

Welcome to the Purple Wave Basecamp

Sunday 28nd May

- ▶ Pre-race and post-race Meeting point for all UoM runners is The Renold Building, Altrincham St, Manchester M1 7JA.
- ▶ Nearest Car park - Charles Street Car park £2.00 all day.
- ▶ Nearest Train station - Piccadilly train Station .
- ▶ The Renold building will be open from 11.00am until 5.15pm .
- ▶ Secure Bag drop off Lecture theatres C2 (A –L) and C9 (M– Z) don't bring valuable items!
- ▶ Bag drop off opens 11.00am and closes at 4.30pm.
- ▶ There will be a meet and greet desk at the Entrance to the Renold building.
- ▶ We will leave the Renold on mass at approx. 1.00pm to join the Purple wave start line.
- ▶ Our run start time is 1.55pm and a mass warm up will be held on the start line.
- ▶ Anyone arrives after 1.00pm please make your own way to the GMR 10K start (Purple wave).
- ▶ There will be 50 & 60 minute pacers easily identified, Anyone wishing to run face please keep in front of these pacers.
- ▶ There will be an area for pre/post stretch plus Massage in the Renold building concourse.
- ▶ Water fountains on floor B near stairs & floor C near the exit to the café, plus there are hot drinks available in the vending machines, so please bring small change.
- ▶ There are toilets in the building clearly marked plus portable toilets on the course.
- ▶ Don't forget your race number and safety pins.
- ▶ We have a UoM cheer point positioned in the central reservation on Bridgewater Way adjacent to the Mini garage. This will greet runners at 2km & 8km, so please encourage supports to join us at, and around, the cheer point (and wear purple!). There will be music and entertainment throughout the event.
- ▶ Please make sure you wear your purple running t-shirt on the day!!!
- ▶ Enjoy Enjoy Enjoy

**We look forward to seeing you all at
the Renold building.**

Great Manchester
10K
Run
Sunday 28 May 2017
Whatever drives you, run with us!