

# CHASE THE 5K



# Royal RAINBOW!

WATCH THE  
ROYAL  
WEDDING ON  
BIG SCREEN!

#BHK5

**SATURDAY 19<sup>TH</sup> MAY 2018 SOUTHWELL RACECOURSE**

## IMPORTANT INFORMATION

### TIMINGS

Please note; the racecourse will only be accessible via Rolleston or Fiskerton. The entrance at Southwell will not be open

- Check – in is 09:30, in building 1. Everyone MUST report to check -in on arrival to collect your running number. Please arrive as promptly as possible.
  - No paperwork is needed – here you will be checked in, given your running number and T-shirt if pre-ordered! Don't forget your safety pins.
  - You must **COMPLETE THE EMERGENCY DETAILS ON THE REVERSE OF YOUR RUNNING NUMBER** in order to take part in the event
  - Should you have any medical issues please report to the first aid point near the start line and advise them. Any questions please report to the Information desk Building 1.
- 10:15 Check in desk closes
- 10:15 Warm up at start line
- 10:30 READY...STEADY...GO! Race will start at 10:30 prompt
- 10:50 onwards – the first runners are expected back after 15-20 minutes with the walkers returning within the hour.
  - Join the paint fight, get some refreshments, catch your breath and enjoy the fun!
- 11:30 onwards – the Royal Wedding shown on the big screen – time to celebrate!
- There will be an opportunity to browse our stalls, grab refreshments (food and hot drinks are available from stalls – the Racecourse bar will also be open), and take part in activities after the run until 15:00

### WHAT YOU NEED TO BRING

- To get the full effect of the paint, wear a plain white t-shirt. If you have ordered one of these during the registration process, please collect this at the check-in desk
- Wear comfy sports clothes. Trainers are recommended
- Please remember to bring your sunglasses! Although the paint is non-toxic, we still advise wearing sunglasses to protect eyes.
- Dependent on the 'beautifully British' weather, some of the course may be wet or muddy, so please remember to wear footwear that you don't mind getting messy
- We will supply water at the end of the race, and there is a water station half way around the course, but please do feel free to bring your own.
- Please bring any sponsorship money along on the day – this must be in a **named sealed envelope**, containing your sponsorship form (so we may claim an additional 25% gift aid)

- There are refreshments and Royal merchandise available to purchase, so don't forget to bring your purses and wallets to treat yourself
- There will be a bag storage area available in building 2 to leave your bags in whilst you run

### **FIND US**

- Southwell Racecourse is accessible from the A617 of Staythorpe Road.
- Address: Southwell Racecourse, Rolleston, Newark, Nottinghamshire, NG25 0TS

### **PARKING**

- There is plenty of parking available at the racecourse. Parking is FREE! The carpark will not be marshalled, so please park considerately.

### **SPONSORSHIP**

- Firstly, a BIG thank you for every penny you have raised. It will directly benefit the patients, families and carers at Beaumont House Hospice.
- With 1 week to go, you still have time for a last push on sponsorship! So keep shouting about it and see who else would like to support, or even join you!
- Please aim to collect your sponsorship within 6 weeks, and bring it to us at Beaumont House, 32 London Road, Newark, NG24 1TW either as cash or cheque (payable to Beaumont House Community Hospice) marked with your name and Chase the Royal Rainbow accompanied with your sponsor form. We are keen to let everyone know just how much has been raised by all of you amazing people!

### **OTHER STUFF WORTH KNOWING**

- Assistance dogs only are welcome on the racecourse, but are not permitted to take part in the race and MUST be kept on a lead at all times. It will be a noisy and messy event so attendance will be at the owners own risk.
- Please bear in mind that the course is made up of different surfaces such as grass and gravel and may be slippery and uneven in parts. Please tread carefully.
- The best way to get rid of the powder is to brush it off whilst it is still dry and in powder form. This will remove the excess powder, but the rest should wash off in the shower. Please be aware, you may have to wash your hair a couple of times to remove all colour. It should wash out of all of your clothes in the washing machine.

If you have any questions before the event please email [holly.fowler@beaumonthouse.co.uk](mailto:holly.fowler@beaumonthouse.co.uk) or call Fundraising Team on 01636 610556

So that's it!! You're ready to get CHASING THE ROYAL RAINBOW.

We are so grateful for your support and look forward to seeing you at the start line!

**Holly Fowler**  
**Fundraising & Events Officer**  
**Beaumont House Community Hospice**  
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