

## ***IMPORTANT RUNNER ALERT FOR ALL KNOWLE FUN RUNNERS***

This e-mail contains important information about this year's Knowle Fun Run on Sunday 19th May which we hope will help you with your planning.

Please read the whole email and ensure everyone entered via your email address is aware of the following:

**PARKING** – Please note if you park within the run route you will not be able to retrieve your car from the inside of the road cordon until 14:00. So why not park outside Knowle and jog or cycle from home? Please don't bring your bike onto the playing fields or playground but use the cycle racks on the left hand side of the school. Bring a bike lock. Cycles will be left at your own risk.

**REGISTRATION** in SCHOOL HALL - from 9:15-11:00. Enter via the front of the school. Collection of runner numbers will be by surname, except Kids runners and pre-ordered T-shirts which are separate tables. Bring a pen and complete your contact details on reverse of your runner number. It is very important those under 16 provide their responsible adults name and contact phone number.

**YOU CANNOT CHANGE FROM 5K TO 10K OR 10K TO 5K AFTER ENTRIES CLOSE ON MONDAY 13<sup>th</sup> MAY**

**TIMING CHIPS** – Your number and timing chip on the reverse is personal to you and must not be swapped with any other runner. You must wear your number on the front of your vest, otherwise no time will be recorded for you. If you have entered for the 10k but only complete one lap or if you have entered for the 5k but go on to try or even complete 10k you will not get a timed result.

**CHANGING FACILITIES** - available in the Sports Hall. Please bring a bag for your clothes, which may be left in the cloakroom area between the toilets near the front door of the school. Bags will be left at your risk.

**BEFORE YOU RUN** – Why not visit the stalls via the central walkway & cheer on the Kids runners

**KIDS RUNS** - There will be 4 kids runs on the playing field starting underneath the Stweb arch. Kids runners and parents are asked to make their way to the start for 11:00. The Year 4 kids run (Orange numbers) will start first at 11:00 followed soon after by Year 3 (Purple), Year 2 (Pink) & finally Year 1 (Green). **AT THE FINISH** on the playing field be sure to collect your choc bar, water bottle and certificate of achievement. **PRIZE-GIVING** for the winning boy & girl after Year 1 run

**FUN RUN START** – Assemble in the left hand MUGA for the Warm Up provided this year by [MK Health Hub](#) at 11:50.

Only 10k runners with Red numbers should start in the first wave at 12:00. All 5k runners with Blue numbers and any Red runners wishing to run with slower runners, must wait for the second horn at 12:05pm. The start time makes no difference to your recorded time which

is how the results are decided.

The roads will be traffic-free so please run on them, not the pavements. Keep to the left unless overtaking! The faster runners will want to pass you. The roads re-open and traffic resumes by 14:00 so use the pavements then.

**WATER** – There are 5 official water stations, which means if you run the 10k you will pass 8 & collect a bottle of water at the end. But please bring your own water whatever the weather forecast.

**AT THE FINISH** – Don't stop but carry on into the MUGA and collect your certificate of achievement, water and fruit & grain bar.

**AFTER THE FINISH** – After that continue walking out of the MUGA. Why not visit the MK Health Hub Warm Down and Massage on the field

**THE PRIZE WINNERS** - We hope you will return to the playing fields via the central walkway for the stalls, BBQ, buy any unclaimed t-shirts and prize giving on the stage,

**RESULTS & PHOTOS** - We shall publish these as soon as practical on [www.knowlefunrun.org.uk](http://www.knowlefunrun.org.uk)

**FEEDBACK** - We would like to hear from you and publish your photos on our website. Please e-mail us [2019@knowlefunrun.org.uk](mailto:2019@knowlefunrun.org.uk)

Please remember it is a **FUN RUN**, have a great time and good luck setting a PB

**LATE ENTRIES** – Please tell anyone still wishing to enter: After entries close at midnight on Monday 13 May only a limited number of entries will be accepted on the day from 09:00 first come, first served. They should download the form to complete from fun run website and bring cash: £20 for adult, £10 for junior runners. £5 for kids, but no free t-shirt, sorry.

Have a great Knowle Fun Run  
From The Fun Run Team @ Knowle & Dorridge Lions

With thanks to MK Health Hub for sponsoring this mail out



Don't forget our next fundraising event



# Heart of England Bike Ride

Sunday 14th July 2019  
from Packwood  
National Trust House, Solihull

## A great family day out

All proceeds to

  THE UK  
**SEPSIS  
TRUST**  
and other local causes

Choice of 20 & 30k leisure ride and 100k sportive  
(12, 18 and 60 mile rides)

Organised by  
  
KNOWLE & DORRIDGE  
**LIONS CLUB**  
Registered charity No. 929193

 Free visit to house & gardens  
after your ride

Sign up today at [knowleanddorridelions.com/bikeride](http://knowleanddorridelions.com/bikeride)