



Full Event Details

As at 15/01/2010

10k	Saturday 24 th April 2010
	George Abbot School, Woodruff Avenue, Burpham, Guildford, GU1 1XX
Start	10.20 am: Professional warm up, 10.35 race briefing; 11.00 race starts
Entry fees	£13.50 (Free online registration); online registration preferred
Age restrictions	Recommended for adults and age 16+ only.
Route	2k leg from George Abbot School across Merrow Common to reach the 6k loop in Clandon Park. Cross-country run across fields, along tracks, around lakes, over bridges and stiles and enjoy views across Guildford. Pass the historic Clandon Park house and see parts of the private estate not open to the public. Return to School for finish.
Event Facilities	Live music from the George Abbot Swing Band, refreshments, free car parking, toilets, showers and changing, key/bag drop
Race facilities	Distance markers (approx); water stations; plenty of trained volunteer marshals to guide the route; route marked by arrows and tape; chip timing; results on website
Prizes	Men's/ Ladies and Under 18- 1 st 2 nd and 3 rd prizes - vouchers for Fitstuff Running Shop
What you get	Fitstuff discount voucher, banana – and an event that includes all the family and a great 10k route around Clandon Park!
Maps	For maps of start location and route 3-D fly through see links on www.clandonparkrun.co.uk
Registration	Easy online registration in advance. Collect your race number and T-shirt on the day
Timing rules	No visible number = no time. Pin numbers on your chest (safety pins provided)
T shirts	£3.50-£5.00 please order when registering; last date for T-shirt orders is 2 nd April.
Photos	Following NSPCC Child Protection in Sport advice we require anyone who wants to take photos of the event to register with us before the race. Sussex Sport Photography will be the official event photographers.
Car parking	Car parking spaces are limited; please walk if you can; please arrive in plenty of time to park; If the school car park is full please park considerately in adjacent roads. Locals: please don't all try to park in Merrow Woods!
Sponsorship	Our charity this year is Mukidoma School in Tanzania. If you are a school pupil, could you collect sponsorship to help protect and support these students? Sponsorship forms can be downloaded from www.clandonparkrun.co.uk or collected from Elmslie office at George Abbot School.



Full Event Details

As at 15/01/2010

4k	Saturday 24 th April 2010
	George Abbot School, Woodruff Avenue, Burpham, Guildford, GU1 1XX
Start	10.20 am Professional warm up; 10.35 race briefing; 11.07 race starts
Entry fees	£6.50 (Free online registration); online registration preferred
Age restrictions	For adults and School Year 6 and above
Route	From George Abbot School through Merrow Park, loop around Merrow Common and return to School for finish. Running on pavements and woodland tracks; using a subway to cross safely under Park Lane.
Facilities	Live music from the George Abbot Swing Band, refreshments, free car parking, toilets, showers and changing; key/bag drop
Race facilities	Distance markers (approx); water stations; plenty of trained volunteer marshals to guide the route; route marked by arrows and tape; chip timing; results on website
Beginners' Advice	For sound advice for anyone new to running visit www.serpentine.org.uk/ > advice > beginners guide
Prizes	Under 16 boys' & girls 1 st , 2 nd and 3 rd prizes (age as at 31/8/09) Under 14 boys' & girls 1 st , 2 nd and 3 rd prizes (age as at 31/8/09) Under 12 boys' & girls 1 st , 2 nd and 3 rd prizes (age as at 31/8/09) Vouchers and running kit items donated by Fitstuff
What you get	Medal, Fitstuff discount voucher, banana
Maps	For maps of start location and route 3-D fly through see links on www.clandonparkrun.co.uk
Registration	Easy online registration in advance. Collect your race number and T-shirt on the day.
Timing rules	No visible number = no time. Pin numbers on your chest (safety pins provided)
T shirts	£3.50-£5.00 please order when registering; last date for T-shirt orders is 2 nd April.
Photos	Following NSPCC Child Protection in Sport advice we require anyone who wants to take photos of the event to register with us before the race. Sussex Sport Photography will be the official event photographers.
Car parking	Car parking spaces are limited; please walk if you can; please arrive in plenty of time to park; marshals will guide you. If school car park is full please park considerately in adjacent roads. Locals: please don't all try to park in Merrow Woods!
Sponsorship	Our charity this year is Mukidoma School in Tanzania. If you are a school pupil, could you collect sponsorship to help protect and support these students? Sponsorship forms can be downloaded from www.clandonparkrun.co.uk or collected from Elmslie office at George Abbot School



Full Event Details

As at 15/01/2010

Junior Run 4 Fun	Saturday 24 th April 2010
	George Abbot School, Woodruff Avenue, Burpham, Guildford, GU1 1XX
Starts	10.20 am Professional warm up; 10.35 race briefing; 10.40 – 12.40 Junior Run 4 Fun activities
Entry fees	£4 in advance (Free online registration); online registration preferred. £6 on the day if places available
Age restrictions	Minimum age is School Reception Year. Maximum age is School Year 6. (Year 6 pupils can choose Run 4 Fun or 4k)
Responsible adult	All children participating in the Junior Run 4 Fun must have an adult (parent or friend) that is responsible for them present on the premises. Please be prepared to give the name of this adult when collecting race number on the day.
Route	All Junior Run 4 Fun events will take place on the George Abbot School premises.
Event Format	Reception to Year 2 will do short track running races, an "egg and spoon" type challenge, an obstacle course and a throwing activity. Years 3 to 6 events to be confirmed and will include track running races and orienteering.
Facilities	Live music from the George Abbot Swing Band; refreshments, free car parking, toilets; bananas
Race facilities	Water station; route marked by tape
Prizes	1 st , 2 nd and 3 rd medals for track running races. Other prizes donated by Fitstuff Running shop
What you get	Medal for every finisher, goody bag, Fitstuff discount voucher
Maps	For map of start location see link on www.clandonparkrun.co.uk
Registration	Easy online registration in advance. Collect race number on the day. Pin the number on front of clothes. Safety pins provided.
Clothing/shoes	The events are planned to take place outside – please come prepared for the weather. Running spikes not allowed. Wellies not advised!
T shirts	£3.50-£5.00 please order when registering; last date for T-shirt orders is 2 nd April.
Photos	Following NSPCC Child Protection in Sport advice we require anyone who wants to take photos of the event to register with us before the race. Sussex Sport Photography will be the official event photographers.
Car parking	Car parking spaces are limited; please walk if you can; please arrive in plenty of time to park; marshals will guide you. If school car park is full please park considerately in adjacent roads. Locals: please don't all try to park in Merrow Woods!
Sponsorship	Our charity this year is Mukidoma School in Tanzania. If you are a school pupil, could you collect sponsorship to help protect and support these students? Sponsorship forms can be downloaded from www.clandonparkrun.co.uk or collected from Elmslie office at George Abbot School