



## **Race Events**

## **Run For Diabetes Fun Run Greenwich Park**

### **RACE DAY INFORMATION**

**Please read carefully**

#### **Date & Start time**

Saturday 3rd June 2023 – **11:00 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 river boat 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 for the fun run at 10:30 am. 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. For late entries just tell the marshal your surname and they will find your race number. Baggage tags will also be available here (please remember to write your race number on your tag)

## **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. 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**

Start time will be 11:00 sharp. The route is a one lap flat course of this stunning park, distance is 2k just over a mile, the route will be on display on a notice board at registration. The race will start and finish on Great Cross Avenue just passed the bandstand, Small children must run with a parent/Guardian who does not have to enter the race, Medals will be given to all finishers wearing a race number. You will note the large yellow arrows directing you around the course along with our marshals who are very vocal and encouraging.

## **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 ensure 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 end of the race.

**Prizes**

1<sup>st</sup> Boy & to Girl across the finish line, 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 funds and awareness for YDC (Young Diabetes connections)

**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.

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