



THE SWANBOURNE ENDEAVOUR

SUNDAY 23rd OCTOBER 2016



JOINING INSTRUCTIONS

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Raising Sponsorship

The fantastic Swanbourne Endeavour donates all funds to charity – there are no profit takers. But because we limit numbers of participants, to ensure the best experience for our runners, this limits fund raising.... SO WHY NOT GET SPONSORED TO TAKE PART – added impetus to complete the course and help us raise more money for our worthy causes.

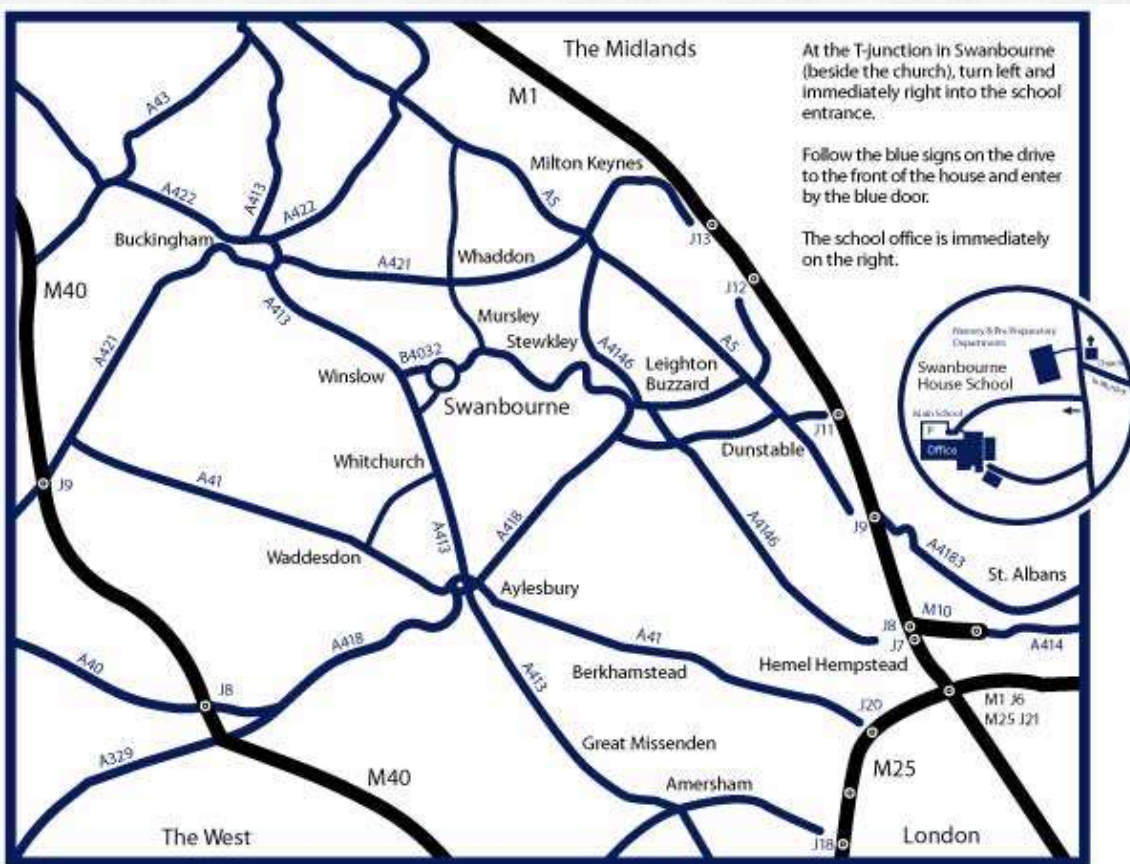
Help us to raise more money, The Swanbourne Endeavour is signed up to Just Giving through our in-house charity, **The Cottesloe Charitable Trust**, so as you are taking the trouble to beast yourself around the course, get sponsorship from your friends, family and business connections, to make this our best fund raising year to date.

JustGiving™

<https://www.justgiving.com/cottesloe-charitabletrust>

Location & Directions

Swanbourne House School, Swanbourne, Milton Keynes MK17 0HZ



Parking is available along the main school drive, overflow car park and in the field adjoining.

Registration

- Race Registration at the playing fields, on arrival at Swanbourne House. From the main drive, proceed along the path adjacent to the Playing fields and Registration in on the right hand side. Registration will be sign posted.
- Registration will be open from 0930.
- Your Race pack will include bib number & safety pins, race timing chip, and upgraded running top (if ordered.) T shirts will be handed out post-race.
- The Elite and Challenge runners follow exactly the same course, but the Elite runners undertake to do ALL the obstacles, whereas the Challengers have a 'ships pass' for any which may be too much for them. But remember it's all about 'Spirit', and helping your fellow competitor.

Race Times

- Registration is open from 09.30.
- Runners should be at the Start 5 minutes before race. The race will commence from the park adjacent to the "Carriageway Sweep" in front of the house. Only competitors taking part in each particular 'wave' should be in the area at the start. Later runners should keep clear to avoid activation of the chip timers. Spectators and later runners can view the start from the Carriageway Sweep.

Start times

- **KIDS ENDEAVOUR 10.50**
- **10km ELITE 11.00**
- **10km CHALLENGE 11.05**
- **5km ELITE 11.30**
- **5km CHALLENGE 11.35**

General

- There are designated changing rooms.
- Note there will be no access to Swanbourne House during the event.
- Please arrive in plenty of time for registration, preparation and to gather your thoughts before the run.
- Spectators, family and friends are more than welcome.
- There are two water stops along the route. (Bio degradable cups)
- The route will be marked, signed and with on-site marshals. Please take care to note where the 5km and 10km routes split and two different points along the route.
- Tea served after the race.

Runners are advised

- Plan for cold, wet weather. If it is windy the wind chill will make it cold. You can always remove layers.....and you will get wet – wear long compression tops and compression leggings / skins, and tight layers of clothing. Baggy cotton T shirts don't help.
- Have plenty of carbohydrates and high energy foods, but not immediately before you run.
- **Trainers with a good grip – NO SPIKES!**
- Wear a beanie hat, and good warm gloves.
- Bring a towel and change of clothing.
- **Risk of hypothermia if the weather is cold so bring warm coats and plenty of layers and get changed immediately after the race.**
- There are changing facilities and showers.
- **Please note that hot water is limited – if you run fast you may get some; if you run slower then you will get a cold shower.**
- Foil blankets will be provided at the finish.

Refreshments

Tea & Coffee (free cuppa and biscuit for competitors after the race.)

Also on sale:

Energy drinks

Fizzy drinks

Water

Chocolate bars and energy bars

Hog roast provided by



The Betsey Wynne Bar

Selling Real Ales and Cider, to keep the spectators relaxed and for some post event sustenance. For more details on food and drink, please see below.

Of interest & stalls

- Our charities (please see the website) will all have stalls at the event, including Medical Detection Dogs, SSAFA, Royal British Legion

Awards

All runners are awarded a race pack from our sponsors, together with a race shirt (Endeavour technical tops and other gear can be purchased from the website), finisher's medal and of course a cup of tea.

The awards ceremony will take place at 13.00 at Swanbourne House. Apologies for those who are still competing at this stage. Awards are presented as follows:

- **Men's 5km Champion 2016**
- **Women's 5km Champion 2016**
- **Men's 10km Champion 2016**
- **Women's 10km Champion 2016**
- **5km Team 2016**
- **10km Team 2016**
- **Best Dressed Runner! 2016**
- **U15 Champion 2016**

The Betsey Wynne pub

- Recount those tales of hardship over a pint at "The Betsey" afterwards. For directions, turn left out of the drive at Swanbourne House and immediately right. "The Betsey" is on the left after about 300metres.
- Selection of real ales, lagers and ciders.
- BBQ and snacks
- Full Sunday Roast and a la carte menu (essential to book prior to the day on 01296 720825)

Endeavour India

Signed up for the Swanbourne Endeavour and now ready for something bigger, better and more challenging? Then sign up to the Endeavour India 2017 at www.endeavour-series.com



EVENT SPONSORS



FREETHS



PLEASE REMEMBER, THIS IS ALL FOR CHARITY,
SO BRING PLENTY OF LOOSE CHANGE AND DONATE!
Any queries, please contact Tom Finchett on 07974 029961