



## **Congratulations for entering the Silsoe Stride!**

Thank you for registering for the Silsoe Stride on Sunday 30<sup>th</sup> June and for supporting our event. Be sure to arrive well before your start time to collect your race number and chip and take part in the race warm up.

As a reminder, here are some important details for the race day:

### **DIRECTION**

Silsoe is 10 miles south of Bedford and just off the A6. At the church turn east into Park Avenue. The Stride is based on the playing field to the left of Park Avenue, but follow the signs to the car park area.

Postcode: MK45 4HR

### **LOCATION**

The Silsoe Stride is held on the playing fields owned by English Heritage next to Wrest Park and around the farm tracks of Home Farm. We thank the Burton family for allowing us to run on private land which is not available at other times.

We use the Sports pavilion as our base for providing Race HQ, Refreshments, a BBQ, a bag drop, the Raffle sales table and additional toilets.

There is a lot of space between these and the Start, Finish and Registration area for people to sit or picnic.

The fields are available for all runners to warm up before their races but please stay well clear of the road.

Dogs are allowed on the field but please keep them under control and on a lead. Please especially keep them away from the racing area.

Home Farm is a working farm - no dogs are allowed around the farm tracks. For your safety we ask that you listen carefully to instructions from marshals.

**CAR PARKING** is available at the bottom of Park Avenue. Please follow the signs and turn left at the end of the field. We have been asked to not park in the Wrest Park parking area. Our reserved space means that you do not have to cross a sometimes busy road.

### **REGISTRATION** and Race Numbers

You can collect your race number, and chip for seniors, from 8:30 on the morning of the race from the relevant Registration Gazebo.

Race Numbers are colour coded:

Red	10k
White	Children's races
Blue	5k

**Registration for seniors ends at 9:10, for Children at 10:00.**

**10k RACE** – Sponsored by National Sameday

The 10k race will start at 9:30 (with a warm up at 9:15)

**5k RACE** – Sponsored by National Sameday

The 5k race will start at 9:45 (with a warm up at 9:35)

The finish can be exciting with runners from both races returning together. Collect your medal, Wrest Park buy one get one free pass and a bottle of water after the finish line.

The senior courses will close at 11:00 to allow the Children's races to start.

**CHILDREN'S RACES** – Sponsored by Neves Solicitors

The Children's races will start at 11:00.

There will be a number of races at 100m, 500m, and 1,000m depending on numbers and ages.

**MEDALS AND PRIZES**

All finishers will receive a medal.

Finishers of the 10k and 5k will receive a "buy one get one free" pass to Wrest Park.

Finishers in the Children's races will receive a small gift.

The first girl and first boy in each of the Children's races will receive a trophy.

The first and second Lady and the first and second Man of the 10k and 5k will receive a financial reward.

**PRIZE GIVING and the RAFFLE DRAW**

Prizes will be given at about 11:30, after the Children's races, this will be followed by the Raffle Draw.

Please take care when LEAVING as there will be a lot of cars coming into Wrest Park as well as those leaving.



## Health and Safety Briefing

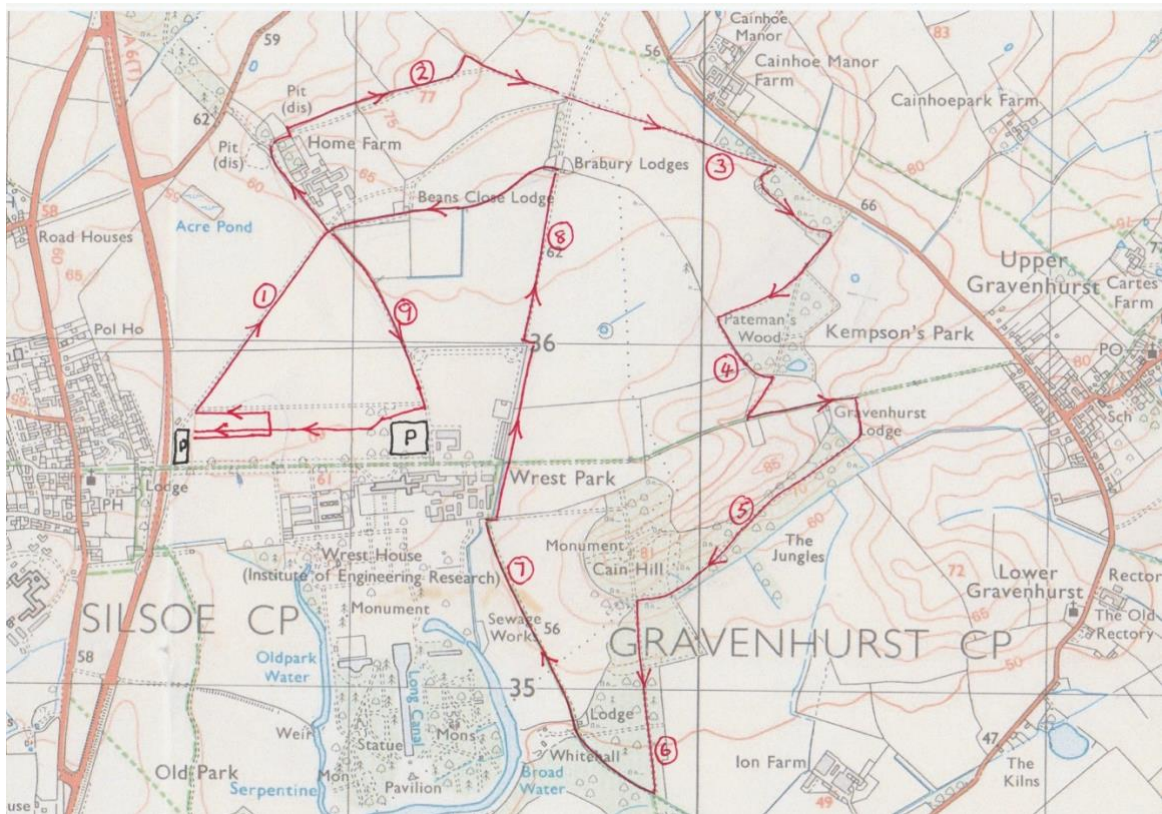
**Silsoe Stride 30th June 2019, Wrest Park – Grounds open at 8.30am**

- Please ensure your race number is pinned on and clearly visible. As you know the race is time chipped but we still need your race number visible in the event of an emergency. The reverse of the bib also has emergency contact information section for you to complete.
- Both the 5K & 10K routes are marshalled and the waymarks / signposts are colour coded:
  - For the **10K** runners please follow the **RED** signs
  - For the **5K** runners please follow the **BLUE** signs
- Both the 5K & 10K routes are mainly off road and multi terrain. The ground underfoot should be dry but if rain is forecast ahead of race day there may be longer grass in places. Please take extra care if this is the case. Both routes are on country tracks and footpaths, please be aware that at about 1km the track has been patched with broken bricks and that there is broken concrete mid-way through the 10K route.
- Water will be given to every runner at the end of each race, but there is also a water station at the halfway point on the 10K route. As it is private farmland we would ask you to please dispose of the cups in the areas provided / advised.
- We would also ask you on this occasion **not** to listen to music or wear headphones, this could stop you hearing any instructions from the marshals or traffic along the driveway as you return to Wrest Park.
- Although dogs are allowed on the field if kept under control on a lead please note that dogs are **not** allowed around the course.
- And finally in the event of an emergency, we do have First Aid medics available (St Johns Ambulance). If you do see another runner in difficulty, please either run to the nearest marshal and let them know, or stay with the runner and ask another runner to get help. An emergency telephone number is also on the back of the reverse of your bib.

We hope you enjoy the Silsoe Stride and its beautiful surroundings!

## Course Maps

### **10K COURSE MAP – FOLLOW RED SIGNS**



### **5K COURSE MAP – FOLLOW BLUE SIGNS**

