

# Stratford's Big 10K 2017

## Event Information/Overview

The 2016 event is obviously already done and dusted. The date for 2017 is Sunday 10th September. We will announce the opening of the entry shortly. The information below relates to the 2016 event and may be different for 2017.

Now in its eighth year this event continues to go from strength to strength.

The course shows everything that Shakespeare's Stratford has to offer with a finish coming past the Bards RSC Theatre. Previous results show that this event is ideal for gaining personal best times which is useful for both experience runners and those new to the distance.

This year our charity partner is Shakespeare's Hospice and we would love you to support this fantastic local Charity by either donating a bit extra when signing up or by raising lots of sponsorship money.

Thank you also to Ladders Solicitors who continue to support this event and are our principle sponsor.

## Registration

### Pre-Enter

Click on the red button to enter online. If you would like to enter by post, please contact us and we'll send you a postal entry.

### Registration on Race Day

If the race limit hasn't been reached, then there will be entries available on race day. Registration will be open from 7:30am and is based within the Tennis Club. Follow the direction from the car park.

## Route Map & Course Information

### Detailed Route Description

Based on Stratford Recreation Ground in the far corner by the tennis courts (near where the Parkrun starts from). The race starts at 9:30am. Please be ready at the start by 9:15am.

The route below is similar to last year, except at the very beginning and the very end.

We will group you on the Recreation Ground according to your projected finishing time. We will then walk you to the start which is on the Shipston Road (A3400) which will be closed for the event. Once the hooter has going you will head up the A3400 before turning right at the second (new) roundabout and heading along the B4362, Clifford Lane followed by another right turn at Clifford Chambers onto the Milcote Road. Keep following this road passed the halfway point and then another right turn will take you onto the infamous Greenway. This fantastically flat section of the course will surely be welcome to all runners. Head all the way down the Greenward along past the Racecourse and take the right-hand fork. This path takes you to the river and a run past Lucy's Mill Bridge and on up to Holy Trinity Church. Nearing the end of the race now you pass the Church on your right-hand side before turning into Waterside. A slightly downhill section past both the Courtyard Theatre and the famous RSC Theatre see you approach the finish last year's finish line

which you run past via Bancroft Garden. Here the course extends over the canal bridge and then the Tramway Bridge over the River Avon before a final right to onto the Rec where the race finishes near the bandstand.

### **Directions & Parking**

Stratford Recreation Ground, CV37 7LS

Car parking is in Pay and Display Car parks. The closest one is signposted "Rec Ground"

The start and finish of the race is on Stratford Recreation Ground which is South of the river. Those of you using Sat Nav place the following post code in CV37 7LS. This will lead you to Stratford Butterfly Farm and from there you will see the car parks

### **Water Stations**

There will be one water station on the course at approximately 5 kilometres.

Water and bananas are provided for you at the finish. If you need further sustenance there are many coffee shops and restaurants in Stratford. Please do take the time to enjoy what this famous town has to offer.

### **Prizes & Mementoes**

All runners will receive a medal upon completion.

Prizes will be handed out on the day in the finish area. There are prizes for the individual winners and team winners, prizes for the first 3 runner's male and female and also age group prizes – these start at 35 for both men and women and will be in ten-year age gaps.

### **Baggage & Toilets**

A baggage drop off area will be provided at Stratford Recreation Ground and your bags will be transported from the Start to the Finish (hopefully before you arrive there).

There are public toilets at both ends of the car park, by the View Restaurant and also by the children's playground.

### **Withdrawal Policy**

Up to six weeks prior to the race entrants will receive a full refund less a £2.00 admin fee.

After this deadline, no refunds are offered, however an entry may be transferred to another runner on provision of full details prior to the race. Entries cannot be transferred on race day.

All contact should be made by email

### **Music Whilst Running**

No earphones please! From 1 April 2016, a new rule regarding the wearing of head phones in road races was introduced into the 2016-2018 edition of the UKA Rules of Competition: -

"The wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted in races on any single carriageway road that is not wholly closed to traffic."

## **Event Charities**

Shakespeare Hospice

## **Event Sponsors**

Lodders Solicitors

Lodders is a law firm built around outstanding legal advice and a friendly, professional service. The firm was established 230 years ago and has offices in Stratford upon Avon, Cheltenham and Henley in Arden. Specialising in work for private clients and privately owned businesses, we serve a range of clients from business owners through to wealthy families, landowners, farmers and successful individuals, we are renowned for our technical expertise alongside thoughtful, intelligent advice and a highly personal service. We enjoy taking an active role in our local community, whether through our charitable work with the Heart of England Community Foundation or by sponsoring and attending events such as the Moreton Show and Stratford's 'Big 10k', and we pride ourselves on our personal touch and friendly approach.

Nuffield Health

Supporting the race for the past two years Nuffield Health have a hospital based in Warwick and a health club based at Warwick Gates and will again be providing massage for tired but happy legs and the finish of Stratford's Big 10K.