



small park BIG RUN: further information for runners in the park

General

- The course is in a popular local park which will remain open throughout the run. We will have marshals around the course and liaising with park users. We do not have right of way.
- The Park will remain open to the public throughout - night time solo runners should consider this - as sections of the course are remote and dark, you may prefer to run with others; please speak to us about this if relevant to you.
- The course is on paved surfaces but these can be uneven in places, sections under trees can be slippery - especially when wet. Extra Care should be taken if conditions are wet. The path returning to Meersbrook Hall often has water flowing over it. Take extra care here.
- Remember this is **a community challenge not a race** so there is no penalty for walking or stopping or making sure another runner is doing ok.
- **Please take extra care** when coming down to the start out of the woods. We will be doing our best to ensure we keep the course clear but there will be times when this area is busy
- Please familiarize yourself with the programme so you know what might be happening around you: <https://bit.ly/spbr25-programme>

Changing rooms, rest rooms and valuables

- There are toilets by the side of the hall for runners but no designated changing facilities will be available.
- A runners' tent will be on hand where you can leave your valuables. at your own risk.

Water, food, clothing, equipment

- We will have a water table available with a water butt which will kept full.
- **We advise you to bring your own water bottle and label it. You can store it in the runners' tent at the start line. You can grab it when you need it**
- Bring:
 - a. Sunscreen (well it pays to be optimistic)
 - b. Comfortable running clothes and shoes
 - c. Something warm to wear after your run
 - d. A waterproof jacket
 - e. **A head torch with fresh batteries** if you are running at night

Arrival time, registration and sign in

- Please **arrive 15 minutes before your first run time** so you can sign in at the registration tent and get your number unless you are an ultra runner, in which case please arrive at 11.30 am
- If you are running multiple times spread across the day (eg 3pm Saturday and 10 am Sunday), for all but the first time, please come to the race organiser's tent just before your run time to confirm you are running. Please make sure you have your number on each occasion.



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- The hour slots are an admin convenience. You do not have to run (or walk or whatever) for all the time you signed up for

Processions around the park

- There will be lots happening across the day as part of our event. In particular if you are running between 7 and 8.45. There will be two processions walking around the park while you run. They will be marshalled and will keep out of your way. One will have lanterns to light up the wood for the night time runners and the second is a torch light procession.
- The torch light procession will end near the start and marshals will be on hand to ensure people try not to cross the course without looking and marshals will be on hand to warn you, just before you exit the wooded area, if people are inadvertently crossing the course

Night time runners

- The registration desk will be at the directors tent between 9pm Saturday and 8am Sunday
- The course will not be lit but will be marked by reflective tags.
- **A Head torch** will be needed for the duration of the hours of darkness - **please make sure your batteries are charged**
- If you arrive by car and are parking by the park please keep noise down
- Please be aware of the other runners on the course.

If you see a runner in difficulty

- If you have a phone on you call **07726 921089**
- **Or find a marshal / come back to the hall as soon as you can to report**
- **This is not a race it is a community challenge. Make sure everyone is safe**

Transport and parking

- There are a number of buses that run along Chesterfield Rd to Heeley Retail Park. Details on [SYT journey planner](#)
- If using your own car
 - Parking during the day by the park is fine on the park side of the road. There should be plenty of room in the streets around the park.
 - You can also find space in the car park in Heeley Retail Park, S8 0RG, which is opposite Beeton Road and five minutes walk from the park
 - All parking is at your own risk

Strava club

We have a Strava club page. <https://www.strava.com/clubs/small-park-big-run-262049> If you are a Strava user please join the club and help build the spBR community. Then we can see how many times we all went up that hill!



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BIG SING

If you can come back to the park for the end celebration, please join in the BIG SING. This is definitely for everyone. We will be broadcasting live on You Tube here:

<https://www.youtube.com/@smallparkbigrun/streams>