



THE

**Grant
& Stone
MARLOW 5**

9.30 a.m. SUNDAY 13th MAY 2018

RUNNERS INFORMATION

In aid of





WELCOME

Handy Cross Runners are pleased to welcome you to the 35th running of the Marlow 5 and we have teamed up again for the 13th year in succession with main sponsors Grant & Stone Ltd

Grant & Stone have been established for over 30 years and are one of the largest independent merchants in the country with 24 branches and more on the way for 2018. They have branches across the Thames Valley and their builders merchants, electrical wholesalers, plumbers merchants, kitchen and bathroom showrooms can supply everything required to build a house, from the foundations to the final decoration - all on one trade account! They are still a first generation family run business who pride themselves on good product knowledge and first class customer service to both trade and retail customer alike.

Visit www.grantandstone.co.uk for more information.

ACKNOWLEDGEMENTS



Handy Cross Runners would also like to thank the following for their generosity and support, without which it would be very difficult to stage this race:

Places for People Leisure Ltd.
Grant & Stone Ltd
The Mid-Thames Raynet Group
Spar (Great Kingshill)
Thames Valley Police Authority
Wycombe District Council

Buckinghamshire County Council
Runners Retreat
St. John Ambulance
Sport Systems
The Royal Borough of Windsor and Maidenhead



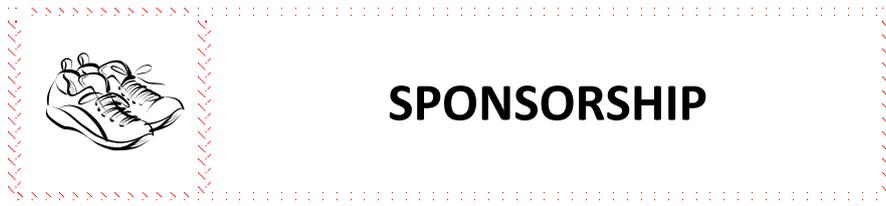
REFRESHMENTS

The High Street in Marlow is full of cafes catering to a variety of tastes. Before the race, refreshments can be obtained from Costa near the entrance to Higginson Park or the coffee van within the park.

RESULTS



Race results will be available on our website www.handycrossrunners.co.uk and on the website of Race Timing Solutions, racetimingolutions.racetecresults.com, as soon as possible after the race.



SPONSORSHIP

Each year we choose a different charity to benefit from the proceeds of the race. This year the money raised, less race costs, will be going to



Butterfly House is a leading community resource for supporting patients living with life-limiting or life threatening illnesses. They offer patient-centred care to individuals through the provision of specialist palliative, psychotherapeutic and lymphoedema care. They also support their families and carers.

The South Bucks Community Hospice has been based in High Wycombe for over 30 years and have made a massive difference to thousands of people across South Buckinghamshire with the vital care and support services they are able to offer.

You are invited to raise sponsorship money for Butterfly House or one of your own if you prefer.

If you raise money for our charity please send it to Handy Cross Runners, c/o Lapwing Cottage, Broombar Lane, Great Missenden, Bucks HP16 9JD and we will pass it on.



ENJOY YOUR RUN

We hope you enjoy your run, but as mentioned earlier this race is 34 years old and you might feel it's beginning to show. Any comments you have will be gratefully received so if you feel that any improvements could be made please let us know and if you just want to tell us how great our race is we definitely want to hear from you!!

If you would like to find out more about us before coming along please feel free to send an email to info@handycrossrunners.co.uk.

If, after your run, you're feeling inspired to join us, HANDY CROSS RUNNERS have runners of all ages and abilities and meet at Wycombe Judo Centre, Barry Close, High Wycombe, HP12 4UE every Tuesday, Wednesday and Thursday at 7.00pm. You are more than welcome to come along and run with us without obligation, I assure you that you will not feel out place. For more information visit our website <http://www.handycrossrunners.co.uk>.



THE COURSE

One of the only 5 mile events put on in the local area of this nature, it's a real privilege for us to be able to host this event. Starting and finishing in the beautiful Higginson Park, it is fast and flat around the streets of Marlow and ideal for an attempt on your personal best. All roads including Marlow Bridge are officially closed for the duration of the race. A Grant & Stone vehicle will lead the race and there will be a sweep marshal. We ask that you please listen and follow the instructions of the race marshals and any police, but remember that at all times you are responsible for your own safety and well-being. Slower runners may be asked to use the pavements rather than the road. Water will be available at the finish and about half way around the course. A map of the route can be found in this programme.

TIMING



This year we are again using chip timing with the chip needing to be attached to your shoe laces. At the end you will need to wait whilst the chip is removed.



PRIZES

Prizes will be awarded as soon as possible after the race

Individual	1 st , 2 nd and 3 rd male and female
	1 st and 2 nd male and female aged 40 to 49
	1 st male and female aged 50 to 59
	1 st male and female aged over 60
	1 st male and female aged over 70
	1 st male and female junior aged under 18
Team	1 st male and female Athletic Club (4 to score)
	1 st Sports and Social Club (4 to score)
	1 st Company Team (4 to score)

RACE NUMBER

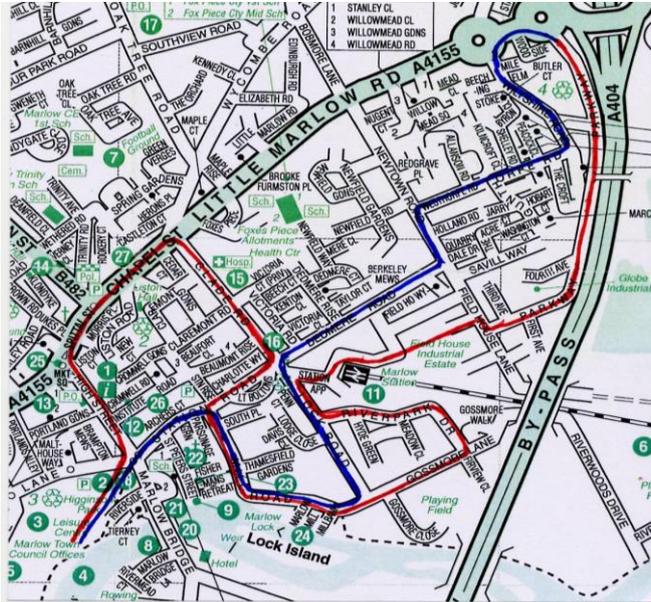


You will need to collect your race number from the Information Tent in Higginson Park on the morning of the race. The tent will be open from 8 a.m.. The number should be pinned to the **front** of your vest or T shirt ensuring that the pins are positioned at each corner. Please ensure you fill in the Health & Safety information and any medical conditions you have. You must not transfer your number to anyone else.



THE RACE ROUTE

The course starts in Higginson Park and leaves via the main gates, turning left up the High Street, turning right into Spittal Street on into Chapel Street and turning right into Glade Road and then right into Station Road, left into Mill Road and onto Gossmore Road, left into Riverpark Drive, right into Lock Road and right into Station Approach, through the industrial estate and right into Field House Lane, left into Parkway, left at the roundabout into Little Marlow Road, then left at the next roundabout into Wiltshire Road, right into Gunthorpe Road and through into Westhorpe Road, left into Newtown Road, right into Dedmere Road, left into Lock Road, right into Mill Road, left into Station Road, across the mini roundabouts and back into to the park to finish.



Visit our website specifically <http://marlow5.co.uk/Marlow5.html> to see

more map detail plus the route topography.

HEALTH, STRENGTH & WELLBEING



One of the stalls that will be in Higginson Park on race day will be manned by staff from Health, Strength & Wellbeing (HSW) and we hope that you will give them a visit.

The organisation builds confidence, strength, health and mobility for everybody who wants to move forward with their fitness. Their aim is to share their expertise in health and exercise science and provide bespoke, individualised and safe physical activity and exercise programmes suitable for all.

Their passion is understanding the science behind physical activity and exercise, and how it can help everyone. HSW has proven success when using physical activity and resistance style exercises to combat the challenges that come with different conditions, age, injury and adverse lifestyle.

It is key to realise that exercise and physical activity does not need to be a fast blast session that leaves you lacking energy. Exercise should be the opposite, leaving you with a clear mind, a feel-good feeling and extra strength.

You can get in touch now contact@healthstrengthwellbeing.co.uk or find out more www.healthstrengthwellbeing.co.uk