

Jane Tomlinson's



BESPAK
A Consort Medical Company

MINI GEAR
www.runforall.com

RUN

MINI GEAR 2018 RACE GUIDE

Tuesday
Market Place

Start Time
10AM

06/05/2018

WWW.RUNFORALL.COM



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Borough Council of
King's Lynn &
West Norfolk



Hello Mini & Junior Runners!

Approximate Event Timings



Thank you for entering the Bepak Mini GEAR run! We hope you are excited about being part of this fantastic event and that you're looking forward to joining us.

Please read the information in this guide very carefully with your parent or guardian before the morning of the run. Every entrant has been allocated an individual number, which you should attach to the front of your t-shirt with safety pins in all four corners so it can be clearly seen. Your number(s) will be posted to you in the week before the event.

Please keep your number(s) in a safe place and make sure you or your parent/guardian fill in the reverse in full.

Race Information

Runners should arrive ready to run, as there is no baggage store for the Mini GEAR run. You do not need to register on the day.

All runners are required to gather in the signed areas on Tuesday Market Place prior to the event.

Car Park Information

Closed Throughout

- Page Stair Lane
- Common Staithe Quay
- Tuesday Market Place

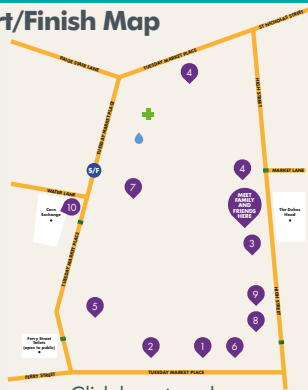
Accessible Pre-Race

- Broad Street (until 09:45am)
- Baker Lane (until 09:00am)
- South Quay (until 09:00am)
- Boal Street (until 09:00am)
- Church Street (until 09:00am)
- St James Court (until 09:00am)

Accessible Throughout

- Chapel Street
- Albert Street
- Austin Street West
- Juniper
- St James Car Park

Start/Finish Map



Click [here](#) to enlarge

- | | | | |
|------------|-----------------|-----------|--------------------------------------|
| S/F | Start/Finish | 7 | Refuel |
| 1 | Toilets | 8 | Goody Bag Collection |
| 2 | Baggage | 9 | Medal Engraving |
| 3 | Race Office | 10 | Hospitality |
| 4 | Assembly Zones | | First Aid |
| 5 | Charity Village | | ASDA Foundation Water station |
| 6 | Massage | | Crossing Points |

Mini Runners please arrive between 8.50am and 9.40am. Family and friends who are coming to cheer you on can make their way to the start and finish area outside of the Corn Exchange.

Runners will be guided to the start line by event marshals. Please do not attempt to make your own way to the start before you are told to do so.

Remember to pace yourself and take it steady, particularly at the start and when there are lots of people. Please be considerate of all other runners at all times.

Please note that adults, accompanying one or two children, must stay with the youngsters for the duration of the run.

Route Map



Route

The routes will be marshaled by volunteers. Please follow instructions given to you by marshals at all times.

Finish

Make sure you collect a drink of water from the Asda Foundation water station and a goody bag as you pass through the finish area.

Young Mini Runners should meet their parent or guardian at the "collection point" just after the finish line.

Souvenirs

All finishers will receive a goody bag with a t-shirt and a medal. As it is a fun run, there are no individual prizes.

Photographs

Photographs may be taken during this event and used for promotional purposes. Should you wish for your child's image not to be used in this way, please email info@runforall.com prior to race day. Following the event, you will receive an email from marathon-photos.com with a link, should you wish to purchase any images.

Fundraising

Children taking part in the Mini GEAR are encouraged to raise a small amount of money to help a local cause. They can of course choose any charity of their choice – or support the official charity, which in 2018 is Scotty's Little Soldiers. Scotty's Little Soldiers is a charity dedicated to supporting children & young people who have lost a parent whilst serving in the British Armed Forces.

Inspired by the experience of Army widow Nikki Scott, following the death of her husband Cpl Lee Scott in Afghanistan, in 2009.

The charity is currently providing assistance to hundreds of bereaved Forces children around the UK. Support offered to the children includes fun activities such as holiday breaks and group events, personal development assistance through educational grants and access to professional bereavement counselling.

Our mission is to
#HelpTheirChildrenSmile.





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Bespak manufactures and supplies drug delivery devices, metered dose inhaler valves, actuators, injection devices and medical check valves to pharmaceutical and biotechnology companies globally. Every second over 1,000 patients use one of Bespak's devices.

The combination of 50 years experience in drug delivery with a deep understanding of partners' needs enable Bespak to develop complex devices that overcome many challenges associated with administering the next generation of drug products.

More information about Bespak can be found online at www.bespak.com

Email us at enquiries@bespak.com

