



FINAL INFORMATION

10K

24TH October, 2021

After seven years, the curtains are closing on Rock 'n' Roll Liverpool as it will not be coming back for 2022 and beyond! We're sad to say goodbye but come rock with us to the Final Farewell Show! Celebrate Bringing Fun to the Run™ and rock out with the various artists playing on the course and the main stage!

Start Time: 08:45

Start Line: Penny Lane Road Sign, Penny Lane, Liverpool

Finish Line: Kings Parade, adjacent to Exhibition Centre Liverpool

10K PACKET PICK UP, Liverpool Echo Arena

Friday 22nd October: 13:00 - 19:00

Saturday 23rd October: 10:00 - 17:00

BIB NUMBER PICK UP

Follow these steps to pick up your bib number:

1. Bring a digital or printed copy of your email containing your QR code
2. Know your BIB number
3. Bring photo ID

If you did not select to have your race pack posted to you, you must pick up your own bib number at the RunFit Expo prior to the race. No exceptions.

COVID-19 INFORMATION

We aim for Rock 'n' Roll Liverpool to be as normal a racing experience as possible. Some Covid-19 mitigation measures will be in place;

- Runners are requested to maintain distance from others where possible. We recognise that it is not always possible at an event of this scale so face coverings are recommended in highly populated areas such as the registration area, RunFit expo and start pens.
- We encourage all athletes to be double vaccinated or lateral flow tested before attending.
- All athletes must read the questionnaire [here](#) (please note, you do not need to bring this on-site) If the answer is 'yes' to any of these questions or you develop symptoms of Covid or have been in contact with someone with Covid in the 14 days leading up to the event, please email us at rnrliverpool@runrocknroll.com
- We kindly ask that you don't attend if you feel unwell
- Sanitisation stations will be available around the venues, please use them regularly

T-SHIRT COLLECTION

Please note that t-shirts are **not** posted with your bib number, however **your bib number is required to pick up a t-shirt**, so be sure to bring it with you to the RunFit Expo. You can pick up your t-shirt at the RunFit Expo on Friday or Saturday, or in the baggage hall after you've finished the race.

REMIX RUNNERS

If you qualify for an extra medal (Encore, Remix or World Rocker) these can be collected after the races on **Sunday** from the **Rock 'n' Roll Booth at the Finish Festival**.

Those doing the 5k race on Saturday and the 10k on Sunday will be eligible for the Remix medal and will have a logo printed on the bib, highlighting this.

If you entered **after 5th September**, will need to collect a wristband from the Expo to collect your Remix Medal on Sunday.

GETTING TO THE START LINE – RUNNER BUS SERVICE

The race will start on Penny Lane, there are free shuttle busses running from Stop 5 at Liverpool One bus station to the start line. The buses will be running from 07:00-08:00.

There is no designated parking near to the Start Line. We highly recommend using the free runner busses or public transport. The runner busses only run before the race and will not transport runners back to the start area after the race.

If you need to drive, recommended car park information is available on the **Travel Information** page of the event website. Please arrive early as spaces are limited.

Please go to visitliverpool.com for further details on city travel information.

BAGGAGE DROP OFF

The baggage drop off will be at Penny Lane, you must use the drawstring bag provided for 10k runners. No other bags will be accepted. Please affix your baggage check tag (on the bottom portion of your race number) to your bag with the tie provided, before handing it to a volunteer on the baggage lorry.

The bag drop lorry **closes 08:25** and the trucks will then depart to the finish area, where bags **must be reclaimed by 11:00am**

Please **DO NOT** leave valuables, cash or jewellery in your bag. The event is not responsible for lost or stolen items.

Note to all runners: Please arrive one hour before your race start time to allow for any traffic delays, warm up, baggage check, etc.

START CORRALS (PENS)

You are assigned a race number and corresponding corral based on your projected finish time – the faster your time, the closer your corral will be to the front.

The corrals will enable a comfortable starting position for runners of all paces. If you wish to move to a slower corral, please move back on race day.

When the gun fires, the first corral will be released. The rest of the participants will be held at the start line. At pre-determined intervals, the next corral will be released. Please check the website for further details closer to the race.

COURSE TIME LIMITS & CUT OFF

The official course time limit for the 10K is two hours. The race will utilise a wave start; your official time will start when you cross the start line. A tail runner will follow the last 10K runner at a 2-hour pace. If at any time a participant drops behind the tail runner, they will be asked to move to the footpath. Participants that choose to continue will be informed that they can continue the race as an active pedestrian, and they will not receive a recorded finish time or medal.

OFFICIAL RACE TIMING

Your timing chip is attached to your bib. Your official time begins as you cross the start line and stops when you cross the finish line. Please take note of the instructions on your race pack envelope explaining how to affix your race number and ensure your finishing time is properly registered.

FIRST AID INFORMATION

Please make sure to fill out the medical history information on the back of your race number.

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COURSE ENTERTAINMENT

Bands and Performers on the Run: Entertainment will be stationed approximately 1 mile apart to keep your spirits high and your legs moving. For a complete list of bands, check the **Entertainment** page of our website.

COURSE SUPPORT

There will be 2 aid stations on the 10k course, providing water and sports drinks:

- 3.5km: Princes Gate Water in 330ml bottles
- 7km: Princes Gate Water in cups, Phizz Drink in cups

MEDAL ENGRAVING

Medals for the 10K can be engraved straight after the race by visiting the engraving booth at the Finish Festival. Each medal is £15 to engrave.

EXPO, MERCHANDISE AND MORE

At the RunFit Expo there will be a variety of retailers, including the official Rock 'n' Roll Merchandise store and the Rock 'n' Roll Running Series Booth – come say hello! Keep an eye on the RunFit Expo website for more information.

FINISH LINE

After crossing the finish line, you will collect your medal and refreshments, before picking up your bag (if you deposited one at the baggage lorry before the race). You can then proceed to the Finish Festival area to enjoy the Rockin' Finisher concert.

Start Time	Artist
10:00	DJ Dave Monks
10:30	Ali Horn
11:15	DJ Dave Monks
11:30	Half Marathon Awards Presentation
11:45	Up All Night
12:30	DJ Dave Monks
12:45	Hushtones
13:30	Full Marathon Awards Presentation
	Made in Liverpool
14:00	Beatles Tribute Band
15:00	DJ Dave Monks
15:15	The Twenty Two
16:00	DJ Dave Monks

OFFICIAL RACE PHOTOGRAPHERS

FinisherPix will photograph you multiple times before, during and after the race. Smile when you see the photographers in their bright yellow vests. View and order your photos at www.finisherpix.com

FINISHER ZONE

Collect digital badges, see your results and download your FREE finisher's certificate! Unofficial results will be posted by 17:00. Your finisher's certificate will be available online within 72 hours after the race at www.runrocknroll.com/liverpool

RACE RESULTS

Official race results will be posted on www.runrocknroll.com/liverpool. Top 3 Male & Female Finisher Awards will be presented on the main stage at 11:45 - Half Marathon and 13:30 - Marathon.

Tracking App

Download the RnR app which includes real time-runner tracking. Share this with your friends, family and fans so they can track your progress on race day.

Additional highlights of the app include:

- Participant times, paces, estimates, and places in real-time
- Live Runner Tracking
- Interactive Course maps
- Push notifications as progress is made on course
- Event information and messaging
- Live Leaderboards
- Social sharing

COMMEMORATE YOUR RACE

Visit the Official Race Merchandise Booth in the RunFit Expo and outside at the Finish Line Festival on Sunday for a full range of running gear, including Rock 'n' Roll T-shirts and custom sportswear, hats and other items.

VOLUNTEERS WANTED

Encourage your family and friends to get involved in your race day experience. We need hundreds of extra hands at the Expo, Start and Finish, and on course. Volunteers receive an Official Race Crew T-shirt. Group participation is encouraged. For more information take a look at: www.runrocknroll.com/liverpool or email Liverpool@RNRRacecrew.com

FREE FINISHERS BEER

Attached to your race number is a tear off ticket, which you will be able to use to exchange for your FREE Finishers Beer at the Finish Festival bars – the first one is on us! If the finish time is a little early in the day for beer, why not come back and enjoy the concert later in the day. If you are lucky enough to look under 25, please don't be offended if you are asked to provide ID when getting your drink. Please drink responsibly.



Limited entries are still open for you or for friends and family, but book now as they are filling up fast! Don't forget, you can earn a 3rd medal, The Remix Challenge Medal, when you run 2 days! One Weekend, Two Races, Three times the Bling!





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