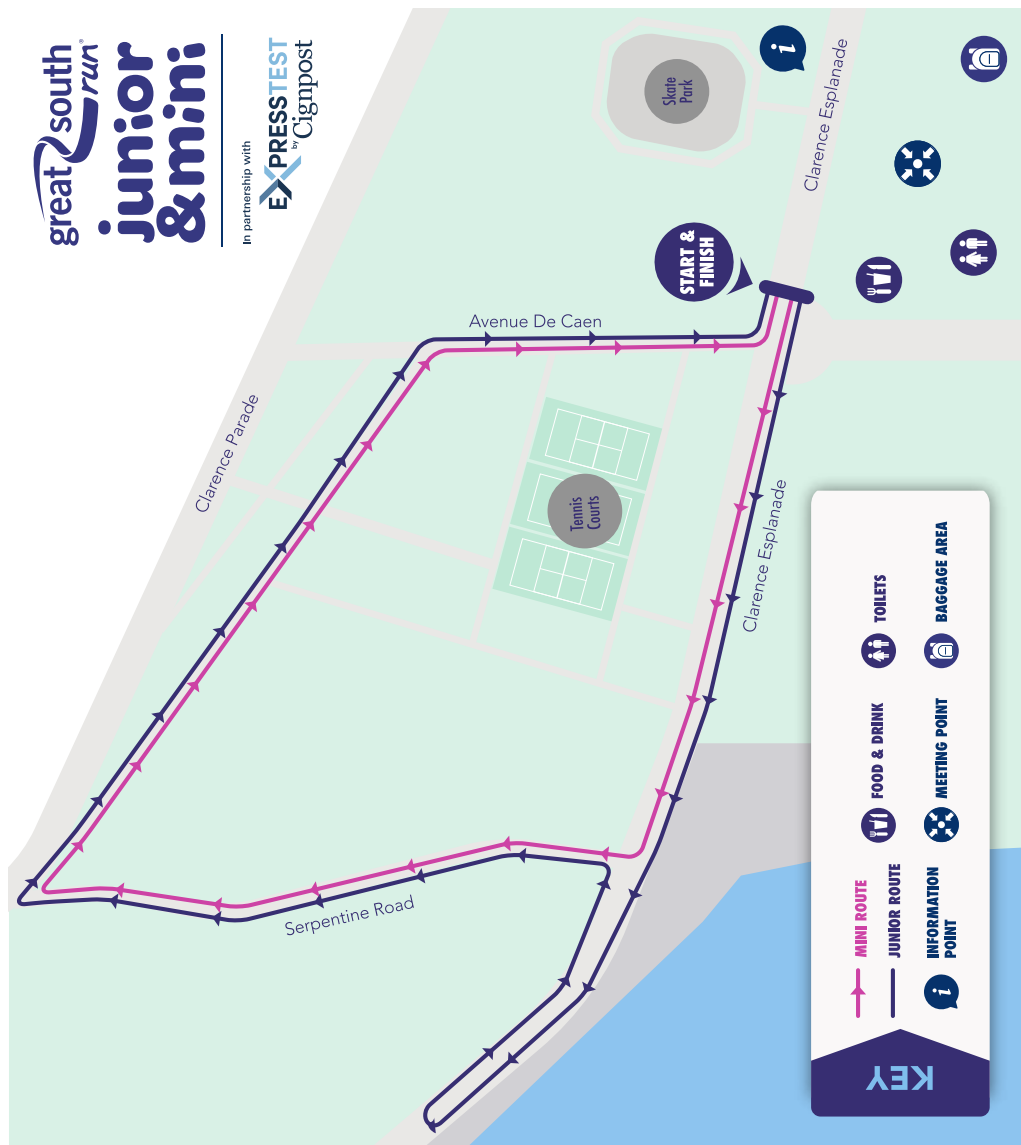
The information point will be open on Saturday 16 October from 08:30 – 14:30, and will also be open from 08:00 on Sunday 17 October.

To gain access to the start line on Clarence Esplanade we recommend arriving from South Parade. Once you finish, you'll be able to collect your well-earned finishers' bag that will include your medal and a bottle of water.

# great south run<sup>®</sup> junior & mini

In partnership with

**EXPRESSTEST**  
by Cignipost



# 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.

As our Official Hydration Partner, there will be Highland Spring Hydration Stations out on course to keep you hydrated as you go. Highland Spring uses 100% recycled plastic for their bottles, which are also 100% recyclable themselves.

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

# GREAT RUN & COVID GUIDANCE

The Great South Run has been planned with your health and safety at the heart of it. The changes to the 2021 event format and timetable are detailed within the event guide, and 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 to protect you and those around you by NOT travelling to, or attending the event if you display any Covid-19 symptoms or are currently self-isolating due to a positive COVID 19 test.

Across the weekend, please use the hand sanitiser points on site at the start and finish, and once you completed the run there is a face mask in your goody bag should you need it for your return travel.

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](https://www.nhs.uk/gettested)

# THANK YOU

Thank you to all the runners who have selected to run for a fantastic charity. See below for messages from some of our charities to their runners this year.



## **ALZHEIMER'S SOCIETY**

Wishing the best of luck to all our Team Alzheimer's Society runners! Thank you for your incredible support. Every step you take will help beat dementia.

**Join our team**



## **BRITISH HEART FOUNDATION**

It's not too late to help beat heartbreak forever, sign up today.



## **CANCER RESEARCH**

There's still time to join team Cancer Research UK at the Great South Run and fundraise for life-saving research.

**Apply today**





## Macmillan

Thank you to all our amazing runners taking part in the Great South Run, your support allows us to do whatever it takes to give people affected by cancer the support they need.



## NSPCC

Good luck to all of our amazing #TeamNSPCC runners! Every mile you run and every penny you raise is helping in our fight for every childhood. With you, we are unstoppable.



## 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.

**GOOD LUCK TO  
EVERYONE RUNNING  
THE GREAT SOUTH RUN.**



# THE OFFICIAL SUSTAINABLE HYDRATION PARTNER



great *run*  
series

HIGHLAND  
SPRING

SUSTAINABLE HYDRATION PARTNER

# Official Sustainable Energy partner of the **Great South 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.



THE UK'S NO.1 SELLING HEAT AND FREEZE BRANDS.\*

**BEFORE  
EXERCISE.**

**DEEP  
HEAT  
IT.**



Deep Heat Muscle Massage Roll-On Lotion  
is non-medicinal. Always read the label



**AFTER  
EXERCISE.**

**DEEP  
FREEZE  
IT.**



Deep Freeze Glide-on Gel  
is non-medicinal. Always read the label

**#GOTHEDISTANCE**

\* For verification please email: [verify@mentholatum.co.uk](mailto:verify@mentholatum.co.uk)

# 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.



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 SOUTH RUN TEAM  
AND ALL OUR PARTNERS.**

