



# 2018 BUBBLE RUSH®

5K OF  
FAMILY  
FROTHY  
FUN!

**SUNDAY  
8TH JULY**

**STOKE  
ROCHFORD  
HALL,  
GRANTHAM**

**OPENS  
10.30AM  
STARTS 12PM**



# GET RUSH READY

## BEFORE YOU ARRIVE

Please ensure you have completed the emergency contact details on the reverse of your walker number. Please bring your walker number to pin safely and clearly on the back of your t-shirt when you register. You will need your own pins for this.

Please note that failure to wear your walker number will result in you being unable to participate.

## WHAT TO BRING

Please ensure you have the following:

- Yellow copy of your sponsorship form
- Walker number with completed emergency details on the back
- Safety pins to attach your walker number to your t-shirt



## HOW TO GET THERE

**Stoke Rochford Hall is situated less than a mile from the A1.**

Sat Nav, please enter: **NG33 5EB**

If you are travelling from the A1 south, turn left, two and a half miles north of A151 junction at Colsterworth. The village of Stoke Rochford is signposted from the A1. Having left the A1, after a quarter of a mile turn right into the Stoke Rochford Hall grounds and follow the road up to the Hall.

If you are travelling from the A1 north, we are on the right, two miles south of the village of Great Ponton. Please take extra precaution when turning into Stoke Rochford. At busy times we strongly recommend to travel south to the B6403 junction and return north for easier access. The village of Stoke Rochford is signposted from the A1. Having left the A1, after a quarter of a mile turn right into the Stoke Rochford Hall grounds and follow the road up to the Hall.

Car park attendants will be visible on the day to direct you to a suitable parking space.



Photos courtesy of Jorj Malinowski

# ON THE DAY

## 10:30am – Registration

Registration will take place in the Venue at Stoke Rochford Hall.

To sign in, you will need to hand in the bottom copy of your sponsorship form (the yellow one) at the registration desks. To ensure this process is as fast as possible please total your sponsorship and ensure that all your details are filled in.

Once you have signed in you will be given a free t-shirt and bottle of water.

## 10:30am – Bubble Village Entertainment

On the stage - 10.30am Lincs FM, 11.45am Stoke Rochford Leisure

The Bubble Village will be bursting with excitement with warm up routines, live entertainment, children's activities and lots of yummy food stalls for everyone to enjoy. Spectator entry is free, so please bring your friends and family along, even if they don't want to take part!

## 11:30am – Health and Safety Briefing

You will be asked to head towards the main stage for a safety briefing.

## 11:45am – Warm Up

Stoke Rochford Hall Leisure Club will be getting everyone warmed up and #rushready for the Bubble Rush!

## 12pm – ON YOUR BUBBLE...GET SET...GO!

The race will be a staggered start. Runners will set off first, followed by joggers then walkers. There will be flags to guide you and stewards present along the route. Stewards will be clearly identifiable by their yellow high visibility vests. Please inform them of any problems along the route.

## 12:30pm and onwards

Fan-bubble-tastic! You have completed the Bubble Rush!

You should now be covered head to toe in coloured bubbles.

Make sure you collect your goody bag and take lots of bubbly pictures to share with us!



# FOOD AND DRINK

After all that bubbling around, you will have worked up an appetite! Head over to the Bubble Village for some well-deserved food and drinks!





# MERCHANDISE

Available to buy on the day, please bring cash as we are unable to accept card payments.



Tutus



Glow Necklaces  
Glow Bracelets



Sunglasses

St Barnabas  
Temporary  
Tattoos



Crazy Hair



Sweatbands &  
Headbands

## LAST WORD FROM US:

**Have a  
bubble-licious  
time!**

**Take lots of bubbly  
pictures and share  
them on social  
media #bubblerrush  
#rushready  
#StBarnabasHospice**

**Raise lots  
of money  
£££**

A special thank you goes to:



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INSPIRING & ENTERTAINING AUDIENCES



**Castlegate**  
Financial Management



**HONDA**



**BEAUTY BLVD**