Event information

This sheet should cover everything you need to know about your 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 11am at Temple Newsam Park. The start/finish area will be well-signposted and the registration area should be easy to spot.

There is no need to register before the race. Just make your way to the Stroke Association gazebo located in front of Temple Newsam House. Please arrive no later than 10.40.

There will be a warm up at 10.45am near the start line.

There are toilets and a café located in the courtyard.

Route & Rules

The route starts in front of Temple Newsam House and heads down a tarmac path before climbing up and along the grassy Avenue. At the top of The Avenue the route bears left through the woodland parallel to Bullerthorpe Lane. It then turns onto farm tracks towards Colton Farm. At the farm, the route continues downhill towards a group of ponds, before following a path through rhododendrons to complete the 5k circuit. 5k runners will finish here, 10k runners will complete another lap, and 15k runners will complete another two laps.

Please see the route map for more information. There will be signs and marshals posted at regular intervals along the route. If you wish to change distances on the day, please ensure you let our staff know 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 of it. Don’t swap numbers. You should have received your running number with this pack – call us if not!
- Please wear your Stroke Association running t-shirt / vest! Keep the weather in mind though – you might want to wear this over a long sleeved top.
- As for your feet, this is a multi-terrain run using tarmac, gravel, grass and forest trail surfaces. Wear what you’ll be comfortable in. If it’s wet, sections of the route could be very muddy and slippery.
- 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 located at the finish so you can check your time.
How to get there

Temple Newsam Park
Temple Newsam Road
Off Selby Road
Leeds
LS15 0AE

**By bus / train:**

Four miles from Leeds Train Station. Frequent local connections to Crossgates Station, which is 1.5 miles away.

Visit [www.wymetro.com](http://www.wymetro.com) for more information about public transport.

**By car:**

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

Temple Newsam is four miles from Leeds City Centre, B6159, or two miles from M1, J46.

**Parking:**

There are a number of car parks available at Temple Newsam, most of which have designated disabled parking bays. Please note that the House Car Park is the only car park with a charge.

**Fundraising**

If possible, please bring your sponsorship money with you on the day. Enclosed in your original welcome pack was a sponsorship/donation envelope to bring with you to the registration desk, with your money enclosed. 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. Every donation, no matter how small, makes a difference.

Thank you for taking part – we look forward to meeting you.
Remember this is a fun run, so we hope you enjoy it!