
Lydiard Park, Swindon

Sunday 15 April 2018, 11:00am

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 **11:00am** at Lydiard 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** at the Stroke Association gazebo, near the football pitches. 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.

There will be a warm up at 10:45am.

Toilets are available near the playground, next to the café.

Route & Rules

This is a pleasant, relatively flat course taking in the beautiful grounds of Lydiard Park. It's suitable for all abilities, including walkers. Whilst you're out on the course 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

Lydiard Park, Lydiard Tregoze, Swindon, SN5 3PA

By bus / train:

Bus routes 1 and 1a provide transport from Swindon town centre to Lydiard Park. Timetables are available from Thamesdown Transport. You need to go in the direction of Ramleaze or Middleleaze and alight at Wilmot Close bus stop where you will see the turning into Lydiard Park. Buses run every half an hour on a Sunday although are limited before 11am so please check timetables online.

By car:

Please share if possible, and give way to pedestrians as you enter and exit the venue. Follow signs to Lydiard Park, not Lydiard House and use the car park on Hook Street.

Parking:

Please follow instructions from stewards on duty at the car park off Hook Street. Parking is £2 for two hours of £4 for the whole day, and parking is tight so please car share or walk if at all possible. Please avoid parking in the surrounding residential areas to avoid upsetting local residents

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