

THE LITTLE APPLE FUN RUN

SUNDAY 8th September 2019 10.40 am

Dear Runner

Thank you for your support in entering the 2019 Little Apple Fun Run.
Please read the following instructions carefully to make your participation in the event trouble free.

Run Director- Phil Garner - 07803 713757

Enquiries - Keith - tesh.measures@btinternet.com

Facebook page: <https://www.facebook.com/Newtons-Fraction-Half-Marathon-497034020389342/>

GETTING THERE

- South Kesteven Sports Stadium, Trent Road, Grantham, NG31 7XQ is located just off the A1 –A607 junction.
- There is parking at the Stadium with overflow car parking available across the road at the far end of the Buzz Bingo car park
- **NOTE: Trent Road will be closed from 10.20am for the start of the half marathon at 10.30am.**

RACE NUMBERS AND REGISTRATION

- Entries can be made on the day at no extra charge
- The Fun Run registration desk will be in the Gingerbread (Race HQ) upstairs in the main building from where runners can collect their race numbers.

RACE DAY INFORMATION

- Showers, changing, toilets and a small baggage area are available in the Stadium.
- To avoid queues toilets are available at the ends of the grandstands.
- Singleton Event Services medical support at the Stadium.
- The Lincolnshire Runner will have a trade stall .
- Refreshments will be available inside the Stadium.

THE RUN

- The Little Apple Fun Run is a well marshalled course that you can run or walk.
- Please obey any instructions given. They are there to ensure your safety.
- If you have any problems on the day please find a marshal or go to the Race HQ and we will try our best to help.

FUN RUN

- The Little Apple Fun Run will start on the track at **10:40am** from then you will be directed out through the Stadium gate and right onto Trent Road.
- You then will be directed right onto Dysart Road, keeping on the footpath at all times.
- Turn right and along the footpath at the back of the Meres leisure centre.
- Then turn right on to Trent Road, past Spittlegate School and then back into the Stadium, entering through the same gate and then bearing right on to the track, before completing almost one lap of the track to finish under the race gantry.

PRIZES AND RESULTS

- First boy and girl memento
- Medals to all finishers
- Results will be published on the Grantham AC website <http://granthamac.com/little-apple-fun-run/>

WEATHER CONDITIONS

- In the event of adverse weather conditions under which it is deemed unsafe to run the race, the event will be cancelled. Race Director's decision on this is final.

LOCAL SUPPORT

- This year we are making a donation to the launch of a Junior Parkrun in Grantham.