

# 10<sup>k</sup> & fun runs MOOR PARK



in aid of the **Lynda Jackson Macmillan Centre** support & information at Mount Vernon Cancer Centre

29 September 2019 at Merchant Taylors' School

Thank you for entering the Moor Park 10k & Fun Runs, the 18<sup>th</sup> time we have organised this event to raise much needed funds for the Lynda Jackson Macmillan Centre at Mount Vernon Cancer Centre.

We look forward to seeing you at Merchant Taylors' School on Sunday 29 September and hope you enjoy your day.

**The Moor Park 10k team**

## Race day

### Getting to Merchant Taylors' School:

**By car:** There is plenty of parking. Please enter the school via the entrance in Sandy Lodge Lane. The postcode of the school is **HA6 2HT**.

**By train:** The nearest station is **Moor Park**. Leave the station via the Sandy Lodge Lane exit (ie, not the shops' side). 400 metres along Sandy Lodge Lane, turn left into the school fields.

**Changing facilities:** There are limited changing facilities in the pavilion and a marquee for storage of baggage.

**Registration:** The registration desk will open at 10.00 am to collect your race pack, which includes your race number and timing chip. The desk will remain open until 2:45 pm. We recommend you arrive in good time for your race, allowing plenty of time to park collect your race pack and get warmed up.

**Numbers & chips:** Please take care of your runner number and timing chip. It is your responsibility to ensure your timing chip is securely attached to your shoe before your race. Do not bend or fold the chip, just leave it in a loose loop.

Runners who take part without their timing chip will not be recorded, nor will they receive a medal. Runners' times will not be entered manually after the event.

**Water:** Water will be available for runners at the finish line and along the 10k route. We encourage you to bring a refillable water bottle in order to reduce the amount of single-use plastic generated during the day.

**Medical information:** If you have any allergies or existing medical condition(s) which may require special attention, eg, epilepsy, diabetes or a history of heart problems, please write brief details on the back of your race number in waterproof ink.

**Photography and video:** Please be aware this will be taking place on the day. If you prefer not to be included in these recordings, make yourself known to a member of the team.

**Terms and conditions of entry** can be viewed on the website.

## Timetable of events

11.45	Under 15s Boys & Girls	3.9km
12.15	Under 12s Girls	2.6km
12.35	Under 12s Boys	2.6km
12.55	Under 10s Girls	1.3km
1.10	Under 10s Boys	1.3km
1.30	Under 7s Girls	850m
1.40	Under 7s Boys	850m
2.00	Presentation of junior prizes	
3.00	Moor Park 10k	
4.15	Presentation of 10k prizes	

There will be aerobic warm-up sessions before the races for each age group.

## Other activities

There will be lots of activities and attractions, including:

- Fun fair
- Face-painting
- Bouncy castles
- Games
- Refreshments

Bring the family for a fun day out! Invite your friends to come and cheer you on! You are welcome to bring a picnic.

**Sports massage:** A sports massage service will be offered during the day by teams from the LJMC Complementary Therapy service and The Physiotherapy & Rehabilitation Centre. There is a small charge and all proceeds will go to the LJMC.

Teams are welcome to book a place in the **Team Village** where they can set up their HQ, provide a place for their members to meet and store their kit. Please contact us for more information.

**Money:** Complementary therapies, sports massage and the refreshment tent will be cash only, no card payments accepted.



[www.moorpark10k.org.uk](http://www.moorpark10k.org.uk)

How's your training going?

Keep in touch:



@MoorPark10k  
#MoorPark10k





It is estimated that one in two people will develop cancer at some stage in their lives so it is not surprising that cancer is, perhaps, the disease that people fear most.

A diagnosis of cancer can lead to a wide range of emotions such as fear, anxiety and stress. At the Lynda Jackson Macmillan Centre (LJMC) we provide a service that supports patients and their families and helps them cope with all aspects of the disease from diagnosis, through treatment and beyond.

Opened in 1993, the LJMC was the first centre of its kind to offer a full range of support and information services to cancer patients and those who care for them.

Since opening, we are proud to have won many awards for our innovative work and the quality of information we provide.

The LJMC forms part of the Mount Vernon Cancer Centre in Northwood with a large catchment population encompassing Hertfordshire, Bedfordshire, parts of Buckinghamshire and Berkshire, Middlesex and North London.

The LJMC receives more than 40,000 requests for help each year. There is no charge for our services, the majority of which are funded by voluntary donations and fundraising activities.

Thank you for taking part in this year's Moor Park 10k & Fun Runs. Every penny that you raise through your participation in this event will go directly towards the provision of our services.

Even if you've taken part in similar events before, we hope you will still want to support the work of the Lynda Jackson Macmillan Centre. For example:

- £10 will pay for a pack of information for a patient who is just starting treatment
- £35 will pay for a relaxing complementary therapy for a patient
- £415 will enable us to run the Drop-in centre for one day

Sponsor forms are available from the website and you can set up your own fundraising page at [www.justgiving.com/ljmc](http://www.justgiving.com/ljmc).



Drop-in centre  
Patient information  
Counselling  
Complementary therapies  
Relaxation classes  
Benefits advice

Mount Vernon Cancer Centre  
Northwood, Middlesex HA6 2RN  
020 3826 2555

If you would like more information about the LJMC and how you can be involved, including opportunities for volunteers, please get in touch.

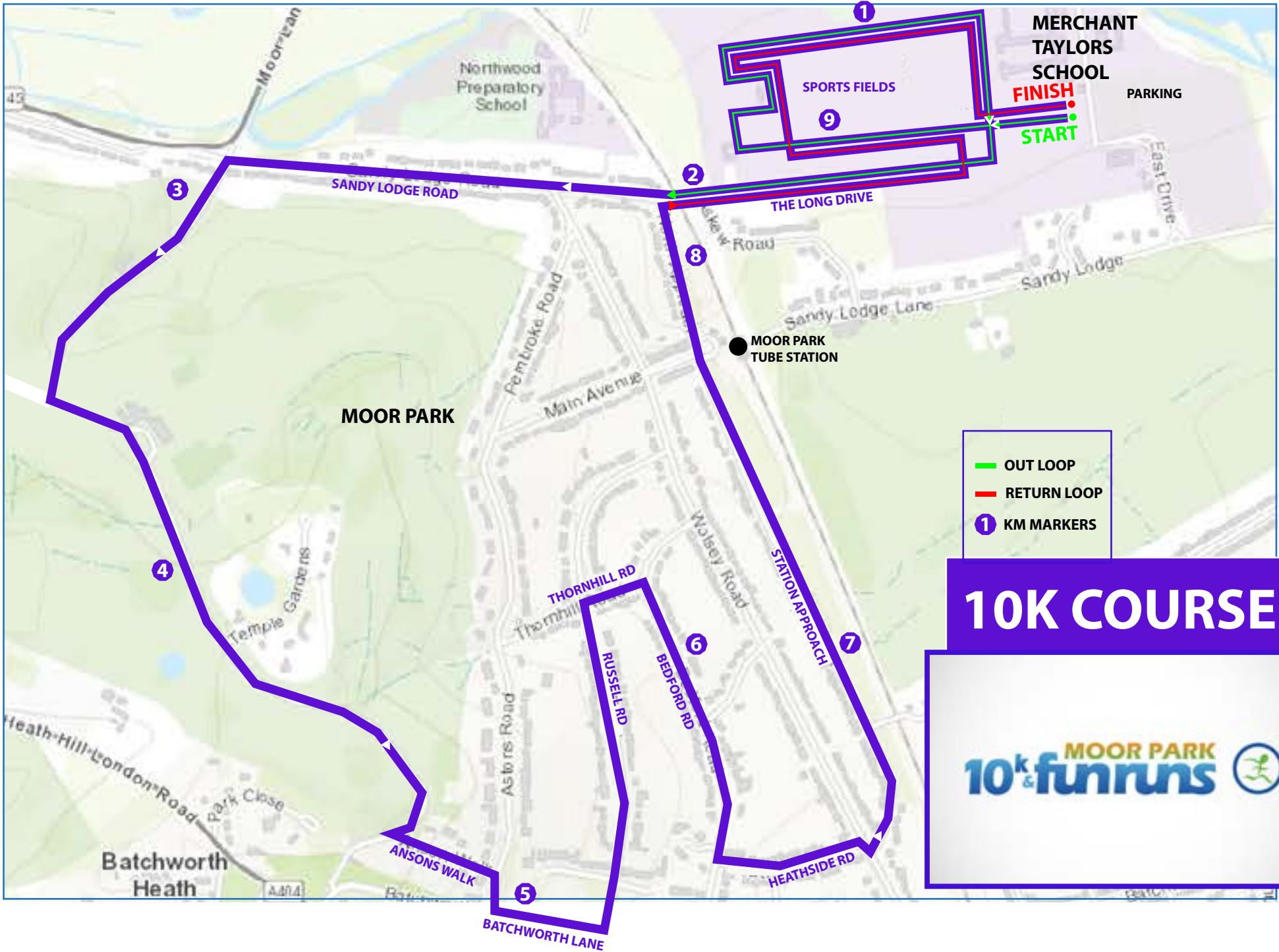
**Thank you** to everyone who has supported the event this year:

**Sponsors**

Junior Fun Runs	Micasa, Northwood
10k men's events:	
Under 18s	Lamertons Opticians
Seniors	Lamertons Opticians
Vet 40	The Print Shop, Pinner
Vet 50	The Print Shop, Pinner
Vet 60	The Print Shop, Pinner
10k ladies' events:	
Under 18s	Lamertons Opticians
Seniors	HAVEN Funeral Service
Vet 35	HAVEN Funeral Service
Vet 45	HAVEN Funeral Service
Vet 55	HAVEN Funeral Service
10k team trophies	Robsons (Northwood & Moor Park)

- Richard Ayling, MTS Grounds Manager, and team
- Barclays, Ruislip
- LJMC Complementary Therapy team
- Merchant Taylors' School
- The management and members of Moor Park Golf Club
- Moor Park (1958) Ltd
- Morrisons, Hatch End
- Nortwood NATO Military Spouses
- 1st Northwood Scouts
- The Physiotherapy & Rehabilitation Centre
- Runnersworld, Watford
- S H Pratt & Co (Bananas) Ltd
- Waitrose, Ruislip
- To all the volunteers and everyone who has helped with the organisation and running of the event and, of course, all the runners





**MERCHANT  
TAYLORS  
SCHOOL**  
PARKING

**FINISH**  
**START**

- OUT LOOP
- RETURN LOOP
- 1** KM MARKERS

# 10K COURSE

