

Cranbrook Charity Fun Run



Photo Courtesy James Cook (www.jmcookphotography.co.uk)

Run Instructions

Cranbrook Country Park

16 September 2017

Location

Cranbrook Country Park, Just off Burrough Fields (road to railway station). Please see map

Time

Registrations begin at 10am

Please go to Run HQ/Registration indicated on map to register and/or collect race number

Distances

5K (2 Laps of 2.5k course) run starts at 11am

2.5K run starts at 11am

1K Run starts at 1pm

The course (see map) runs anti-clockwise with one lap for the 2.5k and 2 laps for the 5k, the 1k will be in the field near the registration area.

Please note that all courses include areas of uneven, rough grass track, there is a small area on the pavement for the 2.5k and 5k but the majority of the run is within the boundaries of the park.

The course will be well marked and there will be marshals at key points around the course, these are marked on the map.

Warm up

Prior to the start of both runs, Southwest Military Fitness will be running fun-filled optional warm up sessions for runners.

We hope you enjoy your day with us. Thank you for being part of the charity fun run and helping raise funds for MacMillan Cancer.

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Timings

No official timings will be kept. This is for fun and charity only. If you would like to know your time please make your own arrangements. No results will be produced.

Directions

Cranbrook is a new town in development close to Exeter, just off of the M5 motorway. It is served by regular buses from Exeter and Honiton as well as by rail on the London Waterloo line.

Burrough Fields is the second on the left after the co-op and leads to Cranbrook Railway Station. The run takes place in the county park just off this road.

Car Park

This area is well served by rail and bus networks. We encourage all to use public transport, cycle or walk where possible. There is limited parking at the railway station.

Disabled Parking

Limited parking available in Burrough Fields. Marked on map.

Disabled Access

Please see map. Marshals will be available to direct people from the disabled parking area. Anyone with mobility/disability issues must make their own arrangements to access the site.

First Aid

First aid is provided by Elite Ambulance Rentals. Please see map for location. The nearest hospital is the Royal Devon and Exeter, under 5 miles from the site.

Toilets

See Map for Location.... **T**

Free water will be available during the run courtesy of Lidl

Photography

A photographer, James Cook, will be in attendance on the day. Images will be available to purchase from an online gallery shortly after the event. Go to www.jmcookphotography.co.uk Should you not wish your photograph taken, please inform James when you see him. Or email keith.johnson@actioneastdevon.org.uk

Contacts

For more details or for questions contact either

Emma Jones at ejones@eastdevon.gov.uk 07812 652336

Keith Johnson at keith.johnson@edvsa.org.uk 07599 932975 or 01404 549045

There will be other entertainment including live music from Green Light Unplugged and others, plus food and drink on the day for all to enjoy.

Event ends 5pm.

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