



Bunwell Santa Fun Run



Sunday 13th December 2009 — Start 11.00am

**Organised by Bunwell Strollers and started by PAUL EVANS
(Chicago marathon winner and Norfolk Athletics Development Officer)**

Race HQ -Bunwell Village Hall, The Turnpike, Bunwell NR16 1SN

Thank you for entering the *Bunwell Santa Fun Run*.

Please note there will be a “mass warm up”, conducted by Paul Evans from 10.45am
The race will start from Church Lane, Bunwell (100 yards away)

Please take a few minutes to familiarise yourself with the details below.

Race Number

Your personalised race number will be provided on the event day. A runner other than yourself must not use your race number. It must not be cut, folded or mutilated in any way, and must be fastened securely to the front of your Santa Suit. Please write your name, telephone number, any medical condition and details of next of kin on the reverse of the number.

Parking

Parking available in various sites around area.
(See map enclosed). Please park considerately.

Changing

Changing available at Village Hall along with refreshment facilities. Toilets available

Santa Suits

A full Santa Suit, including jacket, trousers, belt, hat and beard will be provided to competitors. We would ask that you enter into the spirit of the event by wearing it. The suits will be provided from the registration desk at Bunwell Village Hall on the event day.

Sponsorship

Please feel free to use the event to raise sponsorship for your own cause. We are also raising money for local charities and good causes and appreciate your support.

First Aid

Qualified personnel are in attendance during the race. If you need attention, please alert the nearest marshal.

The Course

There are two courses. One for the main Santa Fun Run (approx 5k) and the second for Santa's Little Helpers (approx 3k) (see course map).

Both runs start at Church Road and pass through Bunwell, returning along country roads back to the point of commencement. The course is generally flat and will be mainly traffic free.

Please obey instructions and directions of the police and race marshals. Please note there is a **FORD** on the course, which will be marshaled and directions provided.

Finish

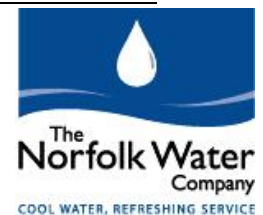
Please remain in the finishing order after you have crossed the finish line, and move clear of the funnel when your race number has been recorded. Then please help yourself to a drink, even if you don't feel thirsty. Please be careful when crossing the B1113

Race Memento

A race memento will be handed to every runner completing the race.

Results

Will be posted at www.bunwellstrollers.co.uk and available on request with SAE.



Any questions?

Please call **Nigel Seaward on 01953 789909** or visit **www.bunwellstrollers.co.uk** for further information.