



Great Manchester Run questions

For all your questions about running or walking the BUPA Great Manchester Run.

How do I apply?

Traidcraft has guaranteed places available which are allocated on a first come, first serve basis. To guarantee your place, you just need to return an entry form either through the post or by fax with £34 to guarantee your place.

[Find out more about applying.](#)

Do I need to register my details with Great Run as well?

Yes. Great Run have a special system for charity entries. This means that once you return your form to Traidcraft, you will receive an email from Great Run with a unique token ID. To complete the entry process, you must log on to www.greatrun.org to register with Great Run. No additional payment is required.

I have received an email from Traidcraft saying my place is guaranteed but I haven't received the email from Great Run.

If you haven't received the email from Great Run, please contact us as soon as possible by emailing running@traidcraft.org.uk or call 0191 497 6445. If you have used a work email address, please supply us with an alternative email address if you have one. The organisers have reported that because the email is automated, they are not being accepted by some companies.

How much will it cost?

You will need to pay £34 when you apply to secure your place. This is non-refundable unless we are unable to offer you a place.

Our sponsorship pledge is £150, which you raise in the lead up to event and must send to Traidcraft no later than two months after the event date. You can also fundraise online using www.justgiving.com.

Why do you have a minimum pledge?

Like all official Great Run charities, we invest a lot of time, money and resource in the BUPA Great Manchester Run. Your pledge ensures that we can continue our vital development work overseas.

Why should I run for Traidcraft?

Traidcraft Exchange is the UK's only development charity specialising in making trade work for the poor. We need your support to continue our work and help poor people in developing countries to transform their lives.

You can read some of the stories of the people we help on the various event pages.

I have my own place in the Great Manchester Run. Can I still run for Traidcraft?

Yes! You are welcome to join the team.

There is no minimum sponsorship for own place runners – just raise as much you can. Just let us know by filling in the [own place registration form](#) and we will send you your fundraising and training pack.

I want to run with a friend. How do I ensure we both get the same wave start?

Put the same estimated running time when you register your details with Great Run and you should be allocated into the same wave.

I've never run 10K before. How do I know what my estimated time is?

The organisers ask for your estimated time so that they can arrange the start roughly by times. If you've never run 10K before and don't mind how long it takes you, your estimated time is less important.

As a guide, the majority of people finish the race is under two hours.

Can I walk the course?

Yes, you can walk. If you are still on the course at 13.15 you may be asked to finish the race on the footpaths as the roads will be re-opened.

However, the finish system will remain open until everyone has crossed the line and you will still receive your finish time and race souvenirs.

When will I receive my race number?

Great Run send out the race numbers between four and six weeks before the event.

If you haven't received your pack four weeks before the event, you should call Great Run on 0845 389 22 00.

I've moved house since I applied to run for Traidcraft. Who do I need to inform?

Please inform us as soon as possible if you move house. If this is before entries close on 16th April, you should also update your address with Great Run by

logging onto to www.greatrun.org with your Great Run username and password. This will allow Great Run to send your race number to your new address.

However, after charity entries have closed you will need to arrange to have your pack forwarded or collect it from your old address. Please still let us know your new address though so we can update our records.