



Race Events

**Run For Diabetes 5k- 10k
Greenwich Park**

RACE DAY INFORMATION

Please read carefully

Date & Start time

Saturday 15th June 2019 – 9:30 am

How to get there

Car

Postcode SE10-8QY,

Underground

North Greenwich Jubilee Line – Then the 188 bus to Greenwich Park Gates.

Train

Connecting trains depart from Cannon Street, Waterloo, London Bridge and Charing Cross go to Greenwich, Maze Hill and Blackheath.

Dockland Light Railway(DLR)

Cutty Sark Station- walk through the market you will reach St Mary's Gate and the Circus Gate of the park.

Greenwich Station- follow the signs to the park.

Bus

53 Trafalgar Square - Plumstead

54 Woolwich - Elmers End

177 Thamesmead - Peckham

180 Thamesmead – Lewisham

188 North Greenwich – Russel Square

199 Canada Water- Catford

202 Crystal Palace- Blackheath

286 Greenwich - Sidcup

308 Lewisham - Woolwich

386 Greenwich - woolwich

Riverboat

You can take the riverboat to Greenwich Pier from Westminster, Embankment or Tower Piers.

Parking

Parking is free out side the park and there is lots of it. There is pay and display inside the park. All parking areas are not far from the start. Parking on a double yellow line is not permitted at any time, Excess charge £80.

Registration

Open's at 8:00am and will close at 9:15am. It will be held at the bandstand along side the baggage area on Great Cross Avenue. Please check the board for your race number, this will be listed next to your surname. The registration desk will display race numbers categorized as 1-100 / 101-200 and so on, please join the correct queue to retrieve your race pack which will contain your race number and timing chip. **Baggage tags will also be available here** (please remember to write your race number on your tag).

Timing chip

To be collected as above from registration, there will be information and instructions on how to fit your chip timing tag correctly.

Race number

To be collected as above from registration. There will be a table with a box of pens and markers **PLEASE remember to fill in the back of your race number with your emergency contact details and any medical information.** Please do not give your race number to someone else. Please wear your race number on your front as Snappy Races will be taking pictures which you can view by entering our event name and your race number on their website. Your race number will also need to be entered onto your baggage label if you require this facility.

Baggage

The baggage area is next to registration at the Bandstand. If you decide to leave your bag here, **please complete a baggage label**, which you will collect from registration table. Your running bib is your ticket to retrieve your baggage so please do not discard once you have completed the race. FYI the start/finish area is really close to the car park so if possible please leave bags in your cars. The baggage area will be manned at all times by our marshals.

Course

The route is a two-lap course of this stunning park, the route will be on display on a notice board at registration. The race will start on Great Cross Avenue just passed the bandstand. If you have a specific race time that you would like to aim for, we have race pacemakers to help you achieve your goal. You will find them at the start line advertising their estimated race time on poles i.e., 50 mins, 55 min 60mins etc. We will be letting all sub 45 min runners go first then sub 50 then sub 60 and finally over the hour going last, the race is chip timed so it does not matter when you cross the line you will get your exact race time. You will note the large yellow arrows and k markers directing you around the course along with our marshals who are very vocal and encouraging and best of all will supply you with much needed jelly babies and bottled water.

First Aid

If you have a medical history you feel we should be aware of please email PB Race events. Medical support will be available around the course and trained paramedic's will be located at the start and the lower part of the park. If you feel unwell during the race please alert the nearest marshal and prompt medical assistance will be provided. **Fit to Run - Please Do not run** with a cold, flu, if you are feeling feverish, have chest pain, hangover, vomiting, diarrhea or just feel unwell as this can be extremely dangerous. Remember this is unfair to you, your family, the charity and race organisers you are unlikely to do your self-justice and may become a medical emergency.

Safety

As the course is in a local park and other members of the public use surrounding areas, this includes dog walkers, cyclists, groups of tourist and children. We will do all we can to ensure that this doesn't detract from your race performance or enjoyment but we ask that you take care. Please insure that you obey all race officials/Marshals instructions, they are there for your safety. Dogs are not permitted to take part in this race.

Toilets

There are toilets at the top of the hill, and at the main gate's into the park on the left hand side also in the café, and at the bottom of the park in the play area there is a new charge for the toilets of 20p.

Water

There will be one drink station at the 5k mark, however if it is a really hot day we will put one at the bottom of the park just before the hill.

Prizes

1st 2nd 3rd Male/Female, 40+ 50+ 60+ Male/Female Veteran, Team prize for Affiliated and Unaffiliated, Spot prizes for a great finish. Plus a medal to all race finishers. Prizes will be given out as you cross the line, please stay for a photo.

Race charity

We are proud to be supporting and raising money and awareness for YDC (Young Diabetes connections) Its not to late to raise a minimum of £60 for YDC whom will send you a free race vest to run in on race day. A team photo will be taken after the event, wearing your medal and top with pride. To enroll please e-mail Kay Walters with your contact details on info@pbraceevents.co.uk

Spectators

All are welcome. There are quite a few good places to stand and see your runner's a few times. Please do bring your family and friends along as it will provide good support along with our great team of marshals, It really is a great fun day for a fantastic cause.

The Finish

Once crossing the finish line keep moving, do not block up the finishing area collect your well earned medal and have some water.

Results

Results will be posted on our website www.pbraceevents.co.uk along with our Face book page and a link will be e-mailed to all our runners with a link to race photos which will be nice and cheap and a £1 for each photo sold will go straight to our charity JDRF, you will also find your photo on www.snappyraces.co.uk

Last but not least good luck have a great race and enjoy!