



5 & 10K Run Wednesday 15th May 2019

Down Grange Sports Complex, Basingstoke, RG22 5SN

Important Event Information

All Participants

The run will begin promptly at 19:00, with the 5K and 10K participants being split into sub timing categories e.g. sub 30 minutes. The route is cross country so please ensure you take care at all times.

Event Emergency Contact Number

Please save this number in your mobiles prior to event day - **07538 637877**. This number will put you through to the Events Team.

Chip Timing

The 5K & 10K Run are both chip timed runs. Your chip is built into your runner number so please ensure you keep your number in a safe place and **DO NOT BEND THE CHIP**. In order for your time to be recorded accurately **please ensure your runner number is attached with four safety pins to the front of your top**. You do not need to do anything after the run- the chip will automatically record your time. Initial results will be uploaded to our website, Facebook and Twitter pages shortly after the run with final results uploaded by Friday 17th May.

Please note, due to the extra cost incurred for chip timing, should you lose your runner number, wish to change your route or forget your number on the night, you will be charged £1 for a new one.

Car Parking

Free car parking is available on the day at Down Grange Sports Complex. This is where the event will start and finish. Marshals will assist with car parking.

Please be advised that if your vehicle has a roof rack on top and is over 2 metres high, you will need to park by the walled garden or see an alternative parking location due to height restrictions.

Toilets

Toilets will be available in the main arena. Please ensure you use the facilities before the race begins.

Changing Facilities

Please make sure you arrive in appropriate clothing as unfortunately there are no changing facilities available.

Refreshments

Refreshments will be available on the night within the main arena and all runners will receive a nutritious snack when they cross the finish line.

Spectators

Families, friends and local residents are very welcome to attend in support of their friends and family running.

Sponsorship

We understand that raising sponsorship has become increasingly difficult from friends and family, however, if you are able to, this makes a huge difference to us as 50% of the income generated from this event is generated through participant sponsorship. For more sponsorship tips and information, please see our fundraising toolkit.

Dogs

Dogs are allowed on site; however, please ensure they are kept on a lead for health and safety reasons. They are also prohibited from being out on the route.

Opt In

Due to changes in data protection laws, we need your consent to keep in touch and let you know about future events. If you haven't already done so and would like to opt in, please visit stmichaelshospice.org.uk, or alternatively call our fundraising hotline on 01256 848848.

Important Safety Information

- This is a sponsored run with varied terrain; therefore please ensure you are wearing appropriate footwear.
- Please be careful when running the course as the ground may be occasionally uneven.
- Please be aware of other runners as some areas of the route are narrow.
- Watch out for low hanging branches and tree roots on the course. These will be marked, but we do advise that you take care at all times.
- If it is a warm and sunny day, please ensure you protect yourself with sun cream. Remember you can still get sunburnt even if it is cloudy.
- We recommend that you participate in the warm up which will begin at 18.45. Equally, ensure you cool down and stretch at the end of the run.
- If you feel you need to walk any sections of the routes, please keep to the left hand side, in order to let other runners pass.
- Drink plenty of water before, during and after the run. There will be a water stop available on the 10K course at the half way mark; however, it is advisable you bring your own water bottle too.
- Please contact a marshal if you are in any trouble or require any assistance during the run.
- Please visit our website for a full list of terms and conditions.

Thank you to our volunteers, supporters and sponsors!

For further information, please email events@stmichaelshospice.org.uk or call our Fundraising Hotline on 01256 848848.