

Your Resolution Run:

5k/10k

Gorleston Sea Front, Gorleston NR31 6BT

Sunday 23 February 2020

Start time: 11:00am

Key Event information

This sheet should cover all the details you 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 Gorleston Sea Front NR31 6BT. Participants are advised to look out for **the branded gazebos at the start.**

Our welcome desk will be open from **09:30am**. **Pre-Run** warm up is at **10:45am**.

There are public toilets available on site.

For security reasons there will be NO BAG DROP at this event. Please only bring essentials with you.



Route & Rules

The course is almost two laps along the top, middle and bottom of the scenic Gorleston Cliffs. The start area is at the North end at the top while the finish is below on the lower level. The course is 2 laps for the 5k run and 4 laps for the 10k run. The course follows the park run route. There is a short narrow sloped section. The run is held on paths shared with the general public.

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. This is sent in your event day pack arriving by the Wednesday before your event- if it doesn't arrive don't worry, you can get a replacement on the day. There's no need to contact us.
- If you purchased a Stroke Association running t-shirt please come wearing it on the day. Keep the weather in mind though – you might want to wear this over a long sleeved top.
- Please bring a reusable water bottle with you on that day in order to support us to reduce waste. Water will be available on site.
- As for your feet wear what you'll be comfortable in. If it's wet, sections may be slippery.

- Marshals will be in position on the route and will assist if needed – please follow their guidance.
- Please show respect to other users and watch out for cyclists and those running with dogs.
- No alcohol or illegal drugs should be consumed before or during the event.
- Please ensure any children with you are supervised at all times.
- Don't forget you can walk, run or cheer, do it your way

Timing: 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

Gorleston Sea Front, North End, Marine Parade, Gorleston Sea, NR31 6BT

By Car: From Lowestoft, A12 - Straight on at the lights at the entrance to the James Paget University Hospital, then RIGHT at the next set of lights into Bridge Road (sp Seafront). At the T-junction, turn left onto Marine parade and in about 200m (just after the "Ravine") park on the roadside. From Beccles/Bungay, A143 - Continue through Bradwell crossroads (lights) and in one mile at lights, take left fork towards Great Yarmouth. TAKE CARE as you join the A12. AT THE FIRST ROUNDABOUT take 4th exit (returning on A12). At the next roundabout (in ~1 mile) take the first exit, and then at the T-junction turn right. Follow the road round to the left and on to the Marine Parade. Parking available on the roadside. From Norwich, A47 - At the first roundabout, take the third exit onto the A12. Continue straight on at two further roundabouts. Then, at the next roundabout (in ~1 mile) take the first exit, and then at the T-junction turn right. Follow the road round to the left and onto Marine Parade. Parking available on the roadside.

Where ever you're coming from please park with consideration for local residents. Parking is available on the Cliff top roadside and near the shops at the lower level.

Fundraising

We advise not to bring your sponsorship money on the day for security purposes. Please send in any sponsorship before or after the event. There are a number of ways that you can get this to us:

Online: If your fundraising is on an online giving page, the money comes directly to the Stroke Association, so there is nothing more you need to do!

Cash: We ask people not to send us cash through the post, as there's a risk of it getting lost along the way. We advise you to pay the money into your own account instead and then either pay the money into an online giving page, or transfer the money into our account.

Bank transfer: If you'd like to pay in your sponsorship by bank transfer, please call us on 0300 330 0740 or email resolution@stroke.org.uk so we can provide you with our bank details and your unique reference.

Cheques: If you have cheques from your fundraising, please send with a brief cover letter, including your name and the event you have fundraised for, to:

Resolution Run Team, Stroke Association, 1 Sterling Business Park, Salthouse Road, Northampton,
NN4 7EX

If you haven't yet reached your target, don't panic! That's where we come in. We are here to offer support, advice and ideas to help you reach your pledged target.