



Pro Lettings Sponsors of the 2017
Wigan Christmas Dash



WIGAN'S CHRISTMAS



Sunday 10th December 11am

Event Information Pack

Your Pack includes:

- ◆ On the day information for all participants
- ◆ Your Event Number and Santa Suit info

Thank you for registering for the Christmas Dash event. We would like to thank all sponsors and partners involved in supporting this event and we hope you have an enjoyable and safe day



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Welcome

Welcome to Wigan's Christmas Dash event. We would like to thank you all for registering and raising funds for your chosen charities. We hope you have an enjoyable run in your Santa Costumes and enjoy your turkey and stuffing sandwich, mince pie, mulled wine or water at the finish.

Event Timings

09:30—Registration opens for event number and Santa suit collection

10:30—Santas called to the start line for briefing with Chris Milow and Wish FM

11:00—Start of the 5K Christmas Dash

12:30—Finish of the 5K Christmas Dash

Collect mince pies and mulled wine or water



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Santa Suit and Number Collection

Your santa suit and event number can be collected from the Grand Arcade in Wigan town centre on Saturday 9th December between 10am and 3pm. If you are not able to collect, then you can pick them up from registration in Mesnes Park lodge on Sunday morning from 9:30am.

Arrival On The Day

Please come to the registration desk to collect your Santa suit and event number, if you haven't already collected it. This will be open from 9:30am.

If you collected your santa suit and event number before the day then please be at the start line for 10:30am

The event start time is 11:00am.



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Getting to the start

The start of the Christmas Dash is next to the Sir Francis Sharp Powell Monument in Mesnes Park, Mesnes Park Terrace, Wigan, WN1 1TU.

By Car

If you are travelling by car please use the postcode above. This will get you to the park. Parking is available in various town centre car parks and on in the parking bays around the Mesnes Park area. Some spaces are chargeable on a pay meter. Remember DO NOT leave valuables on show in your vehicle.

By Train

There are 2 train stations in Wigan located only a few hundred metres from the Start / Finish area, Wigan North Western and Wigan Wallgate. You can find the train times here. <http://www.nationalrail.co.uk/>

By Bus

The bus station is located adjacent to market street area and can be accessed by walking through the archway from the bus station. Bus timings can be found here. Mesnes park is only a few minutes walk from here.



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Parking Locations in and Around Wigan Town Centre



Wigan Council
WIGAN TOWN CENTRE



Wigan Life Centre - Healthy Living Zone 1



Wigan Parish Church 2



The Grand Arcade 3



The Wind 4



Wigan Market 5

*Open to the public at weekends and after 6pm on weekdays

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Santa suit collection and registration on the day

Entries will be accepted on the day if the maximum entry has not already been reached but we cannot guarantee a Santa costume on the day. This will be publicised on the christmasdash.co.uk website or email support@eightyseventy.co.uk

Santa suits can be collected on Saturday 9th December in the Grand Arcade Wigan between 10am and 3pm. Alternately collect your event number and Santa suit on the day from 9:30am. On the day entries will be subject to a £2.00 per person surcharge.

Event Numbers

You **MUST** wear your event number on the front of your costume. Please bring pins with you to attach your number to your Santa costume.

This is so Officials can clearly see your number for safety purposes.

Changing and Baggage Facilities

There are no changing facilities on site so please make sure you keep your belongings safe.



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Event Route and Water Stations

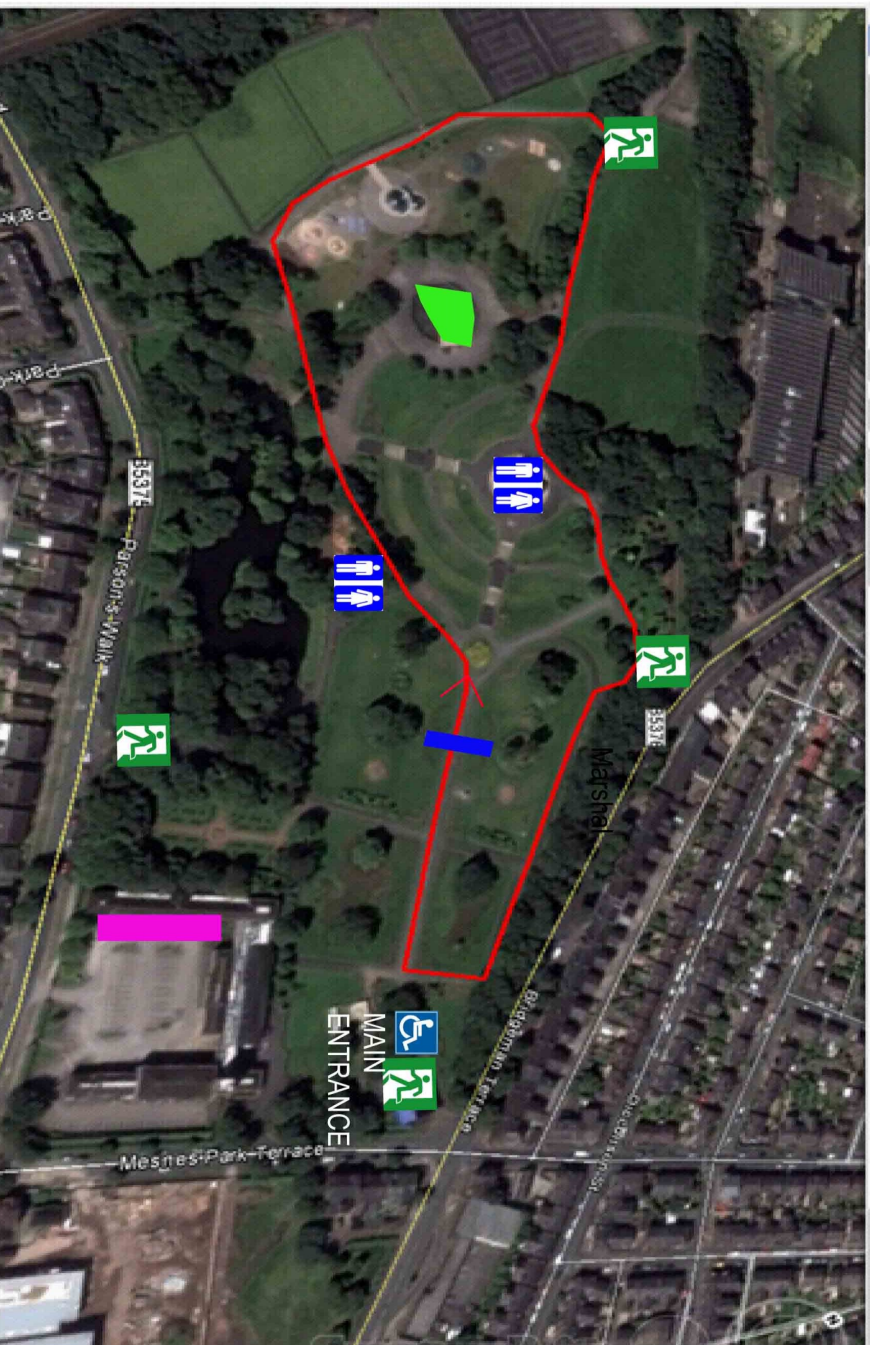
One water station will be located approximately by the start finish area. This will be manned by marshals who will hand out bottled water. When disposing of the bottles please DO NOT throw on the ground but put them in the bins placed on the route.

Event Route

The Route Starts in Mesnes Park next to the famous monument of Sir Francis Sharp Powell. The route will then take you on the newly resurfaced pathways around the perimeter of the park. 1 lap is approx 1KM so 5 laps will complete the 5K Christmas Dash. Some parts of the pathways narrow so please consider other runners and park users whilst taking part. There is no chip timing so remember to keep count of your laps.

Christmas Dash 10th December 2017

Site Layout



Site Map Key

 Start/Finish

 Disabled Access

 Toilets

 Entrance Exit

 Marshal

 Entertainment Area

 Registration and Info



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Your body and fitness

You will enjoy the run more if you have prepared your body prior to the event. Previous runs starting with light easy work and shorter distances can be done as a base for your training. When you feel comfortable with this you can increase the distance and pace to increase your fitness. It is important to eat and drink correctly before the event to keep your energy levels up and stay hydrated. You can also pick up some training tips or join in with others on training runs.

Runners MUST

Act responsibly at all times.

Not deviate from the route.

Be considerate at all times to other runners and park users

Listen to marshal instructions on route.

Wear your event number on the front of your Santa costume



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You are strongly advised to:

Keep Hydrated during the run.

Take a rest if you feel the need to.

Dress appropriately for the weather conditions on the day.

Medical

If you suffer from any medical conditions such as asthma, diabetes, epilepsy or other conditions then please write this on the back of your event number so that paramedics can see in case of an emergency.

There will be first aid support at the start finish and at points around the route. Please contact a marshal or call the event number 07903 511490 if you require assistance.

Finishers

All finishers will receive a turkey and stuffing sandwich, mince pie, mulled wine (over 18's) or water upon finishing as well as keeping the Santa costume. Please take your voucher supplied to you to the pavilion to collect your food. Please keep the finish area clear after you have crossed the line to make room for other finishers and runners.



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Finally a Thank You

We would like to thank all participants and organisations who are assisting in making the event possible and helping raising funds for your chosen charities.

We would also like to thank the efforts of all partners involved in helping promote and make the event possible again this year and hope to see you all again in 2018.



Pemberton Tyres, 20 Chapel Street, Pemberton, Wigan, WN6 6JR.
Pembertontyres.co.uk
01942 222413





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DASH

Charities Raising Funds

People taking part are raising funds for various great charities and we hope you all enjoy the event. Click on the logos to find out more.

If you would like to raise funds for this year's partner charity **"Three Wishes"** please use the link below to find out more about the charity and download the sponsorship form or make a donation

<https://www.christmasdash.co.uk/three-wishes>



everyone deserves support





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Event Management | PR & Marketing | Digital Media

EM
WE

E I G H T Y S E V E N T Y

E V E N T S & M E D I A

support@eightyseventy.co.uk

01695 682009

Merry Xmas



www.pro-lettings.com