

Run it, jog it, walk it.

Everything you need for Sunday: when to arrive, the route, water, and the picnic after.

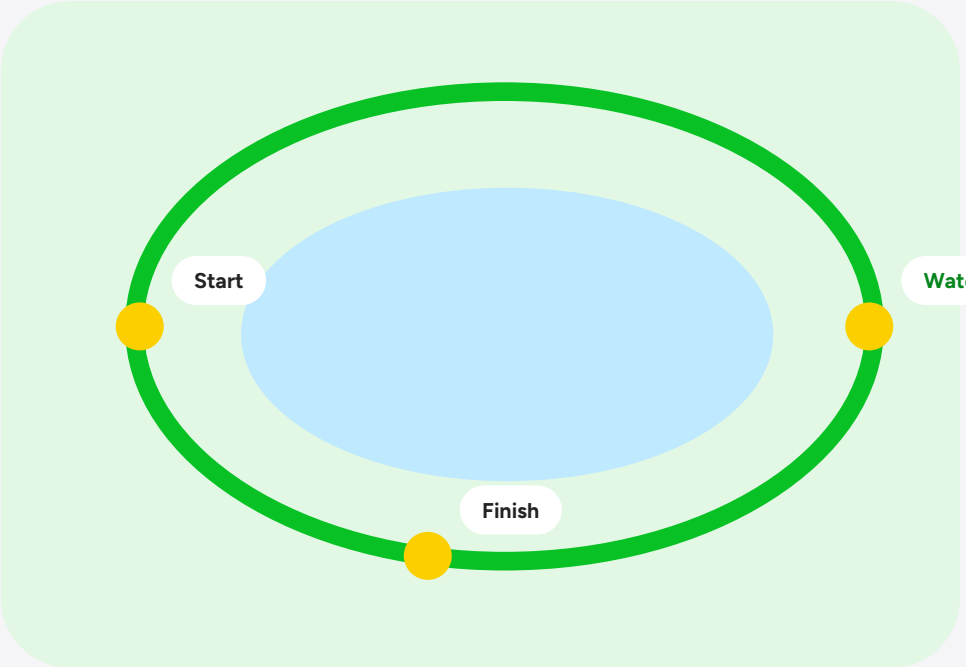
Before you start.



8:15	Collect your bib at the café
8:30	Bag drop by the bandstand
8:45	Warm up together on the lawn
9:00	We start, all at once

One loop, two laps.

Flat, wide paths all the way round the lake. Prams and dogs on short leads are welcome.



Marshals in green at every turn



Water at the halfway point.

- Cups go in the green bins
- First aid tent at the start
- Walk any part you like

Then we have a picnic.



Medals, oranges and a group photo on the lawn at half past ten.