

Santa Fun Run

OR JOG OR WALK

Sunday 3rd December 2023 | 11.00am

One lap 2.5 km or Two laps 5 km

supporting



and other Rotary approved charities

Thank you for entering our Santa Fun Run. Please read this sheet, which gives you information to help you make the most of the event. Any questions ring Robert 07833 780 222

1. If you have received this sheet with your running number and your free Santa Suit there is no need for further registration. Just make sure you are at the starting line by **10.45am at the latest**.
2. Your runner's number must be worn on the front of your suit. **Please write the runner's name and an emergency telephone number on the reverse of each runner's number.** To be eligible for your Santa Fun Run medal you must wear your number and Santa Suite throughout the fun run.
3. On completion of the run a Santa Fun Run medal together with bottled water will be given to participants. Please show your running number to receive these.
4. The route is all on hard surface in the Barbican and Hoe area of the City & are likely to be wet. There are sections, which are uneven and cobbles so care has to be taken. **Please wear sensible clothing & running shoes.** Dogs are best left at home, if necessary they must be on a short lead.

Arrival, as there will be road closures from 9.30 – 1pm it will not be possible to park actually in the Barbican.

The recommended place is the multi-storey Harbour Car Park in Lockyers Quay PL4 0DX from where it is a short walk past the Aquarium and across the footbridge to the Mayflower Steps. Or use public transport/walk.

PLEASE TURN OVER

5. **The Start at 11.00** by the Lord Mayor is in the Barbican, Southside Street outside Jacka's Bakery, please arrive by 10.45 at the latest.

All participants should do a warm-up of stretches etc before they start. A professional trainer will lead the warm-up at 10.50, do take part, it's great fun.

To avoid accidents it is important that faster runners are at the front at the start and slower joggers or walkers and children keep further back. Wheelchair users must have an assistant carer. Please be realistic in classing yourself as faster! At all times run responsibly, be careful, make space around you, when overtaking other runners make space, take care, do not barge past, remember this is **NOT** a race.

Follow along the route, Stewards in High Viz jackets & identification lanyards will show you which way to go.

The main Barbican road where the start is, Southside St. is fairly narrow and at the end of this Street are two sharp left hand turns, please make sure you stay on the pavement & WALK around this corner.

There are also hills – up Hoegate Street please take care and allow faster/fitter runners to pass you and don't be too embarrassed to stop for a breather. After you have gone onto The Hoe you return past the Citadel entrance and go down Lambhay Hill. Take care on this downhill stretch and at the left turn into Commercial Road at the bottom, especially if the road surface is wet as it may be slippery.

4. **The Finish**, which is beside The Navy Inn for both the 5 km & 2.5 km run, will be clearly marked. Those who are taking part in the 5km run please keep to the left when approaching The Navy Inn and continue along Southside Street for a second lap. Please put any rubbish in the waste trailer at the Finish.
5. **Public toilets** are available at three locations on the route, at Elphinstone Car Park, Opposite the Visitor Centre and at the eastern end of The Hoe, they cost 50p to enter.
6. **Peninsular Medical Services** will be on duty at the start and finish as well as on The Hoe and stewards will be in phone contact with them via Robert the chief steward.

If any issue arises please inform the nearest steward. Any Lost Children will initially be looked after by the nearest steward. Children under 12 must be accompanied by an adult. A safe guarding steward

will be in the Start bus.

7. The organisers of the Plymouth Santa Fun Run cannot accept responsibility for any injury, loss or damage however caused. By entering you are deemed to be confirming that you are medically fit to take part.
8. Should the event not take place for whatever reason, entrants will not be entitled to a refund.
9. Remember this is a charity event and your support in raising sponsorship money is much appreciated.

Please send us your Sponsorship money using direct bank transfer or cheque, by 31st January 2024.

For bank transfer, our bank details are:

Account in name of Saltram Rotary Club Charitable Trust, Sort code 20-45-45, Account no 13304787

Cheques should be made payable to Saltram Rotary Club Charitable Trust

Please send this this Sponsorship form (with your cheque, if paying by cheque) to the address below, so we may claim gift aid.

**Saltram Rotary, c/o Thorncot, Belle Vue Road,
Hooe PLYMOUTH, PL9 9NR**

Finally enjoy yourself..... it's a Fun Run/Walk