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## Heaton Park, Manchester

### Sunday 29 April 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** at Heaton Park. The start/finish area will be well-signposted and the registration area will be easy to spot.

Registration will start from **9:30am**. You **do not need to check in** with us if you have signed up online, but can hand in sponsorship/donations, change your distance or collect a replacement race number if yours has been lost. Please arrive **no later than 10:45am** to make sure you don't miss the warm-up.

Toilets are available in the Farm Centre. There will be no changing or storing facilities available.

### Route & Rules.

The route is laps of a 5km course through the park. Starting and finishing outside Heaton Hall. Whilst we have tried our best to ensure the route is as close to 5k as possible, please bear in mind that due to the fun-run nature of the event it may not be completely accurate.

Runners will be released in order of distance with 15k runners starting first, followed by 10k, then 5k. Faster runners should position themselves to the front of the group, less experienced or slower runners and walkers or those with children or dogs should position themselves towards the back.

**Please note that due to time restrictions we strongly advise against participants walking the 15k distance.** First aid cover is due to end at 13:30 and we expect all participants to have completed the course by this time.

### 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:

This event has **no individual timing facility**. There will be a race clock positioned at the start/finish area. If you want to record your time, we recommend you bring your own timing device. **We are unable to provide official finish positions or results following the event.**

## How to get there

**Heaton Park, Middleton Road, Higher Blackley, Manchester, M25 2GT**

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

Heaton Park Metrolink station is opposite the park on Bury Old Road and it is a short walk through the park to the welcome desk. For Metrolink times, please visit [www.metrolink.co.uk](http://www.metrolink.co.uk) or call 0161 205 2000.

### **By car:**

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

Please use the St Margaret's Lodge entrance (postcode M25 2GT)

### **Parking:**

The three main vehicle entrances are St Margaret's Rd, Smithy Lodge and Sheepfoot Lane entrances. Please use the St Margaret's Lodge entrance for this event and park in the North Car Park. There are disabled parking bays in the North Car Park and Hall and Lake car parks. Parking is free if you arrive before 10am - after that a £1.50 parking charge applies.

## Fundraising

You can 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)**