

Dear Parents,

This section is for ALL PARENTS - even if not joining in with The Amble

The Amble on Saturday is now a run and lunch refreshments event only.

With weather forecasts and the numbers involved, we will no longer have bouncy castles etc. for safety reasons. We will have a BBQ and drinks available to buy for all participants and supporters, so please come and join us. Car parking is very limited, so please walk.

If you want to enter on the day, the cost is £5 and you must arrive between 10am and 10.30am (entries on the day close at 10.30am) read below if entering on the day.

The Car Park is closed 10.45-11.15am.

11.15am start to BBQ and other refreshments.

If you intend to come along - even to just watch - please read below for more information.

This section is for parents of those involved in The Amble

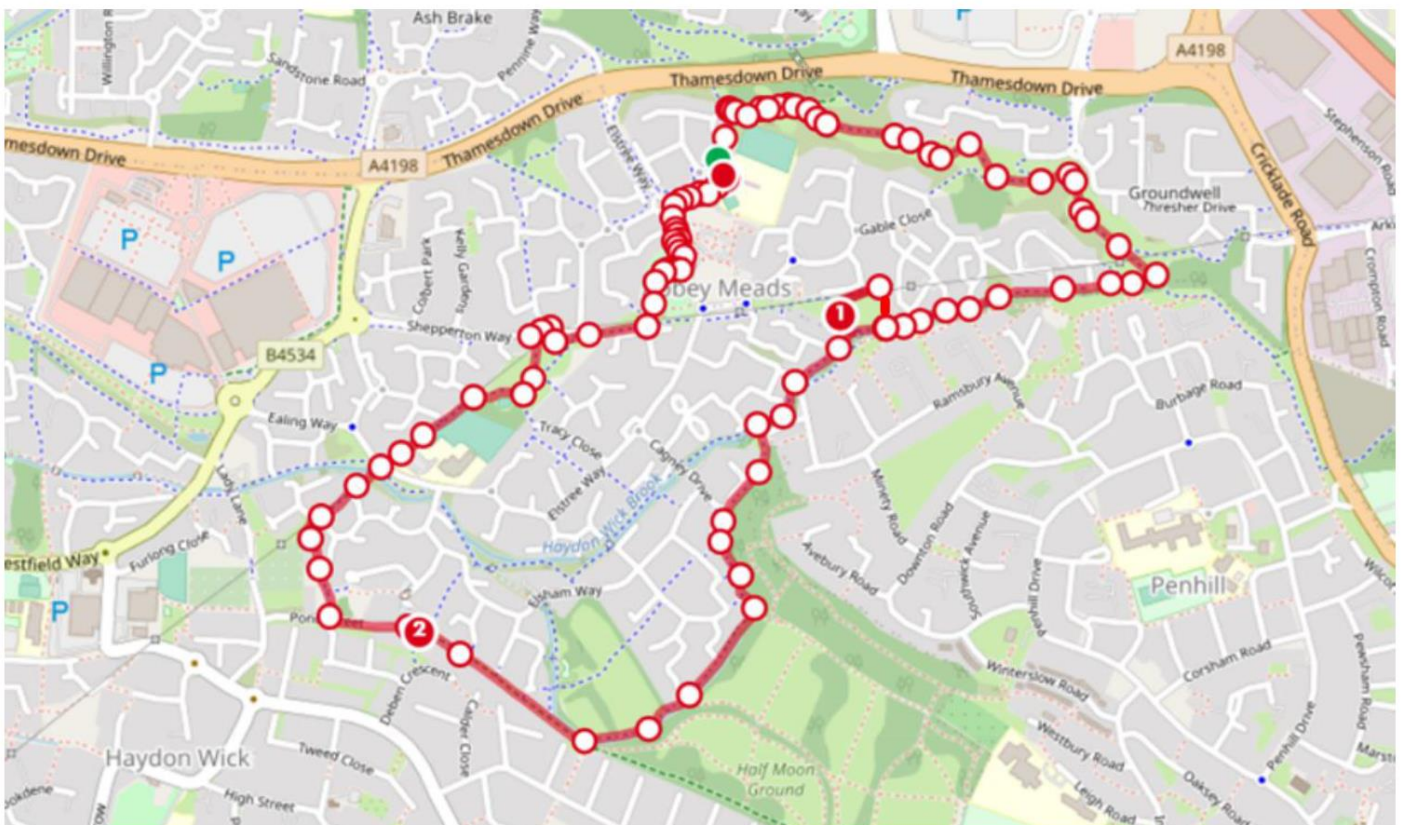
Thank you for entering, (or coming to support and buy food!) you are making a huge difference to children's lives and helping yourself and your family stay active.

- Please walk to the event if at all possible
- The car park will be full, and cars block each other in - please avoid - ***there is no access to the car park between 10.45 and 11.15am as runners will be crossing this area.***
- Registration of 230 entrants will take time - we have labelled stations to register. Please come between 10am and 10.30am to the Year 4 Mobile - if everyone arrives at the last minute we will have a queue and you may miss the start!
Registration closes at 10.45am.
- We are providing numbers and will have pins available 2 each person (but if you like to use 4 pins, bringing more will help)
- You must sign a declaration form, taking responsibility for your family during the event and complete the back of the number with any medical / contact details that may be important on the day.
- ***Toilets will be male and female and replicate those you might find at a public event. This means adults and children will access the same toilets. We recommend you behave in a similar way to that which you would if at the park or visiting a public building. You will decide whether to allow your child to go on their own or be escorted.***
- If running and you need to leave a bag - please try and have someone to support you, who can keep this (*there will be a bag store by the finish line, but this will be an unmonitored mat under a low gazebo, so please do not leave valuables unattended in this store*).
- The warmup on the school trim trail starts at 10.50am
- We will walk to the start at 10.55am, with a start as close to 11am as possible.
- The course is available for you to see on page 2. It has been measured to allow those wanting a 5K distance to complete one, but it is also a fun event where safety is paramount, so please follow instructions from our marshals at key transition points.
This includes some footpath barriers, bollards and raised pavements, which will be identified, and three small road crossings.
IF TOLD TO STOP... PLEASE STOP!
- The course begins with a walk to the start from the Trim Trail and completes with a run across the playgrounds and part way around the Trim Trail. This route was re-worked this week, as a result of the wet weather, to ensure it is accessible.

- There is one slightly inaccessible section, across an 60m stretch of grass. Marshals will be on hand to allow a shortcut for walkers not worried about their time and wheelchair / pram users, who feel this section is too difficult.
- Shortcutting means you still did an amazing job, completing 3 miles (just short of 5k)
- The course is across public footpaths, and as such you may encounter pedestrians and possibly dogs (hopefully on a lead). Please maintain the good name of Abbey Meads Community Primary School by remaining courteous and polite throughout and giving way where needed.
- Please ensure you have effective footwear / clothing to allow you to complete the course in comfort. Light rain is forecast but there has been a long period of wet and cold weather leading up to the event.
- There will be a BBQ and Hot/Cold drinks available (and since life is about balance we will have sweets following a gruelling 5K of activity!)
- At the end, please stay in the channel to receive your medal and have your number recorded, before looking for family and moving to the Race Village to enjoy the mouth-watering delights of the BBQ. Meat and Vegetarian versions available.

There will be more information, not yet stated, and we will give reminders over the loudspeakers at the event, but please familiarise yourselves with these details to make the event more pleasurable for both you and everyone else.

The AMCPS Amble Route



Many thanks, *See you at The Amble* - Mr Buckley