

St Clare Hospice 10k Run



Runner's Information Pack

Date: Sunday 28th March 2010
Time: 10.30am start
Venue: St Clare Hospice, Hastingwood Road, Hastingwood, Essex, CM17 9JX
Course type: Road, mainly flat but with a couple of hills

Race Number

Your race number and safety pins are enclosed – please keep this in a safe place. In the middle of March you will be emailed or posted final instructions for the race day. Your number should be pinned securely to the FRONT of your vest or t-shirt so that the time keepers can record your finishing time.

Changing/Toilets/Bag storage

Unfortunately we do not have any changing facilities, so please arrive in your running kit. There will be toilets in the Hospice that you will be able to use. There will be a bag storage area at the Hospice, which we ask you to make a small donation to use.

Directions to St Clare Hospice

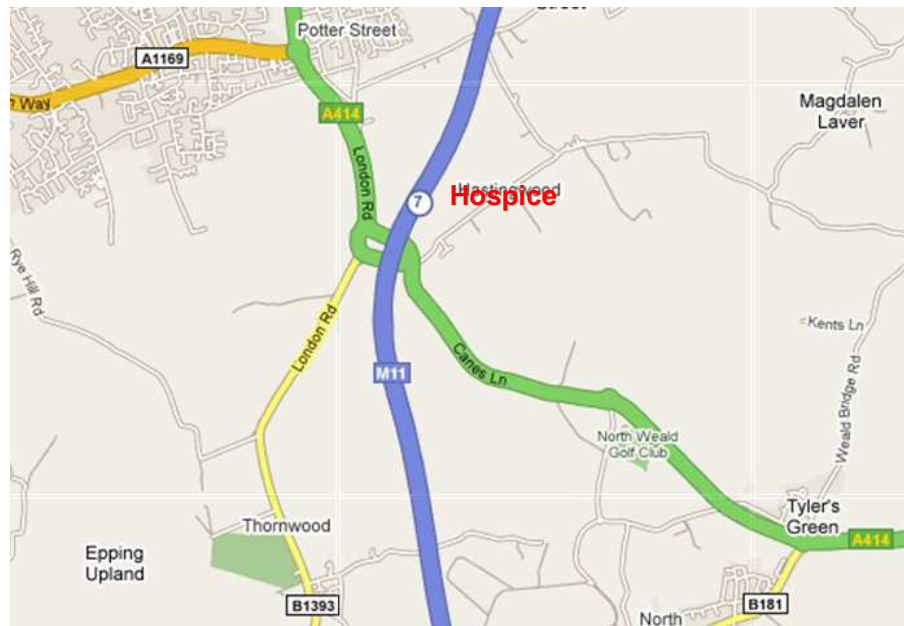
The Hospice at Hastingwood is well sited for easy access by car, as it is adjacent to junction 7 of the M11.

The nearest train station is Harlow Town station, which has good access from Liverpool Street, Broxbourne, Bishop's Stortford, Cambridge and Stansted Airport. It is approximately a 10-15 minute taxi ride from the Hospice. Please check www.nationalexpresseastanglia.com before travelling for any planned engineering works.

Epping tube station is at the end of the Central Line. It is approximately a 10 minute taxi ride from the Hospice. Please visit www.tfl.gov.uk before travelling for any planned engineering works.

Car Parking

Parking is extremely limited at the Hospice and needs to be reserved for families visiting our patients. Please do share lifts where possible. We will be organising a free car park with free mini bus shuttle service to the Hospice and will communicate these details to you closer to the time.



St Clare Hospice, Hastingwood Road, Hastingwood, Essex, CM17 9JX
(01279) 773 750 fund@stclarehospice.org.uk
www.stclare-hospice.co.uk
Registered charity number 1063631

First Aid

First Aiders will be attending the event to provide first aid assistance to anyone who may need it. If you do need help on the day, please tell a member of staff or marshal who will alert the crew.

Raising Money

Your run entry fee helps cover the cost of organising the event, but it's the sponsorship raised by runners that will really make the difference to our patients and their families, so we hope that every person taking part will try to raise as much as they can to help us continue to provide a high level of care. Please ensure that all cheques are made payable to **St Clare Hospice** and that they are posted to the below address.

Gift Aid allows us to claim back an extra 28p per pound. Please do ask the person who is sponsoring you whether they are a UK tax payer, as we will then be able to claim this extra money. It really is very important that you obtain their **full home address** on your sponsor form otherwise we will not be able to claim the Gift Aid.

This year, everyone who raises over £50 in sponsorship will receive a prize!

Justgiving

Justgiving.com is a website that allows you to set up a personalised fundraising page, enabling your friends and family all over the world to securely sponsor you using a credit or debit card. The money is paid directly into the St Clare Hospice bank account, and Gift Aid is automatically claimed so you no longer need to chase people after the run to collect the sponsorship money! It's really easy to set up a page; go to www.justgiving.com/stclarehospice/raisemoney, click on 'Create your page' and then 'St Clare Hospice 10k Run'. Personalise your page by adding information about yourself and a photograph, then you can email your personal link to your contact lists, add the Justgiving application to your facebook page, change your email signature to include your link or even add the link to company newsletters or intranets.

Refreshments

There will be a water station half way round the course followed by another drink at the finish line. Food and drinks will be also available to purchase at the Hospice.

Results

We will be offering a timing service on the day. To ensure that it runs smoothly, your running number must be clearly visible on the front of your top. We will try our very best to record everyone's results but unfortunately mistakes can occur, so please do also bring your own watch or timing equipment. Results will be available on the day then online on the Monday morning. If you would like the results posted to you, please provide us with a self addressed stamped envelope.

Prizes

Everyone who completes the 10k run will receive a goody bag which includes a medal and t-shirt. There will also be a number of prizes given out, including overall race men and women 1st, 2nd and 3rd, 1st running club, then one winner from each category – women senior, vet 35, vet 45 and vet 55, men senior, vet 40, vet 50 and vet 60. You will only be able to win one prize each. There will be a prize giving ceremony at approximately 11.45am so if you have won a category, please do wait to receive your prize.

Entertainment

Last year the Ten17 Thunder crew were present on the day to entertain the runners at the start and finish lines, all as well as Hospice stalls and refreshment stands. Entertainment will be provided for children as well as a BBQ, so please do bring your whole family along to enjoy the day. We'll be keeping our fingers crossed for nice weather!