



Race Events

**Southwark Park 10k
Fun Run**

FUN RUN RACE DAY INFORMATION
PLEASE READ CAREFULLY

Date & Start time

Saturday 11th May 2019 **11:15** Fun Run.

How to get there

Car: (Post Code: SE16 2EH)

Southwark Park is just over a mile east of Tower Bridge, down Jamaica Road (A200). The south entrance to the park can be accessed by car from Southwark Park Road, where free on-street parking is available. There is a free car park available on the Hawkstone Road entrance to the park. Parking on Hawkstone Road is also free at weekends. Alternatively, there is a large car park next to Tesco Extra in Surrey Quays Shopping Centre, which is a 5-10 minute walk from the park entrance.

Public transport

Bus:

Buses 1, 199, 225 and 381 stop directly outside the park entrance on Lower Road. The park is also an 8-minute walk from Canada Water Bus Station.

Overground:

The entrance to Southwark Park is a one-minute walk from Surrey Quays overground station. Surrey Quays station is one stop on the overground from Canada Water underground station. Once you leave the station (either exit) there is a restaurant called the Yellow House on the opposite side of the road. Follow the pavement round to the right-hand-side of the pub and the entrance to Southwark Park will be almost immediately on the left.

Tube:

The nearest tube station to Southward Park is Bermondsey Station on the Jubilee Line. The park is approximately 8 minutes' walk from the station. Turn right when you exit the station and continue along Jamaica Road passing the shops, you will see the park entrance on your right.

Facilities

There is a café in Southwark Park. The café has toilets, baby changing facilities and disabled access. The café is open from 9am and serves hot and cold food and drinks.

Registration

Open's for the fun run at 9:40 am. It will be held at the bandstand along side the baggage area at Jamaica Road Park entrance. Please 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. 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. You will also need to enter your race number onto your baggage tag 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 your self, which you will collect from the registration table.** Your running bib is your ticket to collect your baggage so please do not discard once you have complete the race. The baggage area will be manned at all times by our marshals.

Course

The route is a small 1-lap course of this stunning park; the route will be on display on a notice board at registration. The race will start and finish at the bandstand at **11:15**. 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 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. Trained Paramedic's will be available around the course. 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 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 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 will be a couple of hired toilets near the bandstand and in the Café, which is a 5-minute walk from here.

Water

There will be one drink station near the 3k mark which you will pass three times so you will have ample opportunity to take on water.

Prizes

1stBoy / Girl , 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

PB Race Events is proud to announce that we are raising funds for Southwark Park.

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, you will also find your photo on www.snappyraces.co.uk

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