



EVENT GUIDE

2023



SUNDAY 15TH OCTOBER

WWW.GREATEREASTERNRUN.CO.UK



AEPG want to wish all who are taking part in the Great Eastern Run the best of luck!

We hope you enjoy the race and the team look forward to supporting you on Sunday 15th October.

For more information contact us on:
info@aepguk.com

01733 363500



I would like to welcome all of you to this year's Great Eastern Run - and its long awaited return to the streets of Peterborough after almost four years. Whether this is your first event with us, your first event in 2023, or first of many to come, I would like to wish you all luck in taking on the Half Marathon or Anna's Hope 5K Fun Run distance around the Peterborough streets this weekend.

This Sunday is the accumulation of a lot of work over the last 12 months to put together an event for everyone to enjoy and remember, and to build on the success of the event being held and organised in the past, as well as improve everything we can from previous years.

Our amazing route around Peterborough has been improved this year with runners in mind - making it 100% based on road, redesigning the use of Embankment, the relocation of start and finish points onto Bishops Road nearby, as well as tweaking the race route with the best possible route in mind, whilst trying to reduce the impact on residents also. We're also extremely excited to add Peterborough Cathedral into the race route for this year's event - and immensely grateful to the whole team at the Cathedral for accommodating us - and allowing the use of their grounds for the final stages of your 5K or Half Marathon this year - the first time it has ever featured on the Great Eastern Run route in its long history.

We are very grateful to everyone at Peterborough City Council, who kindly gave us permission to organise this event for you all, and have been a great support throughout.

We'd also like to thank our vast list of sponsors and partners - without whom the event could not go ahead - with a special thanks to our new headline sponsor, AEPG.

We hope you enjoy the offerings that they have within

the Event Village, your experience at the event, and your goody bags at the Finish Line.

Another massive thank you has to go to the large team of volunteers attending, without whom we couldn't deliver this event - and none of these events would happen. Hundreds of volunteers are ready at the event for 6.00am (and earlier) and leave long after you have your medal around your neck. They travel from far and wide to help be part of your big day. If you get the chance, please thank them too on your way round and be respectful at all times.

If this is your first running event, we hope you have a fantastic day with us, and if not registered with a running club locally in Peterborough, please do consider it - as there are some fantastic clubs available across the county.

We cannot wait to see you on race day - and wish you all the best for your run!

Take care

Aaron Murrell,
Director, Good Running Events
Organisers of Great Eastern Run

Vivacity

FREE day pass when
you bring in your medal



Once you've recovered from the fantastic achievement of completing the Great Eastern Run, we would love to welcome you into Vivacity Premier Fitness for a workout, a swim or to relax in the sauna and steam room. Just show your race medal at reception and we'll give you a free day pass*

*One free day pass per person to be claimed and used by 31.12.2023. Age 16+ only.

*subject to availability

Visit vivacity.org



START TIMES from 09.00

There are two distances in operation on race day. A 5K Fun Run, and a Half Marathon. Please be patient as we work to get everyone onto course and ensure your event experience is as smooth as possible.

If you would like to run with friends but have different expected finish times, we ask that you drop back to the slower of the times, and do not move forwards to the quicker time, to ensure we can manage the flow of participants onto the course as best as possible.

TIME UPDATE

If you have taken part in the event in the past, please note that the first run of the day now takes place at 9.00AM - with the Half Marathon starting at its traditional time of 10.30AM.

9.00AM Anna's Hope 5K Fun Run

10.30AM Half Marathon

KEY TIMES

Event village opens 08:00AM

Anna's Hope 5K Fun Run Warm Up:
08:30AM

Anna's Hope 5K Fun Run begins:
09:00AM

Anna's Hope 5K Fun Run Winner
expected: 09:15AM

Half Marathon warm up: 10:00AM

Half Marathon begins: 10:30AM

Last finishers expected - 2:00PM

Roads reopen: 10:45AM - 3:00PM

Event Village closes: 3:00PM

GETTING TO THE EVENT BY CAR

Please plan your route well in advance and be aware that there are road closures around Peterborough City Centre from 05:00 on race day. You can view the map below to view where the closures are, and the timings of these.

If you use What3Words, the code for the event village is:

///agenda.half.kicks

If you use What3Words, the code for the Start/Finish line is:

///little.groups.grand

On race day, Peterborough is best accessed by car - please use the postcode for your chosen car park for your sat navs.

The postcode for the start area is PE1 1EF - however be aware that due to the need to build race infrastructure, you will not be able to drive on Bishops Road on race morning - so please plan your route in advance accordingly.

If you drive, please car share where possible - and research a couple of different options of routes before setting off. The road closures in place for the event may cause delays or diversions - please ensure that you leave plenty of time for your journey.

Depending on your time of arrival, the Event Village is a 5-10 minute walk from the nearest car parks.

SCAN THE CODES BELOW TO VIEW THE RACE ROUTE, AS WELL AS ROAD CLOSURES & TIMINGS MAP

ROUTE MAP



**ROAD CLOSURES
MAP**



WHAT YOU NEED TO BRING

APPROPRIATE CLOTHING

Conditions may be (or turn) very warm, but forecasted to be light rain for most of the event. So please dress appropriately for the weather. We particularly recommend running gloves and a good hat/beanie.

MOBILE PHONE, AND MONEY

Don't forget to bring with you! There are several fantastic food and drink vendors in the event village for you after you finish your run! Please ensure you bring cash for the vendors just in case they are not able to accept card payments!

FRIENDS AND FAMILY

Why not invite them to cheer you on? It would also be a really great idea if they look after your bag and other belongings whilst you run.

Don't forget to identify a place to meet up with them or any fellow runners after you have finished. Due to the expected attendees, it may be difficult to find people so remember to make this place somewhere away from the finish area itself, and also make it specific e.g. a specific lamppost or tree, rather than just a general area!

YOUR NUMBER

+ SAFETY PINS TO SECURELY PIN IT TO THE FRONT OF YOUR TOP

PLEASE NOTE: the running number doubles up as your timing chip so don't forget this!

YOUR EVENT PACK

YOUR BIB NUMBER

In your race pack you will receive a running number, this must be attached to your outside garment on your front with safety pins.

THIS MUST BE VISIBLE AT ALL TIMES.

YOUR RACE NUMBER HAS BEEN POSTED TO YOU

All UK registered event packs have been posted out ahead of the event. If you entered after 7th October and have not received your number ahead of the event, please report to the information point at Race HQ on arrival at the event to collect your number.

In the event you are unable to collect your race pack, someone can collect it on your behalf with a signed note providing permission from the original registrant. The original registrant must still run in the event. This is only a solution for pack collection and not a transfer model.

As this event will be at full capacity, we will not be taking entries on the day. If you are no longer able to attend the event, you are not able to transfer your place after 1st October 2023.

BAG DROP

A baggage drop facility is available within the Event Village on race day. To drop your bag, you simply need to arrive at the correctly signed queue based on your race number - and then produce your race number when you return after your run. If you do not produce your race number upon collection, you will not be able to collect your bag. Also, we recommend leaving a bag with only key essentials in, without any valuables.

YOUR NUMBER

On the reverse of your number, it is **MANDATORY** to complete the required details. If you have a medical condition please mark the number with a large red 'X' on the front so medics can clearly identify those with a medical condition.

TOILETS

Not the most glamorous of topics we know! But an important one all the same. There will be a good amount of toilets and urinals available within the Event Village, and on arrival at each Water Station around the race route.

If you think that you will need to use the toilet before you start please do build in additional time for queuing as with over 4,000 runners this could take some time!

Please always be respectful of all property and to those around you by only using the provided temporary toilet units.

PLEASE NOTE: Do not use the City Centre as a substitute - and only use the event toilets in the Event Village.

COURSE MAPS

The Great Eastern Run has always been one of the most eagerly anticipated events on the local running calendar, with a fast, flat route that is perfect for PBs.

A big thank you to Peterborough City Council for the use of the roads around the city to hold the event on, as well as AEPG for being our headline sponsor.

You can view our Google maps of the route on each distance page on the race website.

Please dispose of any leftovers responsibly and where possible use appropriate bins provided. If not possible please throw items to the sides of the road don't slip on them.

Please be considerate of other runners when taking a bottle of water from the water station - both in terms of disposal (in the large bins provided) as well as

Please do not drop any unnecessary litter anywhere on the course, and please use the bins provided.



OFFICIAL RACE T SHIRTS

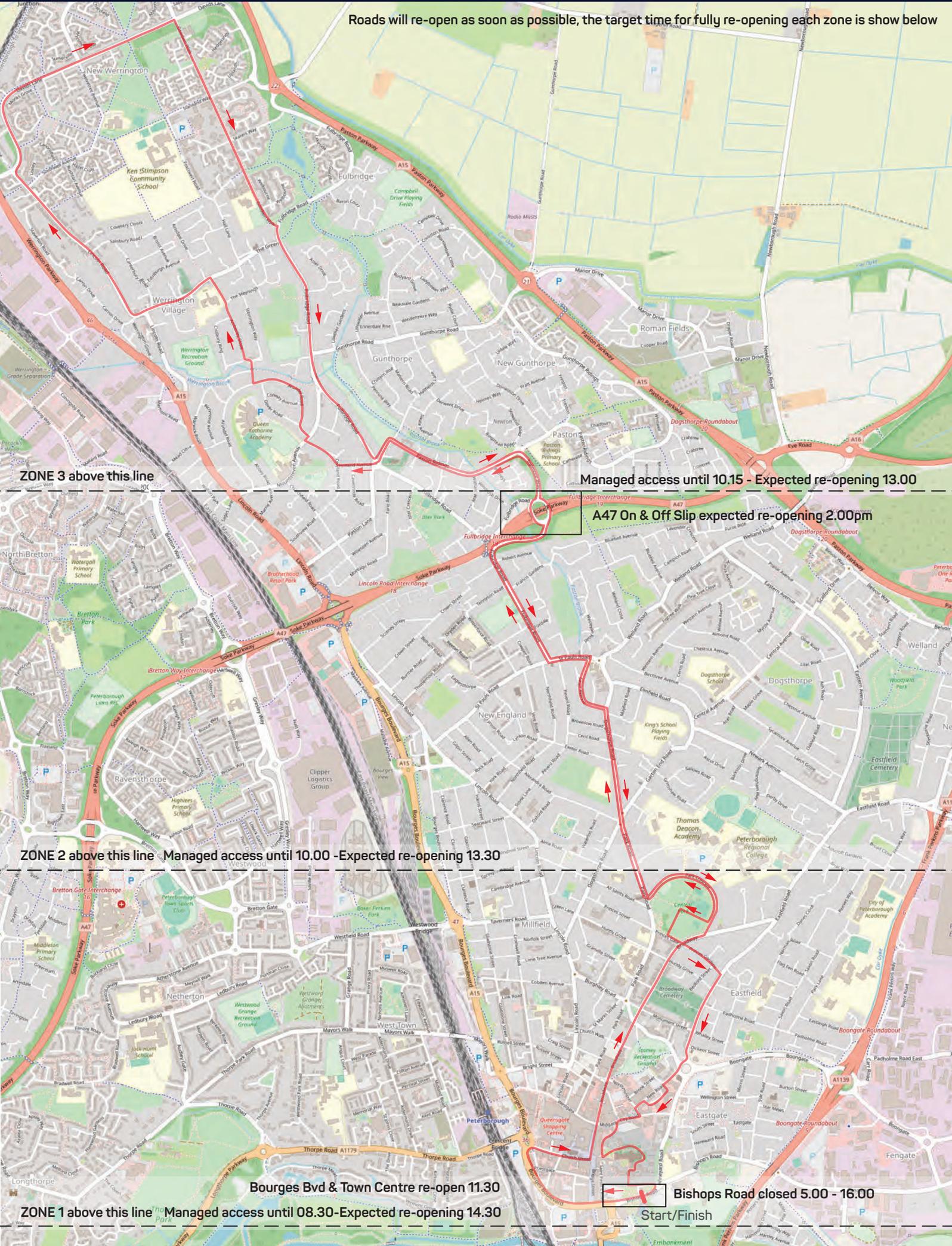
Our Official Race T Shirts are now available from the Great Eastern Run online store.

The t shirts are made of technical wicking material and feature the navy blue colour.

While stocks last, T shirts will be available for collection from the information tent on race day - and then for sale via postage until 31st October 2023, or stocks are available.



Roads will re-open as soon as possible, the target time for fully re-opening each zone is show below



ZONE 3 above this line

Managed access until 10.15 - Expected re-opening 13.00

A47 On & Off Slip expected re-opening 2.00pm

ZONE 2 above this line Managed access until 10.00 - Expected re-opening 13.30

Bourges Bvd & Town Centre re-open 11.30

ZONE 1 above this line Managed access until 08.30 - Expected re-opening 14.30

Bishops Road closed 5.00 - 16.00

Start/Finish



GREAT EASTERN RUN 2023

Road Closures - Important Information for Residents and Businesses

Sunday 15th October 2023 Start time: 09:00

Good Running Events are extremely pleased to be working in partnership with Peterborough City Council to deliver the 2023 Great Eastern Run. In accordance with traffic authority regulations for Peterborough City Council, an order has been made prohibiting and restricting the use of certain roads and road junctions by vehicles in order to facilitate the safe holding of the Great Eastern Run. The event will require the closure of roads and road junctions as well as the suspension of a number of Traffic Regulation Orders. A full list of road closures, including approximate times, is provided below, as well as a map of the race route overleaf. We would like to apologise in advance for any inconvenience caused and thank you for your support of our annual event, the 2023 Great Eastern Run. Access for emergency service vehicles shall be retained throughout the duration of the event.

Road	Area	Closure time	Closure enforced	Expected reopening
A15 Bourges Bvd Southbound	Between Rivergate R/B and Queensgate R/B	5:00am	8:30am	by 11:00am
A47 off clips Jct 19	Junction 19 A47	7:00am	7:00am	by 1:30pm
Amberley Slope	Entire Length	7:00am	10:00am	by 12:30pm
Arundel Road	Between Mountseven Ave and Corfe Ave	7:00am	10:00am	by 12:30pm
Bishops Road	Between Rivergate R/B and South Street	5:00am	5:00am	by 3:30pm
Broadway	Between Long Causeway and Park Crescent	7:00am	8:30am	by 11:30am
Cathedral Grounds	Wheel Yard to Gravel Walk	7:00am	8:30am	by 2:00pm
Central Park	Parks Department	7:00am	8:30am	by 2:00pm
Chapel Street	Entire Length	7:00am	8:30am	by 2:00pm
Church Street	Between Cowgate and Bridge Street	7:00am	8:30am	by 11:30am
Church Street Werrington	Between Amberley Slope and Lincoln Road	7:00am	10:00am	by 12:30pm
City Road	Broadway to Northminster	7:00am	8:30am	by 2:00pm
Corfe Ave	Entire Length	7:00am	10:00am	by 12:30pm
Cowgate	Entire Length	7:00am	8:30am	by 11:00am
Croyland Road	Entire Length	7:00am	10:00am	by 12:30pm
Davids Lane	Between Lincoln Road and Goodwin Walk	7:00am	10:00am	by 12:30pm
Dogsthorpe Road	Between Park Road and Lawn Avenue	7:00am	10:00am	by 2:00pm
Eastfield Lane	Between Princes Gdns and Boongate	7:00am	8:30am	by 2:00pm
Fulbridge Road	Between Goodwin Walk and Hallfields Road	7:00am	10:00am	by 12:30pm
Goodwin Walk	Entire Length	7:00am	10:00am	by 12:30pm
Gravel Walk	Entire Length	7:00am	8:30am	by 2:00pm
Halfelds Lane	Between Paston Ridings and Holland Avenue	7:00am	10:00am	by 12:30pm
Holland Ave	Entire Length	7:00am	10:00am	by 12:30pm
Lawn Ave	Entire Length	7:00am	10:00am	by 12:30pm
Lincoln Road	Between Church Street and Davids Way	7:00am	10:00am	by 12:30pm
Long Causeway	Between Church Street and Broadway	7:00am	8:30am	by 11:30am
Mountseven Ave	Between Croyland Road and Arundel Road	7:00am	10:00am	by 12.30pm
New Road	Entire Length	7:00am	8:30am	by 2:00pm
Northminster	New Road to City Road	7:00am	8:30am	by 2:00pm
Park Crescent	Entire Length	7:00am	10:00am	by 2:00pm
Park Road	Between Park Crescent and Dogsthorpe Road	7:00am	10:00am	by 2:00pm
Paston Ridings	Between Topmoor Way and Hallfields Lane	7:00am	10:00am	by 12:30pm
Princes Gate	Entire Length	7:00am	8:30am	by 2:00pm
Princes Gardens	Entire Length	7:00am	8:30am	by 2:00pm
St Johns Street	Entire Length	7:00am	8:30am	by 2:00pm
St Pauls Road	Between Lawn Ave and Fulbridge Road	7:00am	10:00am	by 1:30pm
Topmoor Way	Entire Length	7:00am	10:00am	by 1:30pm

MEDICAL INFORMATION

Whilst running please remain aware of your surroundings at all times and take care of yourself and others. If you feel unwell before arriving, please do NOT travel to the event site - and if you feel unwell when onsite before starting, please do not take part and instead

alert an event medic. If you become unwell during the run please tell a marshal. There will be medical cover at the event and please remember to fill in **ALL** medical details or allergies on the back of your running number.

SAFETY

We ask that you do not wear in ear headphones, as this is an England Athletics rule. Bone conducting headphones are acceptable so long as you can hear marshal instructions and aware of your surroundings. Please also ensure that you look around you whenever changing your direction on the course or running around someone. With limited hearing your understanding of runners around you is reduced, so please pay attention to prevent any collisions with your fellow participants.

Please remain vigilant and aware of your surroundings and your safety at all times and listen to any instructions given to you by marshals.

Medical vehicles and Event vehicles will be deployed at locations along the route, however they will only move when responding to an incident - watch out for them and move over or wait to let them pass if asked.

It is unlikely but in a 999 situation an emergency vehicle may also enter the route on blue lights and runners may need to be temporarily held or moved to the side to allow it through; if this occurs please listen to any instructions given to you by marshals.

PACERS

We are happy to confirm that there will be a large team of pacers who will be available on race day, to answer any questions and to pace you to your new Half Marathon PB, kindly sponsored by the team at Savills.

Pacers will be available in the runners pens, based at the back of each time pen that they are looking to pace you in, from 1:30 to 2:45 - so do keep an eye out on Race Day for our Savills team of Pacers, who will get you to that finish line in your desired time!



FUNDRAISING MAKES A DIFFERENCE

We're pleased to be supporting the following charities through our 2023 event. If you'd like to run for one of these charities, and help us to raise as much money as possible for these worthy causes, then select your charity of choice and contact them via the button that takes you to their website.

ANNAS HOPE

Anna's Hope is the leading children's brain tumour charity in the East of England. We are committed to giving hope to children and young people diagnosed with a brain tumour. The charity is inspired by Anna Olivia Hughes, who tragically died from a brain tumour aged only three years and eight months old, and was set up by Anna's parents Rob and Carole Hughes, along with her five Godparents in October 2006.



SUE RYDER THORPE HALL HOSPICE

Sue Ryder Thorpe Hall Hospice is the only specialist palliative care inpatient unit in Peterborough. We provide care and support for people who are living with life-limiting conditions, as well as supporting their families. Sue Ryder Thorpe Hall Hospice supports people through the most difficult times of their lives. Our doctors, nurses and carers give you the compassionate, expert care you need to live the best life you possibly can.



LITTLE MIRACLES

Little Miracles is a multi-award winning registered charity that supports families that have children with additional needs, disabilities and life-limiting conditions from birth to 25. We provide a non-judgemental environment where we use our holistic approach to support the needs of the whole family. We specialise in providing advice, guidance, support, activities, training and safe places to any family that has a child with an additional need, disability or life-limiting condition. This includes providing support before they are diagnosed.



Along with the three charities above, over 16 different local charities will be benefitting from this years event as Official Charity Partners, along with the whole host of different charities which you as runners will be supporting with your own fundraising pages - facilitating hundreds of thousands of pounds being raised through the hosting of the 2023 AEPG Great Eastern Run.



SPONSORS

We would like to thank our portfolio of Race Sponsors and Partners for their fantastic support at the event, whom you can see listed below.



AEPG is a visionary facilitator who unlocks future potential in regenerating land for fiscal and societal gain. AEPG are the best in class and multi-faceted in performing as operator, promoter and master developer. AEPG's team of experts has over 30 years' experience in the successful delivery of exceptional placemaking projects throughout the UK. Our commitment is to act as custodians of our clients' assets ensuring that, through collaboration, we leave a legacy of which all parties can be proud.

We are incredibly excited to have AEPG on board as headline sponsors of the AEPG Great Eastern Run.



"AEPG are a forward-thinking team who share our philosophy of getting people

Savills was founded as a land agency practice and, while rural remains at the heart of its business, it is the only national surveying business operating within Peterborough, providing government agencies, institutional owners, corporate bodies and private individuals with a fully comprehensive service across commercial, residential and rural property markets. Its specialist local capabilities are amplified by the extensive skills it can call upon from the Savills network, with expertise across all aspects of property supported by market-leading research.

TITLE SPONSOR



OUR SPONSORS & PARTNERS



PARKING

There are various Car Parks that are open and available to participants and spectators for the event next weekend.

We recommend that wherever possible, participants download the 'Paybyphone' app in advance - in order to make payment via the app - to reduce queues at the ticket machines on the morning.

Nearest Car Parks:

Pleasure Fair Meadows	396 spaces
Fletton Quays (Sandmartin)	396 spaces
(Sandmartin)	
Wellington Street	694 spaces
Railworld	£3.00 all day

There are also a vast amount of spaces available at Peterborough Train Station, as well as Queensgate Car Park, which are both a short walk away from Embankment.

We recommend carsharing to the event wherever possible - and please plan your route in advance, due to the road closures beginning around the City Centre from 5am (Bishops Road), and 8am onwards.

Parking staff will be available on race day to assist where required.

The following Car Parks are **NOT** available to the public to use on the day:

- Riverside (Key Theatre)
- Carhaven
- Bishops Road (Lido) Car Park



HAVE A FRIEND WHO MIGHT WANT TO VOLUNTEER?

We could not put on this event without the fantastic support that we get from the huge team of volunteers that support us. We have a great bunch signed up but could always do with more to join the team!

If you know of anybody who might be interested in volunteering at the event then please do tell them to go to [the volunteer section of the website](http://www.greasternrun.co.uk/volunteer) for more information and to sign up!
www.greasternrun.co.uk/volunteer



FANCY A POST RACE SWIM?

If running a 5k or half marathon is not enough of a challenge, or you want a nice way to warm down so that those muscles aren't too tired the next day, why not pop into the Lido for a FREE post-race swim? The Lido team are offering a free swim on race day to anyone who shows their medal at reception. Plus the Lido café will be open and helping you refuel with bacon/sausage baps, hot drinks, sandwiches, cakes and ice creams!

Are your friends and family waiting for you at the end? They can enjoy the best view of the finish line from the terrace at the Lido where spectators will be welcomed for free. Let them know that the café is open for refreshments or maybe they want to take advantage of the extended Lido season and heated water by taking a dip* while you run.

There are plenty of lockers, showers and private changing cubicles, so you just need to remember your swimwear and a towel!

*Normal swimming fees apply – see vivacity.org/lido.



FAQS

Is the race officially timed?

Official times will be provided by Total Race Timing and will count for your new PBI! These will be posted on social media and linked in our post race email to you, as well as being sent to you by SMS as you cross the finish line.

How old do I have to be to run?

17+ for the Half Marathon.
4 years or older to take on the 5K (8 and under accompanied by an adult)

Is there a cut-off time?

The 5K event must be completed within 1 hour. The Half Marathon event must be completed within the 3 hour 30 minutes cut off.

Is there a medal for finishers?

Yes! We have a Great Eastern Run medal for all finishers in every distance.

What time does the race start?

The Anna's Hope 5K Fun Run will begin at 9.00am, and the Half Marathon begins at 10.30am.

What is the date of the race?

The Half Marathon, and Anna's Hope 5K Fun Run will take place on Sunday 15th October 2023.

Where does the race start?

The race starts and finishes on Bishops Road in Peterborough.

Is there a map of the course?

Absolutely - a map of each distance is available on the distance specific race pages.

Where do we collect our race number from?

All bib numbers are being posted to runners from 5th October, and will be received by runners by race day, landing on doorsteps from 7th October.

If you do not receive yours in the post, you can collect a new one on race day from the information tent.

Can I run with my dog?

Unfortunately, as per UKA rules, running with dogs is not allowed.

Can I bring my dog to the event village?

Dogs are permitted on short leads within the event village, with responsible owners.

Can I run with headphones?

Bone conducting headphones are allowed as per UKA rules, but in ear headphones are banned from this event. All runners must also remain aware of their surroundings and marshal instructions while on course.

How many places are available?

A small number of entries for the Half Marathon and Anna's Hope 5K Fun Run remain, as well as with selected charity partners.

Who are the event organisers?

The event is organised by Good Running Events Ltd.

Am I able to transfer / defer my place?

Unfortunately, the deferral period has now completed - all transfers and deferrals had to be made before 1 October 2023.

Are we still to collect our race number on the day?

All race numbers, unless a late entry, are posted. But you can collect a replacement on race day from the event village if you have not received one.

Where can I view the participation Terms and Conditions?

You can view the Terms and Conditions by [Clicking Here](#).

I have a question which is not listed above. Can I contact you to resolve?

Absolutely! Email us via info@goodrunningevents.co.uk or via Social Media listed on the Contact Us page, and one of the team will get back to you ASAP.

DACIA



KEEPING YOU RUNNING FOR OVER 80 YEARS.

Proud
Sponsors of
the Great
Eastern Run



Car & Van Dealers in Peterborough, Cambridgeshire & Ilkeston, Derbyshire

smithsmotorgroup.co.uk

Smiths
Motor Group

THE TEAM BEHIND THE EVENT

The team behind the scenes is a company called Good Running Events www.goodrunningevents.co.uk. We cannot wait to see you all for our events in 2024!

If you have any questions that haven't been answered please check out the website or contact us at info@goodrunningevents.co.uk.

We wish you the best of luck for a safe and successful run - good luck with your final preparations and we look forward to seeing you at one of our events next year!

NEXT EVENT

DUXFORD DASH

SUNDAY 22ND OCTOBER 2023

10K, 5K AND FAMILY MILE

Join us the weekend after the AEPG Great Eastern Run to run a 10K, 5K or Family Mile along the runway at IWM Duxford, Cambridgeshire.

The 5K and Family Mile are sold out, but a handful of entries remain for the 10K run.

Sign up via totalracetiming.co.uk



WHAT'S YOUR 2024 CHALLENGE?



RUN SANDRINGHAM HALF MARATHON, 5K & COMMUNITY MILE

SUNDAY 16TH JUNE 2024

HALF MARATHON & COMMUNITY MILE

Join us in June 2024 to run a Half Marathon or Community Mile around the Royal Estate. Starting and finishing in West Newton, the Half Marathon route will pass directly in front of Sandringham House.

Sign up at www.runsandringham.co.uk

RUN SANDRINGHAM 24

16TH - 18TH AUGUST 2024

24 HOUR

Join us in August 2024 to run a five mile lapped event around the Royal Estate - either as a solo runner, as a pair, or team in a relay format - with the aim of completing as high as distance as you can! With onsite camping, live music, entertainment and much more, this is not an event to be missed!

OFFICIAL PHOTOS FROM EPIC ACTION IMAGERY



Your Digital Photos for just £25.00



Here's the Deal:

- You will receive an email link after the event, on Monday 16th October, with a link to view your gallery, which is searchable by bib number, or best viewed by uploading a selfie to ensure you populate your full gallery!
- You can either purchase individual images as prints or digital downloads



Susan Park
06:41:42



Personalise your running medal!

Dave Smith
03:45:23



Paulo Souza
01:19:12





RUN SANDRINGHAM

SUNDAY 16TH JUNE 2024



Half Marathon and Community Mile routes around the Royal Estate

2,500 runners

Passing directly in front of Sandringham House

Receive a commemorative bespoke medal and goody bag

LIMITED SPOTS AVAILABLE, VISIT [RUNSANDRINGHAM.CO.UK](https://runsandringham.co.uk)