
Milton Country Park, Cambridge
Sunday 18 March 2018, 10:30am

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

The event will begin at 10:30am at Milton Country Park. The start/finish area will be well-signposted and the registration area should be easy to spot.

Registration will be open from 9:30am and will be situated just within Milton Country Park and will be easily visible. Please arrive no later than 10 minutes prior to the start time.

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

Route & Rules

Please respect other park users during this event as the park is also used by cyclists, families and dog walkers. Please also be respectful of those you may be overtaking as some areas of the route may be narrower than others. The route is the same as the Milton Country Park Run for the 5k distance, but the 10k distance will be different and maps will be available as well as on the day directions and signage. 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 / Other info:

There will be a race clock at the finish line. If you wish to record your time please look out for this and note the time as you cross the finish line.

How to get there

By bus / train:

If you are travelling from Cambridge the bus to catch is the Citi 9 which stops outside Tesco. The entrance to the park is opposite Tesco on the roundabout. Continue to the end of this road where it opens out into the park's car park. The Park & Ride bus travels from South Cambridge, stopping in the

centre of Cambridge then continuing out to the Milton P&R site. Buses run approximately every ten minutes. To get to the park from this stop walk across the A10 bridge, continue down Butt Lane, turn right onto the High Street and keep going until you reach the Tesco roundabout where you turn left. The park is at the end of this road.

By car:

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

The venue address for satnav users is: Milton Country Park, Cambridge Road, Milton, Cambridge, CB24 6AZ.

Parking:

Milton Country Park's car park fee is one of the most important sources of revenue for the park, with money from ticket sales going directly towards the upkeep of the park. The cost for parking is: 30 mins - 2 hours: £2.50 or 2 hours - all day: £3.50.

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% in tax relief 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