



# Full Event Details

As at 16/04/2010

<b>10k</b>	Saturday 24 <sup>th</sup> April 2010
	George Abbot School, Woodruff Avenue, Burpham, Guildford, GU1 1XX
<b>Start</b>	10.20 am race briefing: Professional warm up, 10.25 by <a href="#">Annie Ogle</a> ; 11.00 race starts
<b>Entry fees</b>	£13.50 (Free online registration); online registration preferred
<b>Age restrictions</b>	Recommended for adults and age 16+ only.
<b>Route</b>	2k leg from George Abbot School across Merrow Common to reach the 6k loop in Clandon Park. Cross-country run across fields, along tracks, around lakes, over bridges and stiles and enjoy views across Guildford. Pass the historic Clandon Park house and see parts of the private estate not open to the public. Return to School for finish.
<b>Event Facilities</b>	Live music from the George Abbot Swing Band, refreshments, free car parking, toilets, showers and changing, key/bag drop
<b>Race facilities</b>	Distance markers (approx); water stations; plenty of trained volunteer marshals to guide the route; route marked by arrows and tape; chip timing; results on website
<b>Prizes</b>	Men's/ Ladies Open, vets (over 50) and Under 18- 1 <sup>st</sup> 2 <sup>nd</sup> and 3 <sup>rd</sup> prizes - vouchers for <a href="#">Fitstuff Running Shop</a>
<b>What you get</b>	Fitstuff discount voucher, banana - and an event that includes all the family and a great 10k route around Clandon Park!
<b>Maps</b>	For maps of start location and route 3-D fly through see links on <a href="http://www.clandonparkrun.co.uk">www.clandonparkrun.co.uk</a>
<b>Registration</b>	Easy online registration in advance. Collect your race number and T-shirt on the day
<b>Timing rules</b>	No visible number = no time. Pin numbers on your chest (safety pins provided); wear timing chip on wrist
<b>T shirts</b>	£3.50-£5.00 please order when registering; last date for T-shirt orders is 2 <sup>nd</sup> April.
<b>Photos</b>	Following NSPCC Child Protection in Sport advice we require anyone who wants to take photos of the event to register with us <b>before</b> the race. <a href="#">Sussex Sport Photography</a> will be the official event photographers.
<b>Car parking</b>	Car parking spaces are limited; please walk if you can; please arrive in plenty of time to park; If the school car park is full please park considerately in adjacent roads. Locals: please don't all try to park in Merrow Woods!
<b>Sponsorship</b>	Our charity this year is Mukidoma School in Tanzania. If you are a school pupil, could you collect sponsorship to help protect and support these students? Sponsorship forms can be downloaded from <a href="http://www.clandonparkrun.co.uk">www.clandonparkrun.co.uk</a> or collected from Elmslie office at George Abbot School.



# Full Event Details

As at 16/04/2010

<b>4k</b>	Saturday 24 <sup>th</sup> April 2010
	George Abbot School, Woodruff Avenue, Burpham, Guildford, GU1 1XX
<b>Start</b>	10.20 am race briefing: Professional warm up, 10.25 by <a href="#">Annie Ogle</a> ; 11.00 race starts
<b>Entry fees</b>	£6.50 (Free online registration); online registration preferred
<b>Age restrictions</b>	For adults and School Year 6 and above
<b>Route</b>	From George Abbot School through Merrow Park, loop around Merrow Common and return to School for finish. Running on pavements and woodland tracks; using a subway to cross safely under Park Lane.
<b>Facilities</b>	Live music from the George Abbot Swing Band, refreshments, free car parking, toilets, showers and changing; key/bag drop
<b>Race facilities</b>	Distance markers (approx); water stations; plenty of trained volunteer marshals to guide the route; route marked by arrows and tape; chip timing; results on website
<b>Beginners' Advice</b>	For sound advice for anyone new to running visit <a href="http://www.serpentine.org.uk/">www.serpentine.org.uk/</a> > advice > beginners guide
<b>Prizes</b>	Under 16 boys' & girls 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> prizes (age as at 31/8/09) Under 14 boys' & girls 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> prizes (age as at 31/8/09) Under 12 boys' & girls 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> prizes (age as at 31/8/09) Vouchers and running kit items donated by <a href="#">Fitstuff Running Shop</a>
<b>What you get</b>	Medal, Fitstuff discount voucher, banana
<b>Maps</b>	For maps of start location and route 3-D fly through see links on <a href="http://www.clandonparkrun.co.uk">www.clandonparkrun.co.uk</a>
<b>Registration</b>	Easy online registration in advance. Collect your race number and T-shirt on the day.
<b>Timing rules</b>	No visible number = no time. Pin numbers on your chest (safety pins provided); wear timing chip on wrist
<b>T shirts</b>	£3.50-£5.00 please order when registering; last date for T-shirt orders is 2 <sup>nd</sup> April.
<b>Photos</b>	Following NSPCC Child Protection in Sport advice we require anyone who wants to take photos of the event to register with us <b>before</b> the race. <a href="#">Sussex Sport Photography</a> will be the official event photographers.
<b>Car parking</b>	Car parking spaces are limited; please walk if you can; please arrive in plenty of time to park; marshals will guide you. If school car park is full please park considerately in adjacent roads. Locals: please don't all try to park in Merrow Woods!
<b>Sponsorship</b>	Our charity this year is Mukidoma School in Tanzania. If you are a school pupil, could you collect sponsorship to help protect and support these students? Sponsorship forms can be downloaded from <a href="http://www.clandonparkrun.co.uk">www.clandonparkrun.co.uk</a> or collected from Elmslie office at George Abbot School



# Full Event Details

As at 16/04/2010

<b>Junior Run 4 Fun</b>	Saturday 24 <sup>th</sup> April 2010
	George Abbot School, Woodruff Avenue, Burpham, Guildford, GU1 1XX
<b>Starts</b>	10.20 am race briefing: Professional warm up, 10.25 by <a href="#">Annie Ogle</a> ; 10.40 – 12.40 Junior Run 4 Fun activities
<b>Entry fees</b>	£4 in advance (Free online registration); online registration preferred. £6 on the day if places available
<b>Age restrictions</b>	Minimum age is School Reception Year. Maximum age is School Year 6. (Year 6 pupils can choose Run 4 Fun or 4k)
<b>Responsible adult</b>	All children participating in the Junior Run 4 Fun must have an adult (parent or friend) that is responsible for them present on the premises. Please be prepared to give the name of this adult when collecting race number on the day.
<b>Route</b>	All Junior Run 4 Fun events will take place on the George Abbot School premises.
<b>Event Format</b>	Reception to Year 2 will do short track running races for medals, an "egg and spoon" type challenge, an obstacle course and a throwing activity. Years 3 to 6 events will be track running races for medals, tag rugby, basketball shooting and orienteering.
<b>Facilities</b>	Live music from the George Abbot Swing Band; refreshments, free car parking, toilets; bananas
<b>Race facilities</b>	Water station; route marked by tape
<b>Prizes</b>	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> medals for track running races. Other prizes donated by <a href="#">Fitstuff Running Shop</a>
<b>What you get</b>	Medal for every finisher, goody bag, Fitstuff discount voucher
<b>Maps</b>	For map of start location see link on <a href="http://www.clandonparkrun.co.uk">www.clandonparkrun.co.uk</a>
<b>Registration</b>	Easy online registration in advance. Collect race number on the day. Pin the number on front of clothes. Safety pins provided.
<b>Clothing/shoes</b>	The events are planned to take place outside – please come prepared for the weather. Running spikes not allowed. Wellies not advised!
<b>T shirts</b>	£3.50-£5.00 please order when registering; last date for T-shirt orders is 2 <sup>nd</sup> April.
<b>Photos</b>	Following NSPCC Child Protection in Sport advice we require anyone who wants to take photos of the event to register with us <b>before</b> the race. <a href="#">Sussex Sport Photography</a> will be the official event photographers.
<b>Car parking</b>	Car parking spaces are limited; please walk if you can; please arrive in plenty of time to park; marshals will guide you. If school car park is full please park considerately in adjacent roads. Locals: please don't all try to park in Merrow Woods!
<b>Sponsorship</b>	Our charity this year is Mukidoma School in Tanzania. If you are a school pupil, could you collect sponsorship to help protect and support these students? Sponsorship forms can be downloaded from <a href="http://www.clandonparkrun.co.uk">www.clandonparkrun.co.uk</a> or collected from Elmslie office at George Abbot School