

Homerton Hope



2010 Homerton Hospital Fun Run

22nd May 2010 Hackney Marshes

Important run information

Thank you for entering the 5th Homerton Hospital fun run at Hackney Marshes on 22nd May 2010.

Run route

The 3k run is 1 lap of the marshes. The 10k run is 3 laps. The course is flat and all major junctions will be marshalled.

Volunteers

If you are bringing a partner or friend to the run and they would like to help, please let us know in advance. Help is always needed at the Water Station.

All runs generate a lot of rubbish, please help us by depositing leftover cups, bottles, etc next to the start/finish.

Subject to weather conditions The Homerton Hospital League of Friends will provide catering on the day.

Arrival Time

The 3k run will start at 10.30am and the 10k at 11.30am. Please arrive at least 30 minutes before your starting time.

Car Parking

Parking is available on the Marshes at the East Marshes car park on the Eastway, as shown on the map. All unwanted kit and bags should be left in your car. **NO** bags should be left in any public areas due to security reasons. Homerton Hospital accepts no responsibility for loss or damage to any of your personal property

Toilets

There are basic toilets and changing room facilities near to the car park.

Race numbers

Please make sure your number is pinned on the **FRONT** of your top to enable the organisers to record your time at the finish.

Official charity

The official charity for this event is Homerton Hope. We ask that all participants make every effort to reach the minimum fundraising target of £5 for under 16s and £15 for adults. To set up a fundraising events page please visit www.justgiving.com or for a sponsorship form contact Tonya on 020 8510 5154 or email tonya.chalker@homerton.nhs.uk

Prizes

Prizes will be presented at 12.30. In both runs, trophies will be awarded as follows:

3k male 1st, 2nd female 1st, 2nd (prizes for adults and under 16s)

10k Male 1st, 2nd Female 1st, 2nd

Winners must be present to collect their prize; they will not be mailed out. All participants will receive a run memento at the end of the race.

For any further information, visit the website www.homertonhope.org/funrun, call 020 8510 5154 or email tonya.chalker@homerton.nhs.uk.

We look forward to seeing you on 22nd May.