

## **INFORMATION FOR ENTRANTS**

Thank you for your entry for The Ponton Plod. Please read the following information carefully.

Numbers are allocated as follows  
12 mile walkers & runners 001 to 199  
17 mile walkers & runners 201 to 399  
27 mile walkers & runners 401 to 599

### **THE MOST IMPORTANT BIT**

PLEASE PRINT OFF YOUR OWN ROUTE INSTRUCTIONS WHICH CAN BE FOUND ON THE PONTON PLOD OR NOTFAST RUNNING CLUB WEBSITES.

If you are unable to print them please e mail [stuartashley47@btinternet.com](mailto:stuartashley47@btinternet.com) quoting your number and we will issue a set at registration .

Entry list to find your number is also on the website. It would be helpful if you could quote this at registration.

### **START LOCATION**

The Village Centre, Archers Way, Gt. Ponton, Grantham NG33 5DS

This is approximately 400 yards off the A1. ( Map Ref 926304)

Registration opens at 7.30am. (As the start is in the middle of a residential area please keep noise to a minimum – Some people like a "lay in" on a Sunday Morning !!)

Tea, Coffee, Toast & Marmalade or Biscuits will be available at the start for a small donation.

Ample food and drinks will be available at all checkpoints at no extra cost.

Home made soup and puddings will be available at the finish.

17 & 27 mile walkers and runners start at 8.30 am.

12 mile walkers and runners start at 9.30 am

Directions from A1 Southbound – Pass exit slip road for A607 ( Melton Mowbray) and continue for 3.0 miles. Turn left (signpost Boothby Pagnell) immediately prior to footbridge over A1 and then follow marshals directions for Car Park.

Directions from A1 Northbound - Pass the Colsterworth intersection (B676 & A151 Bourne) and continue for 4.25 miles. Turn right immediately after the footbridge over the A1 (signpost Boothby Pagnell). There is a slip road in the central reservation but PLEASE TAKE GREAT CARE WHEN CROSSING THE SOUTHBOUND CARRIAGEWAY. Follow marshals directions to Car Park.

## **PLEASE DO NOT PARK ON THE ROADSIDE**

There will be a list near the Registration Desk where we would ask you to note your mobile phone number if you are carrying one with you and additionally your car registration number.

### ROUTE INSTRUCTIONS

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### ROUTE MAP

Route maps for all routes can be found on The Ponton Plod and Notfast Running Club websites using the link below.

### RETIREMENT

Should you need to retire from the event transport will be provided from any checkpoint to the finish. Should you retire and make your own transport arrangements please advise a marshal or alternatively phone the emergency phone number. Please do not go home without advising us – We shall be out there looking for you !!

### RESULTS

Results will be sent to all entrants giving a legible e mail address on their entry form. If you did not give your e mail address but would like results please send an e mail to [stuartashley47@btinternet.com](mailto:stuartashley47@btinternet.com) requesting results or address an envelope provided and enclose £1.00 in the appropriate box at the start.

TECHNICAL TEE SHIRTS – White, pink, blue or black.

A limited amount of these breathable tee shirts will be on sale on the day for £9.00 each

LINK FOR ROUTE INSTRUCTIONS, ENTRY LISTS AND GPX FILES - <http://theponthonplod.co.uk/> or <http://notfastrunningclub.co.uk/>

We look forward to seeing you on the day.

Notfast Running Club