

Run the Trail 2022

Event Guide



MACMILLAN
CANCER SUPPORT

Content

Welcome	3
Timetable	4
Getting to the start	5
Runner's information	6-7
Fundraising advise	8-9
Race Village map	10-11
10K route	12-13
Half Marathon route	13-14

Welcome

Welcome to Macmillan's Run the Trail 2022. We are so excited to see you at Pippingford Park on Saturday 22nd October for our brand new off-road running event to support people affected by cancer.

You're bound to have a mixture of nerves, questions and excitement ahead of your run - don't worry, that's part of it all!

We've pulled together all the information you need to get race-day ready, and we'll be here every step of the way to support you. Relax and get ready to take on the trail.

Thank you so much for your continued support. Without your efforts, we wouldn't be able to support the 3 million people living with cancer across the UK, who need us now more than ever.

If you do have any questions before race day send us an email at running@macmillan.org.uk or call us on 0300 1000 200.



Race day timetable

Where - Pippingford Manor
Pippingford Park
Nutley
East Sussex
TN22 3HW

When - Saturday 22nd October 2022

9:45	Event Village Opens for registration and bag drop
10:40	Half Marathon warm up
11:00	Half Marathon race start
11:10	10K warm up
11:30	10K race start
15:00	10K and Half Marathon cut off time
16:00	Event Village closes

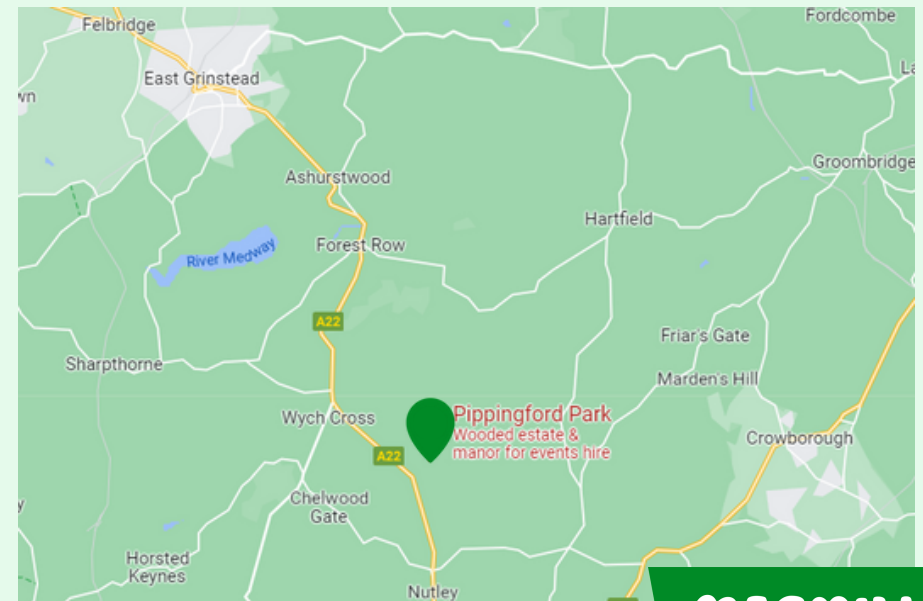
Getting to the start

By car

The entrance for Pippingford Manor is off the A22, there will be lots of signage on race day. There is plenty of parking available on site. What3 words: introduce.broke.chiefs

By train

The nearest train station is East Grinstead, which is a 1 hour train from London Victoria. From East Grinstead it is a 15 minute drive, several local taxi companies are available including Western Cars (01342 300000.)



MACMILLAN
CANCER SUPPORT

Runner's information

Race numbers

You will collect your race number at the event from our registration desk, no race numbers will be posted out beforehand.

Results

Once you have completed your run you will find your results here: <https://bit.ly/3e7qlqH>.

Bag drop

A bag drop will be available at the information desk in the event village.

On the day registrations

Runners will be able to sign up on the day at the registration desk. They will need to complete the registration form and pay the £10 registration fee.

Race cut off

The cut off time is 3pm which allows 4 hours to complete the half marathon and 3.5 hours to complete the 10K.

Toilets

There will be plenty of toilets available in the race village but none directly on the running route.

Water and gel stations

There will be 3 for the 10K and 6 for the half marathon route.

Marshalls and medics

Volunteer marshals wearing high-vis vests will be positioned along the route. Professional medical staff will be available at the event village, as well as on the course.

Spectators

You are welcome to bring as many family and friends to cheer you on as you wish! There will be plenty of seating, food and drink and music in the event village while you run. There is a cheerpoint on the course at the Lake Pass Bridge. This is a great place for your friends and family to support you and all our runners. They can sign up to cheer here: <https://bit.ly/3rAz25q>.

Sports massages

There will be free sports massages in the event village.

Prize Giving

There will be a prize giving for the top 3 men and women for each distance, as well as the top 3 fundraisers.

Photography

We're delighted to bring you Pic2Go, an exciting technology that provides free event photos of your run, so don't forget to smile when you see the photographers out on the route! We will email you the link to download your photos before race day.

Fundraising top tips

If you haven't already make sure you have set up your JustGiving page by [clicking here](#) and make the most of your page with our tips:

- Strike a pose: Pages with personal photos get 14% more donations, so make sure to add a snap of yourself in your Macmillan running top!
- Update your page: Keep your supporters in the loop with how your training is going for Run the Trail by posting regular updates, this will show them how determined you are to take on this challenge.
- Share, share, share! People can only donate to your challenge if they can find your page. Why not add it into your Instagram bio or get friends and family to share on Facebook and WhatsApp?

Looking for more fundraising advice? [Click here](#).



The difference your donations make... ♥

£14 could provide one session of emotional support to a person living with cancer with a Macmillan Telephone Buddy.

£19 could help a member of our Cancer Information and Support team on our Macmillan Support Line deal with a call or web enquiry.

£32 could pay for a Macmillan nurse for 1 hour, helping people living with cancer and their families receive essential medical, practical and emotional support.

How to pay in your fundraising

JustGiving

You don't need to do anything with your online fundraising page - these donations will be sent to us automatically!

BACS Transfer

Send an email to fundraising@macmillan.org.uk for our bank details and your unique paying in code.

By Phone

Call us on 0300 1000 200 (Monday-Friday, 9am – 5pm) and we can take payment over the phone.

MACMILLAN
CANCER SUPPORT

Run the Trail

Saturday 22 October 2022

10km

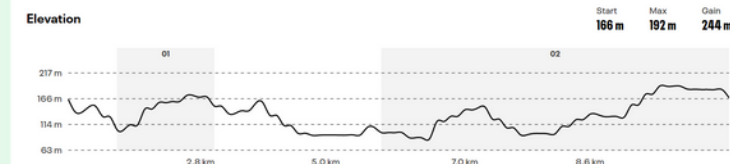
We can't wait to cheer you across the finish line. Your 10km route will be clearly waymarked and marshalled so you can focus on enjoying the challenge.

If your friends or family would like to join our cheer point please email teammacvols@macmillan.org.uk



Map Key

- Race route
- Distance markers (Km)
- Water/Gel station



MACMILLAN
CANCER SUPPORT

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). MAC19299_10km

Run the Trail

Saturday 22 October 2022
Half Marathon

We can't wait to cheer you across the finish line. Your Half Marathon route will be clearly waymarked and marshalled so you can focus on enjoying the challenge.

If your friends or family would like to join our cheer point please email teammacvols@macmillan.org.uk

Map Key

 Race routes

 Distance markers (Km)

 Water/Gel station



MACMILLAN
CANCER SUPPORT

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). MAC19299_HM