



Small park BIG RUN: runners' instructions

General

- The course is in a popular local park which will remain open throughout the run. We will be placing marshals around the course and liaising with park users but 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 stopping!
- Marshalls will be out on the course throughout the event - say hello, let them know how you are doing.

Changing rooms, rest rooms and valuables

- Male and female changing rooms will be available in Meersbrook Hall
- Valuables can be left in this room at your own risk: only runners and marshals will be allowed in Meersbrook Hall
- A rest room with armchairs, drink making facilities and TV will be in the hall

Water food clothing

- We will have a water table available with water donated by the co-op. Grab one when you need one. Please dispose of it responsibly. Bins will be provided
- We advise you to bring your own water bottle and label it. We will store it for you at the sign in desk and hand it to you when you need it.
- Bring:
 - Comfortable running clothes and shoes
 - Something warm to wear after your run
 - A waterproof jacket
 - **A head torch with fresh batteries** if you are running at night (we can lend you one if you need it)

Registration/Sign in

- If you are changing at the hall, please **arrive 25 minutes before your first run time** to get your number as this is your pass to the hall's changing rooms
- Otherwise, come to the sign in desk at Meersbrook Hall **15 minutes** before you are due to run so you can sign in and get your number .
- Your number needs to be kept as it is your pass into the hall



Small park BIG RUN: runners' instructions

- If you are running multiple half hours spread across the day (eg 3pm Saturday and 10 am Sunday), for any times after your first half hour, please come just before your run time to confirm you are running. Please make sure you have your number on each occasion.

Night time runners

- The registration desk will be inside the Meersbrook Hall between 10pm 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: **07903 3113 728**
- **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

- 20, 25 and 44 buses run to Chesterfield Road from Sheffield City Centre. To get latest travel info state starting point is Sheffield City Centre and end point is Meersbrook Chesterfield Road on the [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 front of Lidl which is opposite the Meersbrook Park Road exit to Chesterfield Road
 - All parking 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!