



FINAL INFORMATION

Marathon & Half Marathon

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: 09:00 (Half Marathon) 10:00 (Marathon)

Start Line: Royal Albert Dock, Liverpool, Waterfront

Finish Line: Kings Parade, Liverpool Waterfront (adjacent to Exhibition Center Liverpool)

Finish Line Festival: 10:00 am - 4:00 pm

Festival Location: M&S Bank Arena Piazza, Liverpool Waterfront

Race day is fast approaching, and the excitement is building for the 2021 Rock 'n' Roll Running Series Liverpool weekend!

If you haven't entered the 5K, don't worry, 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!

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 mrliverpool@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

RunFit EXPO

The 2021 Rock 'n' Roll Running Series Liverpool is accompanied by the 2-day RunFit Expo. The Expo is open and free to attend by the public.

Opening Times

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

Saturday 23rd October: 10:00 - 17:00 (open from 08:00 for 5k runners only)

Packet Pick-up

Friday 22nd October: 13:00 – 19:00 FOR ALL RACES

Saturday 23rd October: 08:00 – 09:30 **FOR 5K ONLY**

Saturday 23rd October: 10:00 – 17:00 FOR ALL OTHER RACES

GETTING TO THE START LINE

Parking near to the Start Line village is limited. We highly recommend using public transport where possible. The Start Line is approximately a 15-minute walk from Liverpool Lime Street station.

If you need to drive, recommended car park information is available on the [travel](#) page of the event website. www.runrocknroll.com/liverpool-travel

Please arrive early as spaces are limited.

Please visit visitliverpool.com for further details on city travel information.

START LINE VILLAGE

Upon arrival to Exhibition Centre Liverpool on race morning, you will find a baggage area to drop off your bag. **Note to all runners:** Please arrive **AT LEAST** one hour before your race start time to allow for any traffic delays, warm up, baggage check, etc.

FIRST AID INFORMATION

Please note, it is critical that you fill out the medical history information on the back of your race number.

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 and walkers 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

If you are running the full marathon, you will not be able to enter your corral until the half marathon has started and the corrals are cleared.

COURSE TIME LIMITS & CUT OFF

The official course time limit for the half marathon is 3.5 hours (approx. 16min/mile pace) and 6 hours for the full marathon (approx. 13.5 min/mile pace). The race will utilise a wave start; your official time will not start until you cross the start line.

A tail team will follow the last runner of the marathon at the pace noted above for both races. If at any time a participant drops behind the tail marker, they will be asked to board the tail vehicle. It is important that runners do not try to proceed on their own behind the tail vehicle as roads will reopen, medical cover be withdrawn, and water stations closed in line with the cut off pace.

Any runners that do not board the bus and continue as a public pedestrian do so entirely at their own risk and will not be eligible for support on the course, medal or finish time.

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PACE TEAMS

Marathon– 3:00 3:15, 3:30, 3:45, 4:00, 4:15, 4:30, 4:45, 5:00, 5:15, 5:30
Half Marathon – 1:30, 1:45, 2:00, 2:15, 2:30; 2:45

OFFICIAL RACE TIMING

During the Rock 'n' Roll Liverpool Marathon, ½ Marathon, 10K and 5K you will use MYLAPS BibTag for the electronic registration of your time. You will find an affixed chip (the tag) and a foam pad on the back of your race number

Tips to guarantee your correct chip timing:

- Place your race number on your chest or stomach so everyone can see your number. Don't cover this number with a jacket or with your hands/arms when you run over the timing mats. Please pay attention when you use a (stop) watch as you cross the start and finish mats: the signal can interfere with the timing tag.
- Never fold or damage this number, especially where the BibTag is affixed. Use four (4) safety pins on the corners of the number. Do not damage or perforate the BibTag.
- Do not remove the foam pad on the BibTag.
- If you own a personal MYLAPS ChampionChip, you can just leave it on your shoe. It will not influence your BibTag timing.

BAGGAGE AREA – “GEAR CHECK”

A baggage check facility is available at the Exhibition Centre for runners who need to check in a bag during the race. Upon arrival at the exhibition centre your bag will be scanned or checked before entering the building. In order to minimise queuing please arrive early and only drop a bag if essential.

You may use a small bag of your own. **The maximum size for bags is 50cm x 30cm x 20cm.** This is smaller than an airline cabin bag – the size of a small backpack – larger bags will not be accepted.

On race morning, please affix your baggage check tag (on the bottom portion of your race number bib) to your bag, before leaving it at the Baggage Area. Baggage will be open from 07:30 until 16:30 on Sunday 24th October. **Please reclaim your bag by 16:30 on race day.** Please DO NOT leave valuables, cash or jewellery in your bag. The event is not responsible for lost or stolen items.

COURSE ENTERTAINMENT

Bands and performers on the Run: Local entertainment will be stationed approximately every mile along the course to keep your spirits high and your legs moving. For a complete list of bands, check the **Entertainment** page of our website.

FINISH LINE FESTIVAL AND CONCERT

A rockin' finish line festival will be taking place throughout the day, for you to really make the most of your achievement. In addition to the concert, you will be able to collect your free beer, purchase event merchandise, engrave your medal and refuel at one of the food and drink vendors.

Main Stage Line Up

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
14:00	Made in Liverpool
15:00	DJ Dave Monks
15:15	The Twenty Two
16:00	DJ Dave Monks

COURSE SUPPORT

There will be 10 aid stations on the full marathon course and 5 on the half marathon. Water, Sports drinks and energy gels are provided as shown in the table below.

Station/Product	Marathon KM	Half Mar. KM
W1 100ml Princes Gate water in cups	3.2	-
W2 100ml Princes Gate water in cups 100ml Phizz Drink in cups	7.8	-
W3 330ml Princes Gate water bottle, SiS Gel*	12.7	-
W4 100ml Princes Gate water in cups	15.7	-
W5 100ml Princes Gate water in cups	19.1	5
W6 330ml Princes Gate water bottle 100ml Phizz Drink in cups	21.4	7.4
W7 100ml Princes Gate water in cups, SiS Gel*	26.1	-
W8 100ml Princes Gate water in cups, SiS Gel*	32	11.7
W9 330ml Princes Gate water bottles, SiS Gel*	35.7	15.2
W10 100ml Princes Gate water in cups 100ml Phizz Drink in cups	39.4	18.5

*SiS hero isotonic gels. Various Flavours.

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 Expo. You can pick up your t-shirt either at the RunFit Expo or in the baggage hall after you've finished the race.

COURSE TOILETS

Toilet cubicles are available at all water station locations





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FINISH LINE

Once you cross the finish line you will enter a "Secure Zone" – a fenced off area for race participants only. Here you will receive your medal, water and other post-race goodies. You will also have your official finisher photo taken before you exit the secure zone and head inside the exhibition centre to collect your bag. You will also be able to collect your t-shirt here if you did not do so at the expo. Then it's off to the concert and your well-earned free beer! **Only runners are permitted to enter the secure zone and baggage / t-shirt area inside the Exhibition centre.**

DOWNLOADABLE FINISHER CERTIFICATES

Download your FREE finisher's certificate! Your finisher's certificate will be available online within 72 hours after the race at www.runrocknroll.com/liverpool-results

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 more than one race in the weekend will have a logo printed on the bib, highlighting the medals in which you are eligible for.

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

OFFICIAL RACE RESULTS

Official race results will be posted on www.runrocknroll.com/liverpool-results by 20:00 (GMT) on race day. The top 3 Male & Female Finisher Awards will be presented on the main stage at 11:45 for the Half Marathon and 13:30 for the 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

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 <https://www.finisherpix.com>

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 look at www.rocknrollliverpool.com/volunteers or email Liverpool@RNRracecrew.com



COMMEMORATE YOUR RACE

Visit the Official Race Merchandise Booth in the RunFit Expo and outside at the Finish Line Festival for a full range of running gear, including Rock 'n' Roll t-shirts and custom sportswear, hats and other items. A variety of merchandise will also be available online before and after the race.

MEDAL ENGRAVING

Stop by our medal engraving marquee at the finish line festival to instantly add your name and chip time to your Finisher medal for just £15!

FREE FINISHERS BEER

Attached to your race number (Marathon, half marathon and 10K only) is a tear off ticket, which you will be able to use to exchange for your **FREE** Finishers Pint – the first one is on us!

This is only available to runners over the age of 18. 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.*

