**Cransley Hospice Road Race 2018**

Dear Runner

Thank you for entering the Annual **Cransley Hospice Road Race** sponsored by Western Power Distribution on Sunday 16th September. We hope you enjoy your day. Please find included useful information for the event.

Listed below are race instructions which should be read even if you have raced before as there have been changes implemented over the past couple of years.

**Arrival and Parking**

The race starts and finishes in the centre of Cranford. For SatNav users the post code is NN14 4AQ

Parking will be available in the event field in Cranford. Please do not park on the roads nearby or anywhere other than in the designated parking area. Signs and marshals will direct you to the exact location. There is a short walk from Race HQ to the start line. Both the 10k and Half Marathon start at the same place at 11.00am prompt.

**Toilets**

There are ample toilets in the field near the car park.

**Registration and Race Timings**

**All competitors must register at the Registration Tent which will open from 09:00 – 10:30. Race numbers will be ready for you to collect on the day – please note we do not post your number.**

Please write an emergency contact name and phone number on the back of your race number. If you suffer from a serious medical condition e.g. epilepsy, asthma, diabetes or allergy please put a waterproof X on the front of your runner’s numberwith details of your condition and medication on the reverse.

**On the day entries are available (plus £3), subject to availability up to 10:00**

**We will provide a short race briefing at approximately 10:55 in the start area. The adult races will start at 11:00 prompt**

There is also a Junior Race for 9 – 14 year olds at 10:15, with registration for this in the Village Hall.

**Personal music players and headphones**

In accordance with UKA headphones are not permitted.

**Sponsorship**

* Thanks to the contribution of our sponsor, Western Power Distribution, every penny of sponsorship raised from the day will be used towards patient comfort. Where possible please could all sponsorship money be returned to Cransley Hospice by 31st October, cheques made payable to ‘Cransley Hospice Trust’.
* Please note that sponsor money must be raised on behalf of Cransley Hospice only and no other charity or good cause.
* If you have not done so already, you can collect sponsorship using Just Giving – visit our page and follow the instructions. [www.justgiving.com/cransleyhospicetrust](http://www.justgiving.com/cransleyhospicetrust).

**Health & Fitness Advice**

* Always consult your GP before commencing any physical activities for the first time.
* Seek advice from a specialist running store to gain advice on correct footwear. Correct footwear will save discomfort and injury
* Consider taking a fitness test to gauge your level of fitness. This is usually available at most health clubs. Try and adhere to a training plan.
* Choose clothing you feel comfortable in. Be aware that you may feel cold at the start but will warm up once you begin running.
* Always warm up and cool down afterwards.Set realistic goals and measure your improvements.
* Always take a break from your training if injured and seek medical advice. Do not run if you feel unwell.
* Congratulate yourself if you reach your personal goals.
* Wear appropriate clothing for the predicted weather on the day.
* Ensure you drink plenty of fluids during and after the race. Ample water will beavailable along the route and at the finish line

**Useful Information for the Day**

* Sweeper vehicles will follow the race to identify any runners who wish to retire. Therewill also be a St John Ambulance in attendance. Please use these vehicles if you feelunwell or notify one of the many marshals along the route.
* Keep to the ***left*** at all times unless instructed by a marshal.
* The Junior Run for 9 – 14 year olds will commence at 10.15 am prompt in thevicinity of the Village Hall. The route of this Run will be a lap of the Village.
* Pleasenote we ask cars do not leave the car park until after the main event has passedthe exit gate.
* Both the 10k and Half Marathon have the same finish line
* The organisers of this event and their Sponsors and associated parties cannot beheld responsible for any loss or damage to personal property or any injury,however caused. There is no event facility for storing valuables

**After the Event**

**Medals and Trophies**

Medals will be presented to all finishers at the finish line, including JuniorRunners. Trophies will be presented on the day to the winners of each categoryof the adult events including the Team Event. A time for this is not set and will beannounced on the day. If you qualify for a trophy but leave before thepresentation, your trophy will be sent to you within one week of the event.

**Race Results, Race Reports**

Results will be displayed on the day and will be posted on the website at [www.cransleyhospice.org.uk](http://www.cransleyhospice.org.uk) by the Tuesday following the event

**Refreshments**

Refreshments will be available to purchase before,during and after the race in the field close to the finish.

If you have any queries about the event or have constructive comments as to how the event can be improved for the benefit of all; please do not hesitate to contact Cransley Hospice Fundraising Team on 01536 452423 or email shelley.green@cransleyhospice.org.uk .

We thank you once again for entering the Cransley Hospice Road Race. Good luck in your training for the day and in obtaining sponsorship.

We very much look forward to seeing you on the day.

Kind regards

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