

GREAT MANCHESTER RUN – University of Salford FAQs

Once I have signed up and paid for my entry online what happens next?

Each of the entrants will be provided with a token. A Link will be sent to you via email to redeem your token. This will be sent from the Great North Run Company (info@greatrun.org) six to eight weeks before the 10k on behalf of the University of Salford. You will also be added to our database, where you will be contacted regularly with training schedules and other relevant information.

Please note this token will need to be redeemed to generate you race number or you will not be able to run.

Please also note that the University will only take your initial registration details for submission to Great North Run and access your token. The Great North Run company will issue your race number and process the full application.

What is an entry token?

An entry token is the link you will receive via email from info@greatrun.org to register online for the event. It is a digital token, not a physical one.

I have just signed up on the University online store and realised that I am away on the race day, please can I have a refund?

Once your payment is accepted, your fee is not refundable unless supported by a doctor's note. If this is the case please send a doctor's note and covering letter or email stating that you would like to be withdrawn from the event to greatmanchesterrun@salford.ac.uk or in writing to:

ICZ Sport

Alumni House

Acton Square

Salford M5 4NY

This email will be treated as private and confidential.

However, you will be able to sell/transfer your entry to another University staff/student member up until 3rd April 2019. Please inform us via greatmanchesterrun@salford.ac.uk and send details of the new runner to the above e-mail.

When do I need to submit my entry by?

The University closing date is **Wednesday 3 April 2019**. Any applications after this date should be made directly to the Great North Run Company and will not be eligible for the discounted entry fee from the University.

Can I enter if I plan to walk the route?

We understand the idea of a 10k run may well put some people off and understand that some people would prefer to complete the course by a combination of walking and jogging. We hope that everyone entering will challenge themselves to achieve the distance in the way they feel most comfortable. We will be able to support all new runners through a tailor-made training plan which will help build people up to the 10k from having never done anything before.

I am a new runner, what support can I get from the University?

To help all new runners, the University will be offering a training programme devised by the Sports Centre offering weekly tips and advice on how to start your training. There will also be female-only sessions, student-led sessions for those based on campus, and staff sessions throughout the lead up to the run. As a guide, the training plan for each level of experience could work to the following dates:

Plan	No of weeks	Start Date
New runner	16	27 January
Improver	12	24 February
Intermediate	10	10 March
Walker	8	24 March
Blitz	6	7 April

Additionally, the University will increase its offer of group run training especially for the event. A list of run leaders and sessions will be sent out, to advise everyone who is running on a weekly basis.

I'm not sure what level of runner I am. Is this event for me?

Absolutely. The University would like as many staff and students to enter as possible, whether this is your first 10k or your 100th. There will be waves within the University team at the start line, to allow runners to run, jog or walk their way around with those of a similar ability level as this support will really help on your way around the course.

I have already paid a place as an individual runner through the Great Run. If I take part as team member with the University can I get a refund for the difference between the full price and the discounted price please?

Unfortunately, we are not able to refund any entry fees already paid to Great Manchester Run. You are however, welcome to apply for a University running shirt and run with the UoS

wave. Please register your interest to do so by emailing greatmanchesterrun@salford.ac.uk with the subject 'Running Shirt Only'

I have friends / family who are not university employees or students, can they join the group?

The discounted rate is only available to students and staff of the University of Salford. If you have contacts that have entered the Great Manchester Run 10K and would like to join the wave please contact: greatmanchesterrun@salford.ac.uk with the subject 'Non-Uni Runner' stating:

- a. Full name
- b. Email address
- c. GMR Unique reference numbers
- d. Running Shirt Size – there will be a charge for the shirt

Please note, this will not be available for the half marathon.

Does the University discount apply to the half marathon on the same day?

The half marathon will have a 10% discount as part of our relationship with the Great North Run, but there will not be a University of Salford start wave in the same way. Runners entering will be given a running shirt and the opportunity to set off with other UoS runners should they choose to do so.

What if I have disability that limits my mobility e.g. I can only walk and not run

The 10k is an event that is open to everyone regardless of ability. We are keen for as many people as possible to be included. We just ask that you make sure you flag your disability and any need for extra support on the online store booking form so that we can make the necessary arrangements.

Which charities can I raise money for?

There will be further communication in the New Year inviting staff and students to submit suggestions for a charity or charities to support, but if you wish to raise money for a charity close to you then the University are more than happy to support this.

How can I help out with the organisation of the team?

If you would like to be involved in any way, whether running, walking or just wanting to be involved, then please contact us on greatmanchesterrun@salford.ac.uk with the subject 'I want to take part'. We have various representatives across the University assisting with lots of different functions, so if you would like to help then we would love to hear from you!

Are there any other programmes offered by the University which may help me get fit for the run?

The University Sports Centre offers a wide range of classes, programmes and activities that can help to prepare your mind and body for the run. More information about these activities will be released in the new year.

Do I have to wear the running shirt which is provided?

The red running shirt is included in the total price you pay and is hugely important in showing our Team Salford spirit at the run. Therefore, anyone accessing our discount will be expected to wear the running shirt during the start of the run.

If you wish to wear other items of kit relating to your team/charity, that is fine as long as you are sporting the red t-shirt as well.

I am not sure of my running ability; will I be able to keep up if I join one of the groups running sessions?

The run is open to all levels of ability. To establish what your level is we recommend that you attend one of the beginner sessions initially to see how you get on. These groups will accommodate all abilities and speeds so you will never be too slow. If you cannot run or jog for parts of the session - this is fine, and you should not worry. These sessions are here to help everyone find their level and improve gradually.

What will our start time be on event day?

All University runners will start the race together in the same wave, with those running faster times starting closer to the front of the University wave. If runners decide to then race to their own pace after clearing the start area this is fine. We do not yet have our wave start time confirmed by Great Run yet but will communicate this as soon as it is available.

Where will we meet on the day?

We will be hosting a meet point in Manchester city centre before the event and taking our mass entry over collectively to the start line. Most people will meet us here, however you are able to come and meet us at the race start point directly should you wish. Exact details will be sent to you nearer race day.

Booking for the event will open very soon, with details to follow on how this will work. To book your place, please email greatmanchesterrun@salford.ac.uk in the first instance.