**GREAT MANCHESTER RUN – FAQs**

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**Purple Wave 10K & ½ Marathon 22nd MAY 2022**

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**FAQs**

Q1. When I try to register there is only an option for ‘student’ or ‘public’ - where should I register as a member of staff?

This is just a shortcoming of the system we are using – the ‘public’ section is for ‘staff’ registrations.

Q2. What is the cost to enter the events?

Students and staff of UoM entering via Purplewave 10 km - £25 and Half Marathon £44.10

Remember you can get free places for both events by fundraising for Rewrite Cancer appeal.

Q3. Someone else paid for my registration and now I’m registered incorrectly under their name. Can this be changed?

Yes. Please email purplewave@manchester.ac.uk with the original and correct registration names using the subject line “Registrant Change of Details”.

# Q4: Once I have signed up and paid for my entry online what happens next?

You will be added to our purple wave contact list where you will be contacted regularly with training and other relevant information. We will also send your e-mail address to the race organisers who will e-mail you from info@greatrun.org around 4 – 6 weeks before the event date. This e-mail will contain a link to redeem your token. **Please note this token will need to be redeemed to generate you race number or you will not be able to run.**

# Q5: I have just signed up with the University 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 If this is the case please send a doctor's note and covering letter stating that you would like to be withdrawn from the event to: purplewave@manchester.ac.uk. Following the Great Run regulations, you can only receive a refund from a medical note up to 6 weeks before the event. You may also be able to sell your entry on to a University staff/student member however you must inform us and send details of the new runner to the above e-mail.

# Q6: 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?

1. Unfortunately we are not able to refund any entries fees already paid to Great Run. You are however welcome to apply for a t-shirt and run with the UoM wave. Please register your interest to do so by emailing purplewave@manchester.ac.uk with the title ‘T-shirt Only’. The deadline to do this is by Friday 8th April. Any people making this request after this date will be sent their initially allocated wave information and the appropriate colour of race number.
2. If you wish to run in the purplewave but have signed up with Great run you can transfer into our wave by emailing the following details to purplewave@manchester.ac.uk :
	1. Name
	2. Email address
	3. Ref number from Great Run ticket purchase
	4. Agreement to be contacted by Run Wild / UoM sport

Q7. How can I record my training miles and keep in touch with others training for this event?

You can join one of our Strava groups for the Purplewave 2022. You can use Strava for monitoring your training and sharing routes with other runners in the group. The purple wave team will use the leaderboard on each Strava group to allocate spot prizes in the lead up to the event. Sign up to Strava here <https://www.strava.com/> and look for our two groups found under clubs:

1. [For established runners – University of Manchester Purple Wave 2022](https://www.strava.com/clubs/PW2022Experienced)

2. [For beginners – University of Manchester Beginners Purple Wave 2022](https://www.strava.com/clubs/PW2022Beginners)

If you wish to find out more about how your information is processed in Strava, please see here: <https://www.strava.com/legal/privacy>

# Q8: I have friends / family who are not university employees or students, can they join the group?

The discounted rate is only available to students, staff and alumni of the University of Manchester. The free registration for people fundraising for Rewrite Cancer charity by running the 10K or Half Marathon for sponsorship is available to anyone. If you have contacts that have entered the event with the purple wave and would like to join the wave please contact: purplewave@manchester.ac.uk with the title ‘Non-Uni Runner’ stating:

1. Full name
2. Email address
3. GMR Unique reference numbers
4. Agreement from them to receive information from UoM Run Wild and UoM Sport

**The absolute final deadline to transfer into the purple wave is by Friday 8th April 17:00.**

# Q9: Does the university discount apply to the half marathon on the same day?

Yes, the half marathon will have a 10% discount but we will not be having our own start wave in the same way. Runners entering will be given a t-shirt and the opportunity to set off with other UoM runners if they want. (2022 discounted price £44.10)

# Q10: Can I enter if I plan to walk the route?

Yes. We are advertising and promoting the event as a walk, jog or run and hope that everyone entering will challenge themselves to achieve the distance in this way. We will be able to support all new people through a tailor made [**training plan**](http://sport.manchester.ac.uk/fitness-wellbeing/run-walk/running-groups/) which will help build people up to the 10k from having never done anything before and there is a [beginner running group](https://www.sport.manchester.ac.uk/sport-and-activity/activeanywhere/running-and-walking/) every Tuesday at 6.15pm from the quad outside the John Owens building.

We understand the idea of a run may well put some people off and understand that some people will be keen to do a combination of walking and jogging the distance, something which we are very supportive of and would expect all entrants to try during the challenge.

Q11.What if I have disability that limits my mobility?
We would love anyone with any disability to join in with the event and 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 with us by emailing purplewave@manchester.ac.uk so that we can make sure these are catered for.

# Q12: Which charities can I raise money for?

This year, runners of the Purple Wave 10K or ½ marathon will be able to register for free if they run to fundraise for [Re-write Cancer](https://give.manchester.ac.uk/p/rewritecancer/) – the rebuilding of the Paterson Institute. To book your free place and for further information about fundraising please visit: [booking link](https://manchesterstudentsunion.com/events/id/1922-purplewave-10k)

Alternatively you can raise money for your chosen Charity but we ask that you register and link to our [Just Giving page](https://www.justgiving.com/team/fundraisingpw2022) that we can keep track of how much money is raised across the board. Here’s [how to register.](https://www.sport.manchester.ac.uk/purple-wave/pw-fund-graphic/)

We will be challenging all runners to try and raise money in order to support our social responsibility agenda.

Q13: I am a new runner, what support can I get from the University?
The University has increased its offer of group run training especially for the event. We have collated a list of run leaders and sessions that will be running on a weekly basis. For full details please see the [running and walking section](https://www.sport.manchester.ac.uk/sport-and-activity/activeanywhere/running-and-walking/) of the UoM Sport website.

# Q14: How can I help out with the organisation of the team?

If you would like to be involved in any way, as well as or instead of, running in the event then please contact us on: purplewave@manchester.ac.uk with the title ‘I want to volunteer’. We will need volunteer to help the event run smoothly on the day both at the cheer point and in our base at the Renold Building. We also have a group of volunteer run leaders and supporters for the running groups as well as group of administration volunteers who are assisting with such things as promotion, marketing, social media. If you think you could help we would love to hear from you! You can [register your interest to volunteer](https://sportsworkforce.manchester.ac.uk/volunteers/events/2251) on our Sports Volunteer Scheme where all opportunities will be posted going forward.

# Q15: Are there any other programmes offered by the University which may help me get fit for the run?

The UoM Sport office offers a whole range of different programmes and activities which can help prepare your mind and body for the run (alongside your run training). Information about free activities in SPORTICIPATE through to 8 week courses such as Pilates and Yoga from ACTIVE Manchester, can be found on [the](https://www.sport.manchester.ac.uk/) [**UoM Sport website**](http://sport.manchester.ac.uk/).

# Q16: Do I have to wear the purple t-shirt which is provided?

The purple t- shirt is included in the price you pay and is an integral part of creating the purple wave impact. Therefore, anyone accessing our discounted or free places must wear the t-shirt during the start of the run.

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

# Q17: I am not sure of my running ability; will I be able to keep up if I join one of the groups running sessions?

It is recommended that you attend one of the Beginner sessions to start with if you are unsure of how you will manage. These groups will accommodate all abilities and speeds and you will never be too slow. If you cannot run all through the session to start with this is fine and you should not worry. These sessions are here to help everyone improve. If you have the motivation to go it alone you may want to look at using an app such as the [‘couch to 5k’](https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/) to get you started.

# Q18: What will our start time be on event day? WE ARE STILL AWAITING INFORMATION FROM GREAT RUN

All UoM runners will start the race together in the same wave. If runners decide to then race to their own pace this is fine. We need people assembled at ??pm for the 10k and ??am for the Half Marathon. Start times are ??pm for the 10k and ??m for the Half Marathon. Further information about logistics will be communicated soon.

# Q19: Where will we meet on the day?

We will be hosting a meet point at the Renold building (North Campus) before the event and taking our mass entry over collectively. Most people will meet us here, however you are able to come and meet us at the race start point directly should you wish. Finer details will be sent to you nearer race day.

To book your place – <https://manchesterstudentsunion.com/events?year=2022&month=05>

# Terms & Conditions Great Manchester Run – Purple Wave

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 stating that you would like to be withdrawn from the event to:

The Sport Development Team,

First Floor

Student Union

Oxford Road,

Manchester M13 9PR

or you can scan it and email to purplewave@manchester.ac.uk