

runNTU 2016 - Information

Fundraising

100% of all donations received go straight to the important work of the John van Geest Cancer Research Centre, and every little helps so please get involved and help us find new ways to diagnose and treat cancer patients! Please visit www.justgiving.com/jvgcrc or contact us on 0115 8488807 or via email on Stephen.knott@ntu.ac.uk for further information.

Location and Parking

The Clifton campus is located just off the A453, Clifton Lane. If you have a satellite navigation device, please use the postcode NG11 8NS. Free parking facilities will be provided on the University campus for participants and supporters. Park in the University Student Car Park accessible from the North entrance to the campus from A453 (Entrance closest to the city).

Having parked follow the signs to *The Point*. Our friendly race volunteers will be on hand to point you in the right direction.

Registration

Upon arrival at *The Point* please confirm your entry for the race at the registration desk downstairs by 12:30 at the latest. Registration will be available from 11:00 onwards. You will be able to pick up your race number (and event T shirt if taking part in the 5km event).

All runners must be at the start line for 12:40, 20 minutes prior to the race start. Signs and our friendly volunteers will show you the way from *The Point* to the start line.

The 5k race will start first, followed by the fun run 30 seconds later. This is for safety reasons because of the small children taking part in the fun run.

Changing Facilities and Storage

If you require changing facilities these are available in the changing block close to the North Gate Car Park. These will be open before and after the run. Some limited space is available for a bag drop downstairs in *The Point*. The University accepts no liability for loss or damage to your bags.

Refreshments and Entertainment

Water will be provided at the finish area for runners, and hot and cold refreshments (and a tasty food menu) will be available to purchase in *The Point* – which will be open before, during, and after the race. *The Point* will also be home to some acoustic performers. Close to the finish line we will have a bouncy castle and inflatable games for you to enjoy.

Prizes and Prize Giving

Please join us in *The Point* from approx. 2.15 onwards for a brief presentation. The lovely staff at *The Point* have a range of drinks available for you to purchase.

Fancy Dress

Wearing fancy dress for the run is actively encouraged, and we have prizes for the best.

Timing

Due to the complexity of timing two events (5k and 1.5k fun run) on the same course, we only officially time the fastest few entries over the line. We have arranged for a race clock to be provided which will show the time from the start of the 5k event, so please note your time as you finish.

Social Media

Do tweet on the day – we love seeing your pictures! You'll find us @vanGeestCancer and #runNTU – or on facebook at www.facebook.com/vanGeestCancer

Charity Entry

If you selected charity entry as your entry option you must raise at least £50 by Wednesday 13th April. If you have not raised the required amount you will still be able to run the race, but you will have to pay the usual registration fee upon registering. Please note that each Justgiving page set up can only be used by one individual for this purpose.

Do...

- Bear in mind that parts of the course are off-road and may get wet and muddy, so wear appropriate clothing.
- Follow all instructions from the race marshals.
- Keep to the left on the course where appropriate.
- Remember that the 5k race will be started at 1.00pm with a count down from 3 which will be followed closely by the same for the fun run.
- Have respect for other users of the route as the area is popular with walkers, cyclists, runners and horse riders.
- Cross the public highway with due regard to other road users
- Follow the course route. If you get into difficulty contact the nearest marshal.
- Follow the finish officials instruction and please respect that they need to concentrate on the job in hand and will therefore not be able to advise on times of individuals during the race.
- Tidy up after yourself and endeavour to leave the Campus and surrounding area litter free.
- Have fun!

Please do not...

- Use personal music players and head phones, this may invalidate the personal insurance cover.
- Wear fancy dress which could be considered offensive or dangerous as we may have to take the prevent you from running the race. Our decision is final on this matter.
- Obstruct Marshals or route markers or warm down on the route of the course.

If you have any further questions, please call Stephen Knott on 0115 8488807 until Friday afternoon, or in person on the day of the race.

We look forward to seeing you there!