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**Queen's Sport, Upper Malone, Belfast**  
**Sunday 25 February 2018, 11:00am**

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## Event information

This sheet should cover all the details you should need to know for the Resolution Run. If there's anything else you'd like to know, please contact us on 0300 330 0740 or [resolution@stroke.org.uk](mailto:resolution@stroke.org.uk)

The event will begin at **11:00am** outside the clubhouse at Queen's Sport, Upper Malone. The start/finish area will be well-signposted and the registration area should be easy to spot.

Registration will be open from **10:00am** at Queen's Sport Clubhouse. You will need to check in with us before starting the run. Please arrive **no later than 10:45am**. Toilets are available in the Clubhouse.

Providing the event has not reached capacity you can enter on the day if you haven't done so already.

## Route & Rules

The route is a 5km lap, repeated for 10k runners. Starting within the grounds of Queen's Sport, the run uses the trim trails at Upper Malone and drops to the Lagan Towpath at Shaw's Bridge for a stunning (and flat) riverside section before climbing to a lap of Mary Peters Track and onwards to the sports fields. This is not a PB course, so please take care on the descent to the towpath and take time to look around and enjoy the surroundings! Visit our facebook event page for the map and any event updates. Please KEEP LEFT and respect other park users.

If you wish to change distances on the day, please ensure you let our staff know when you register as we will need to give you a different coloured running number.

### Things to remember:

- Wear your running number on your front and write your emergency details on the back.
- Advance entries will receive their number in the post by the Wednesday before the run – if it doesn't arrive don't worry, you can get a replacement on the day. There's no need to contact us.
- Please wear your Stroke Association running t-shirt. Keep the weather in mind though – you might want to wear this over a long sleeved top.
- As for your feet wear what you'll be comfortable in. If it's wet, sections may be muddy.
- Marshals will be in position on the route and will assist if needed – please follow their guidance.
- Please show respect to other park and towpath users and watch out for cyclists.
- No alcohol or illegal drugs should be consumed before or during the event.
- Please ensure any children with you are supervised at all times.
- This is a fun run – so please remember to enjoy yourself!

### Timing:

There will be a clock on the finish line and the event will be timed by experienced volunteers, so WEAR YOUR NUMBER ON YOUR FRONT. Full results will be posted on the Stroke Association NI facebook page the following day or sooner if possible. Like the page at [www.facebook.com/strokeassociationni](https://www.facebook.com/strokeassociationni)

## How to get there

**Queen's Sport Upper Malone, Upper Malone Road, Belfast, BT9 5NB**

### **By bus / train:**

By bus, catch the Metro 8A service from Belfast City Centre, Donegal Square East, getting off at Upper Malone Road, Dub Lane - journey time 16 minutes. This is an hourly service on a Sunday.

### **By car:**

Please share if possible, and give way to pedestrians as you enter and exit the venue.

Queen's Sport at Upper Malone is south of the City Centre on the A55 Malone Road. At House of Sport roundabout take the exit onto the B103 Upper Malone Road, signposted Finaghy / Dunmurry. The entrance is second on the left opposite Bristow Park. If coming from Lisburn on the Upper Malone Road, please continue to House of Sport roundabout and U turn. This will help to ease traffic.

### **Parking:**

Limited parking is available - please car share. Please follow advice from stewards on arrival. A limited amount of disabled parking is available near the Clubhouse. Please do not park on any double yellow lines within Queen's Sport – this is part of the course!

## Fundraising

If possible, please bring your sponsorship money with you on the day. A sponsorship/donation envelope will be enclosed in the pack you receive 1-2 weeks before your run. Please ensure cheques are made payable to 'Stroke Association'. (cheques are best for us!)

If you've used JustGiving your sponsorship money is sent to us on your behalf. If you have collected any sponsorship using the paper form there are three ways to send this to us after the event:

**Call us:** make your donation by debit or credit card. Simply call us on 0300 330 0740. Then post any signed sponsorship forms to us to allow us to claim an extra 25% on any donations eligible for Gift Aid.

**Send by post:** Send your donations and completed sponsorship forms to Resolution Run, Stroke Association, 1 Sterling Business Park, Salthouse Road, Brackmills, Northampton NN4 7EX

We process donations centrally to reduce costs – this won't affect where or how your donation is spent.

**Pay into the bank:** if you have cash donations, please get in touch for details on how to pay these into our bank account. Remember to post any sponsorship forms back to us so we can claim Gift Aid.

As you know, the registration fee you've paid goes towards the cost of running the event so all of the sponsorship money raised goes towards helping people affected by stroke and supporting their families. If you've decided not to collect sponsorship, we've enclosed a donation envelope in the hope that you might be able to give a donation towards the charity.

**Stroke**  
association

**YOUR NUMBER**

**is not included in your welcome pack.**

**It will arrive by the Wednesday before your run.**

**Help us raise more with  
JustGiving**

It's easy to share with friends and family on email and social media, so you'll reach more people and raise more for the Stroke Association.

**Get started at [www.justgiving.com](http://www.justgiving.com)**