

VIRTUAL RUNNER

LIVE

2018

RUNNER INFORMATION PACK

Sunday 14th January 2018 | The Becket School | Nottingham

www.virtualrunneruk.com



WELCOME TO

VIRTUAL RUNNER LIVE

LIVE

FROM VIRTUAL RUNNER

Dear Participants,

Thank you for signing up for the second Virtual Runner Live event.

With your support, this event won the bronze award for the best 5k in the East Midlands at the Running Awards at the end of last year. Here's hoping you all enjoy it as much again this time around.

We are delighted to be able to add a 2k and 10k option to the event this year. With them all running at different times, there is the option for you to run all three, which we know some of you have already committed to!

It's a fast and relatively flat course, so if you're after a time, this is ideal. At the same time, if you just want to walk it with your family or friends, then that's fine too.

We'd like to thank our friends from Notts Women Runners for their volunteering support and we'd like to welcome Maggie's on board as the official event charity. Please dig deep to help them continue their wonderful work.

Finally, a very Happy New Year to all of you and all the best for your running in 2018.

Susan Wheatcroft
Virtual Runner

SCHEDULE OF THE DAY

08:30 Registration Opens

09:30 Start of the 10K race

11:00 Start of the 2K race

11:30 Start of the 5K race

13:00 Event Close



BEFORE YOU ARRIVE

The only thing you need to do before the event is prepare yourself and your kit for the race. Make a note of the car parking options available to you later on in this information pack and plan your journey accordingly based on the access times.

GETTING THERE & CAR PARKING

The event starts and finishes at The Becket School.

If you are driving to the event, you will be able to park at the venue. The address is **Wilford Lane, West Bridgford, Nottingham, NG2 7QY**.

Due to other events taking place at the venue on the same day, there will be limited space in the on site car parks. There will be some overflow car parking available at **Gresham Sports Ground** which is just up the road from the venue. Alternatively, you may wish to park on the **Victoria Embankment**. You can then either take a short walk to the venue or catch a tram (towards Clifton) from the Embankment West Entrance which will drop you right outside The Becket School two stops later.

With the event being held on a Sunday, please check your local bus and tram timetables and please keep in mind that any local car parking charges may apply on the Victoria Embankment.

Given the limited space, we strongly encourage car sharing wherever possible.

Upon arrival, please head towards the atrium located next to the sports hall where you will see the registration area inside the building.

ON ARRIVAL & REGISTRATION

When you arrive at The Becket School you will need to collect your runner number from the registration desk situated in the atrium. Your number has an integrated timing chip, so please affix this to the front of your outermost layer of clothing using the safety pins provided. If this is not on your front, it may affect your time.

If you have signed up to complete more than one of the races, please note that you will need to wear a different number for each race to ensure you get a time. You can collect all of your numbers when you first register or you can return between each race if you don't have anywhere to leave the others.

Please note that we have noticed some people have registered for a number of places under the same name. If you want to ensure that each member of your party is correctly listed on the results lists, then you will need to make sure registration are aware of the relevant information.

This also applies to emergency contact details. We will take the information you provided at the point of entry unless you tell us otherwise. It is your responsibility to ensure that we have the correct information.

KEY INFORMATION

LIVE

WATER

We ask all participants to be self sufficient with any hydration requirements they have during the race. All participants will be provided with a bottle of water on the completion of their race, but there is no official water station on route.

A limited supply of bottled water will be available at one point on the 10k race, but this will only be handed out if requested.

TOILETS

Toilets will be available in The Becket School opposite registration.

FINISH

Unlike last year, the official start and finish of the routes is situated on the tram path just outside of the school grounds. The timing mat is placed here to ensure that you get accurate times for your respective distance.

With the finish being at this point, you will be required to continue back towards the school venue to collect your medal and bottle of water. You can use this as your cool down.

We do ask that you do not stop as soon as you cross the finish line. This causes a backlog for people finishing behind you and may affect their times. Please keep moving through the line and if you need to stop, please move to the side of the footpath out of the way of other runners.

FIRST AID

St John's Ambulance Service will be providing first aid at the event. They will have two first aiders located at the start/finish and there will also be two first aiders on bikes travelling around the routes. If you require first aid, or you see someone who does, please report it to the next available marshal who will be able to contact the first aid team via radio.

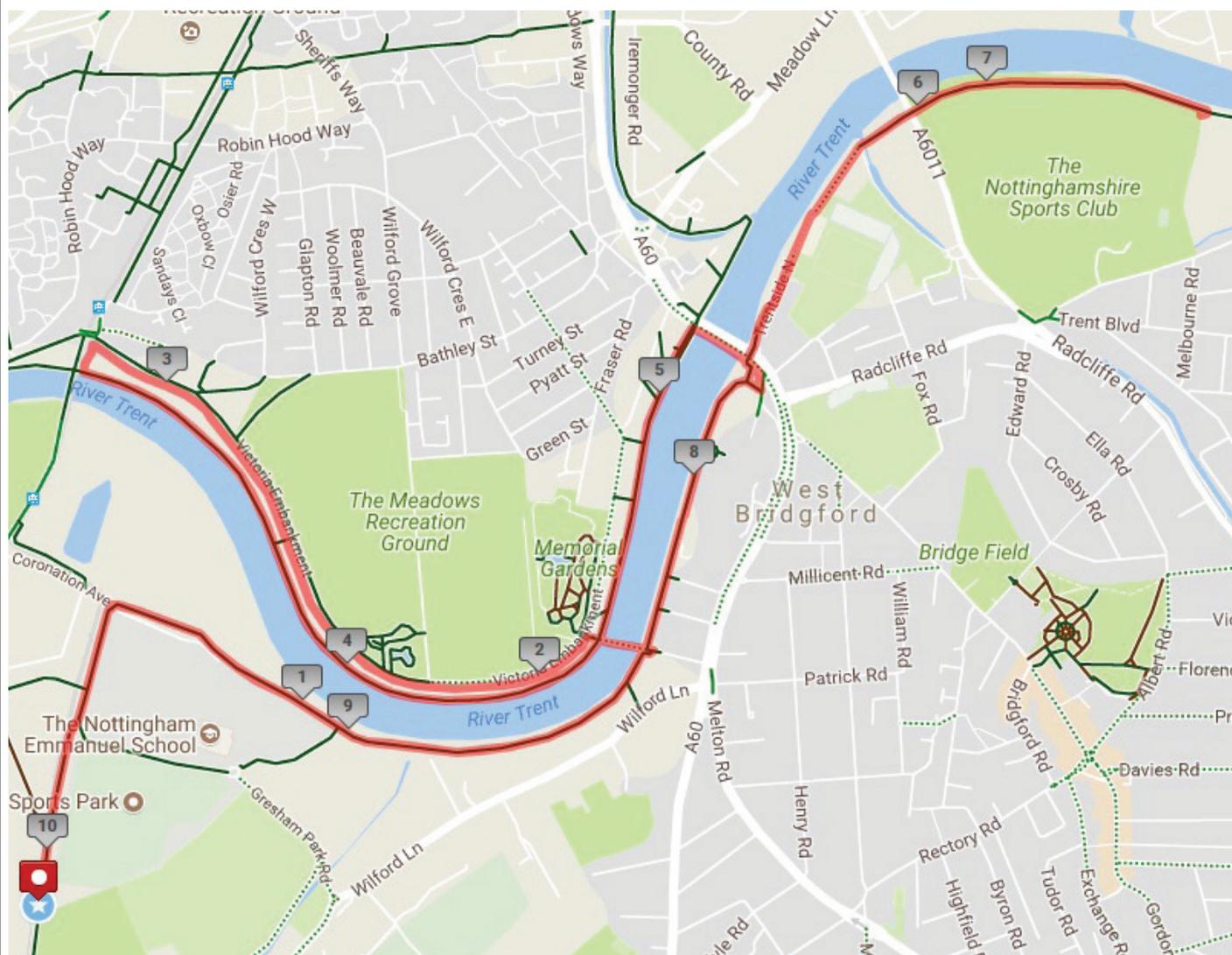
PHOTOGRAPHY

There will be photographers capturing the event at various points. While we will do our best to ensure you all feature in at least one photograph we cannot guarantee this. If you would like to ensure you have a photo, please talk to the photographer situated around the start/finish area.

REWARDS

All runners will receive a fantastic Virtual Runner medal for taking part in the event and a bottle of water when they finish.

THE 10K ROUTE



ROUTE INFO

You will start on the tram footpath alongside The Becket School playing fields. You will head north and then east along the southside river path alongside the River Trent until you reach the Suspension Bridge.

You will cross the Suspension Bridge and then turn left along the top footpath on the Victoria Embankment. You will run towards the west entrance before cutting down and turning left returning the way you came but on the footpath closest to the river. You will follow this until you reach the entrance to Brew House where you will climb up to Trent Bridge. You will head towards County Hall on the pavement before rejoining the riverside path.

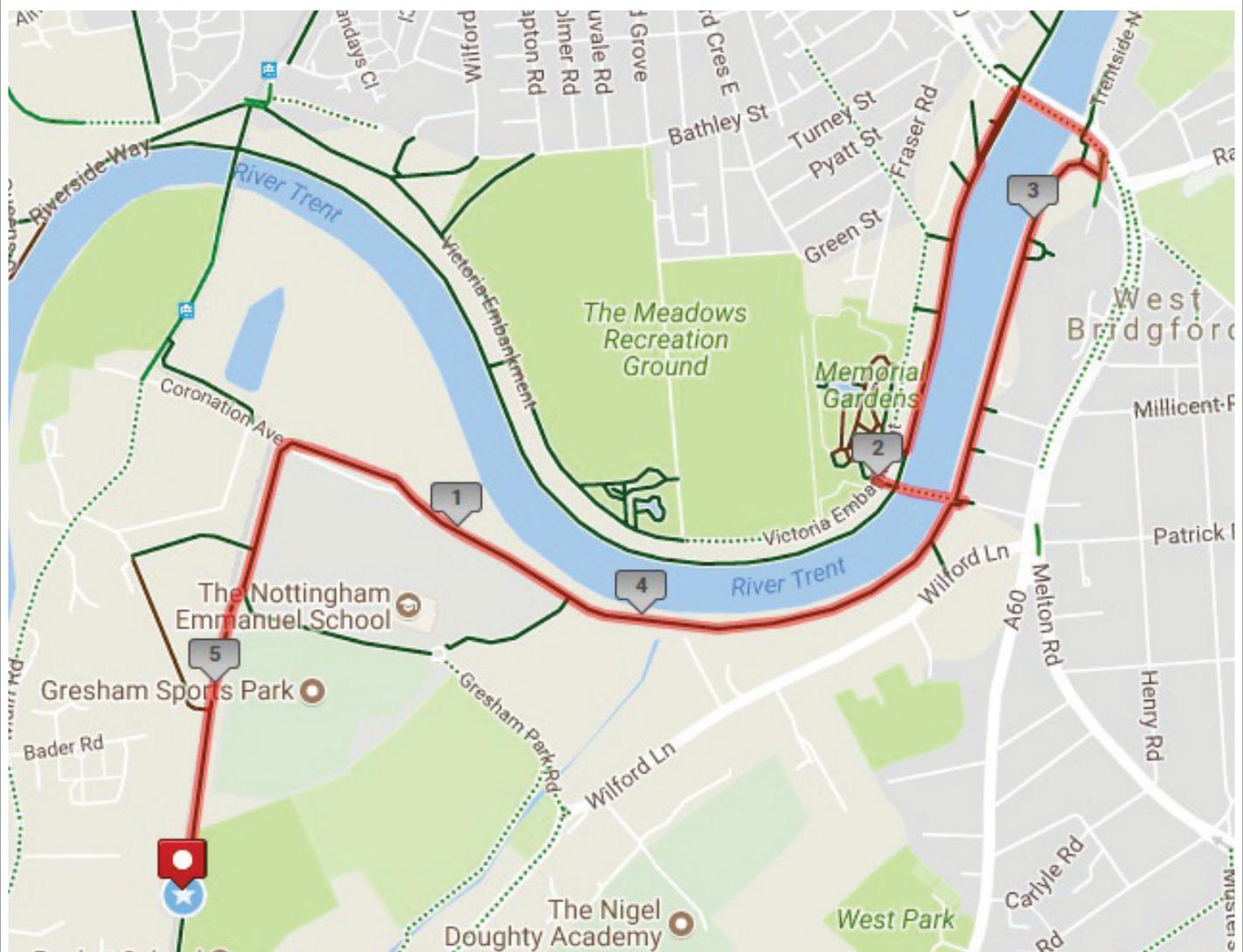
You will then head under Trent Bridge, past the City Ground and Nottinghamshire Sports Ground. You will turn back on yourself at the designated point before heading all the way back along the riverside path, returning to the finish.

Please keep in mind on certain sections there may be runners heading in both directions. Be please aware of those around you and keep to the left at all times.

KEY INFORMATION

LIVE

THE 5K ROUTE



ROUTE INFO

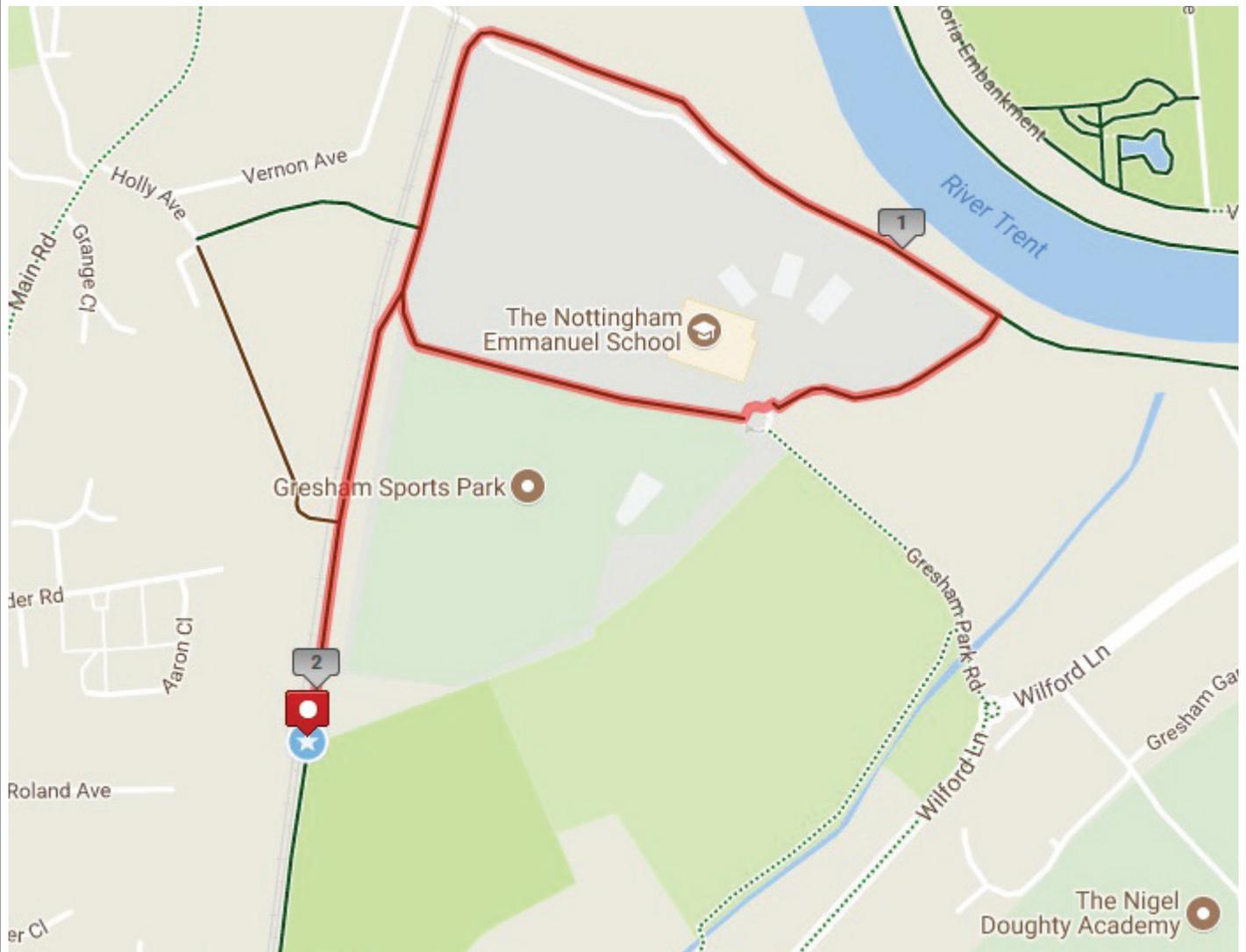
You will start on the tram footpath alongside The Becket School playing fields. You will head north and then east along the southside river path alongside the River Trent until you reach the Suspension Bridge.

You will cross the Suspension Bridge and then turn right and then right again to join the footpath closest to the river. You will follow this until you reach the entrance to Brew House where you will climb up to Trent Bridge. You will head towards County Hall on the pavement before rejoining the riverside path.

You will then follow the riverside path all the way back, returning to the finish.

Please keep in mind on certain sections there may be runners heading in both directions. Be please aware of those around you and keep to the left at all times.

THE 2K ROUTE



ROUTE INFO

You will start on the tram footpath alongside The Becket School playing fields. You will head north and then east along the southside river path alongside the River Trent until you reach the entrance to the footpath alongside the Emmanuel School.

You follow this down until just before the small roundabout. At this point you will turn right and head back towards the tram tracks, turning left into the finish straight at the end.

Please note that there are two lots of gated barriers to navigate on this route. These are on the approach to and the exit of the section with the roundabout.