

# Cranbrook Charity Family Fun Run



Cranbrook Country Park

17 September 2016



## Run Instructions

### Location

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

### Time

Registrations begin at 12, noon.

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

### Distances

5K race starts at 1pm

1K race starts at 1.30pm

These are separate courses with both running anti-clockwise. Due to the amount of country park currently available 5K course requires 7 circuits and the 1k course requires 3 circuits. It is planned that as the town grows so will the fun run courses.

**PLEASE NOTE:** Both courses include areas of uneven, rough grass track. The run is entirely within the boundaries of the park.

### Timings

No timings are being 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. We will look at this for future years.

### Marshals

There are various marshalled points along the route. See map... **M**

### Directions

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

See Map. Burrough Fields is the second on the left after the co-op and leads to Cranbrook Railway Station. The run takes place in the country 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 by the railway station.

## **Disabled Parking**

Limited. Burrough Fields. Marked on the 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**

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**

## **Water Tables**

Water will be available. **W** ... Marked on Map.

## **Contacts**

For more details or for questions contact either

Emma Jones at [ejones@eastdevon.gov.uk](mailto:ejones@eastdevon.gov.uk) 07812 652336

Keith Johnson at [keith.johnson@edvsa.org.uk](mailto:keith.johnson@edvsa.org.uk) 07599 932975 or 01404 549045

Please visit the 'What's Occurring, Cranbrook?' marquee to discover the vibrant community groups, clubs and societies active in the town.

We hope that you enjoy your day with us. Thank you for being part of the very first charity family fun run in the town and helping raise funds for MacMillan Cancer and the charity/group of your choice.

