



Dear Active Fakenham Easter Sunday 2022 Runner,

I am very pleased to let you know that your place in the **Active Fakenham 5k and/or 1K race on Easter Sunday 17th April** is now confirmed. The 5K starts from the Town Centre at 10.30 and the Fun Run starts at 11.30. Make sure you are registered in plenty of time and get down there for the briefing.

Summary

- 5K runners register at the Fakenham Community Centre, Oak St. NR21 9DY, go to the registration desk to collect your number and timing chip.
- 1K Fun runners sign up by 11.15. Registration opens at 9.30 in the market place.
- The 5K race sign in desk opens at 08.30 and closes at 10.10.am. There will be a briefing for all 5K runners at 10.20pm at the start line.
- If there is availability, entry on the day for the 5K will be at the Community Centre. Entry for the Fun Run will be in the market place. There is a maximum limit on the number of runners in each race so we may have to close on-the-day entry.
- We are using a chip timing system for the 5K race, so you will know your time.
- Parking: TESCO and Aldi are allowing all day parking for free. There is drop off at the Community Centre but very limited parking and this is pay & display even on Easter Sunday. Otherwise there are other car parks around the town. Obviously, we do not know how many spectators will be attending and there is also a British Cycling Criterium Race so there may be issues but there is plenty of parking around the town.
- Public transport in Fakenham is very limited, especially on a Bank Holiday The nearest rail stations are Kings Lynn (22m) and Norwich (26m)
- Food & drink will be available in the town centre. There is a coffee stall and Thai food stall on the market place and there are many cafes and pubs in the town and part of the reason for the day is to promote the town and its facilities.
- Each 5K runner will receive a Run Fakenham Easter medal. Water will be available at the finish but make sure you take on enough liquids before and after the race.
- We plan to have runners of all levels and abilities taking part and have allowed up to one hour for the 5K race and 25 mins for the 1K fun run.
- Faster runners will be asked to start at the front and all runners are asked to make way for faster runners coming past them.
- Water will be available at the finish, but we will **NOT** be giving out plastic bottles. We are trying to cut down on single use plastic and will have eco-friendly compostable cups (<https://www.vegware.com/>) and will also be selling our souvenir water bottles at the reduced price of £2.50 or you can bring your own.
- Please be polite and thoughtful towards the helpers who are voluntarily giving up their Easter Sunday to make this event a success. **Do NOT drop litter**
- There are limited changing facilities at the Community Centre
- You can leave things at the community centre, but this is at your own discretion, unsupervised and we take no responsibility for it.
- Details and updates can be found on the Active Fakenham website <https://www.activefakenham.org.uk/2022-easter-sunday-5krun-and-1krun> and we post on the Active

Fakenham Facebook page www.facebook.com/ActiveFakenham and the Facebook event

<https://www.facebook.com/events/459081919269576> and Twitter

<https://twitter.com/ActiveFakenham> and Instagram <https://www.instagram.com/activefakenham/>

- We will be taking photos and video which will be made publicly available and may be used for our own publicity in future years. Have you seen photos and videos on our website of our previous events?

Have a great run and enjoy the day. I look forward to seeing you there.

Best wishes

Richard

Richard Crook

Active Fakenham