

INFORMATION SHEET

- 1 Important**

The chip for your timing is fixed to your shoe – please see the separate guide detailing how to attach them! Ensure your number is displayed clearly on your front.

If you have changed any of your details or someone else is running in your place please email samantha.barton@lifeleisure.net so that we can update the system (this is mainly for health & safety)
- 2 Race Numbers**

For all pre registered participants race numbers will be posted out prior to the event. If you have lost or there is a problem with your number please visit the registration tent before the event.
- 3 Route**

The Run is based around roads and paths throughout the Borough of Stockport.

The Run starts and finishes at St Petersgate, Stockport, SK1 1EB

The 10km Route is available to view and download at <http://www.lifeleisure.net/enterprise/SportsDevEvents-BigStockportEventSeries>
- 4 Refreshments**

Runners should make their own provision for food. There will be water stations at the end of the race (provided by O'Neill Morgan Solicitors) and midway.
- 5 Parking**

There are a number of Sunday parking options in Stockport town centre available. Full details can be found on the following website - <http://www.stockport.gov.uk/services/transport/parking/carparks/> . Alternatively please contact Samantha Barton on 0161 482 0921 for further information.
- 6 Arrival**

If you pre-registered for the run all you need to do is turn up ready to run with your race number and chip attached to your shoe (as per instructions) ready to start at 10am prompt. If you have any questions on the day please ask at the information tent.
- 7 Bag Drop**

A Bag Drop facility will be available close to the start/finish. The Bag Drop facility will be available from 09:00am until 12:30pm
- 8 Start Time**

The 10km run will commence at 10:00am
- 9 Clothing**

All runners are advised to wear appropriate footwear and clothing, and have suitable liquids
- 10 Young People**

Young people under the age of 15 years are prohibited from taking part.
- 11 Prizes**

Prizes are on offer for the fastest men and women in three categories; open age, over 50's and over 60s, as well as a team prize.
- 11 Sponsor Forms**

These will be available electronically at <http://www.lifeleisure.net/enterprise/enquiryforms/contactbigevent>.
- 12 Timing**

Chip Timing will be used for the event, with results being available electronically after the event
- 13 Organisers**

The Event is being organised by Life Leisure. The Big Event Series is sponsored by Biffa Waste Management

Festival Area:

This year we will have a variety of activities for all the family within St Petersgate:

- Decathlon will again be providing free sports activities
- Stockport Metro Swim Team will have a fun stall
- Information stalls from a variety of partners
- Sunshine Events will be coming with an Assault Course and Bouncy Castle



The OLYMPOS team will also be there on the day next to the registration tent. Their experts will be offering treatments before the event to prevent muscle pulls and give you that extra boost for the day. Following the event they will also be available for cool down treatments to keep muscles circulating properly and avoid stiffness the next day.

OLYMPOS are experts in muscle and joint problems, sports injuries, posture, headaches and migraines. If you or any of your family want advice please head down and speak to the team. Their philosophy is listening to people, and their results promise a pain free living! You can't miss their station, as they are the guys in yellow!

For further information or if you have any questions please contact Samantha Barton on 0161 482 0921 or email samantha.barton@lifeleisure.net.