



Event Information



Event Location:
Cockshott Point, Bowness-on-Windermere, LA23 3GZ

Event Date:
Sunday 4th December 2016

Sponsored by the following

THE
ANGEL
INN

SIMPSON & PARSONS
INSURANCE CONSULTANTS

TABLE OF CONTENTS

Travel Directions 1
 On the Day Entries 2
 Warm up 2
 Event Start Time 2
 What to Wear? 2
 The Course 2
 Refreshments provided by Sight Advice South Lakes 3
 Medical Cover 4

Welcome to the Jingle Bell Jog which is brought to you by the Windermere & Ambleside Lions Club. This is a fund-raising event and all proceeds will go to extremely worthwhile charities.

The Jingle bell Jog is a family-friendly event where people can dress up in Christmas outfits and walk, jog or run around a circuit in Bowness on Windermere. The event is on Sunday 4th December and will start and finish on Cockshott Point.

The event is open to all ages and abilities, including those with pushchairs, prams and wheelchairs, and you can event bring the dog!

This is not a competitive event – the event will not be timed – the emphasis is on HAVING FUN, and prizes will be awarded to the entrants with the best decorated Pram, Wheelchair and Dog!

All entrants will start at the same time – 11am and we expect that the event will be finished before 1pm (although there are no hard and fast rules)

Enjoy your day!

Travel Directions



Event registration, start and finish areas are located on Cockshott Point, which is just off Glebe Road in Bowness-on-Windermere, Cumbria, LA23 3GZ – see above map.

There are some car parking spaces along Glebe Road, but there is also sewerage works affecting some of the car parking spaces. Braithwaite Fold Public Car Park will also be open for the Jingle Bell Jog – this is located on your right at the end of Glebe Road – **post code LA23 3HB**, within 500m of Cockshott Point. Parking in Braithwaite Fold Car Park is free of charge on Sunday 4th December for the Jingle Bell Jog.



When parking, please be careful not to obstruct any driveways, and please respect local residents by keeping noise to a minimum. The map above shows the location of the event, and shows some local roads that could be used for parking. There is also pay-and-display car-park on Glebe Road immediately opposite the entrance to Cockshott Point.

Registration Opening Time: 9.00am

Registration Closing Time: 10.45am

Everyone **MUST** register before the race starts and at least **30 minutes** before the start time. Registration is located in a marquee on Cockshott Point. Signs will direct you to Registration

On the Day Entries

Entries will be accepted on the day – at the Registration Tent. Entry prices are below – and we will be accepting **cash payments only** on the day

Entry Prices

- | | |
|---------------------------------------|---|
| • Ages 0 – 4 and pets: | No charge – must be accompanied by a paying adult |
| • Junior: Ages 5 – 12: | £5 must be accompanied by a paying adult |
| • Adult: Ages 13+: | £10 |
| • Family Entry (2 Adults + 2 Junior): | £25 |
| • Optional Santa Suit: | £5 |

Warm up

Our fun Santa warm up will be provided by local fitness instructor Ursula Brendling, from Workout Warriors
Warm up will begin at 10.45am

Event Start Time

All entrants will begin at 11am. All entrants please gather at the inflatable start / finish gantry just before 11am.

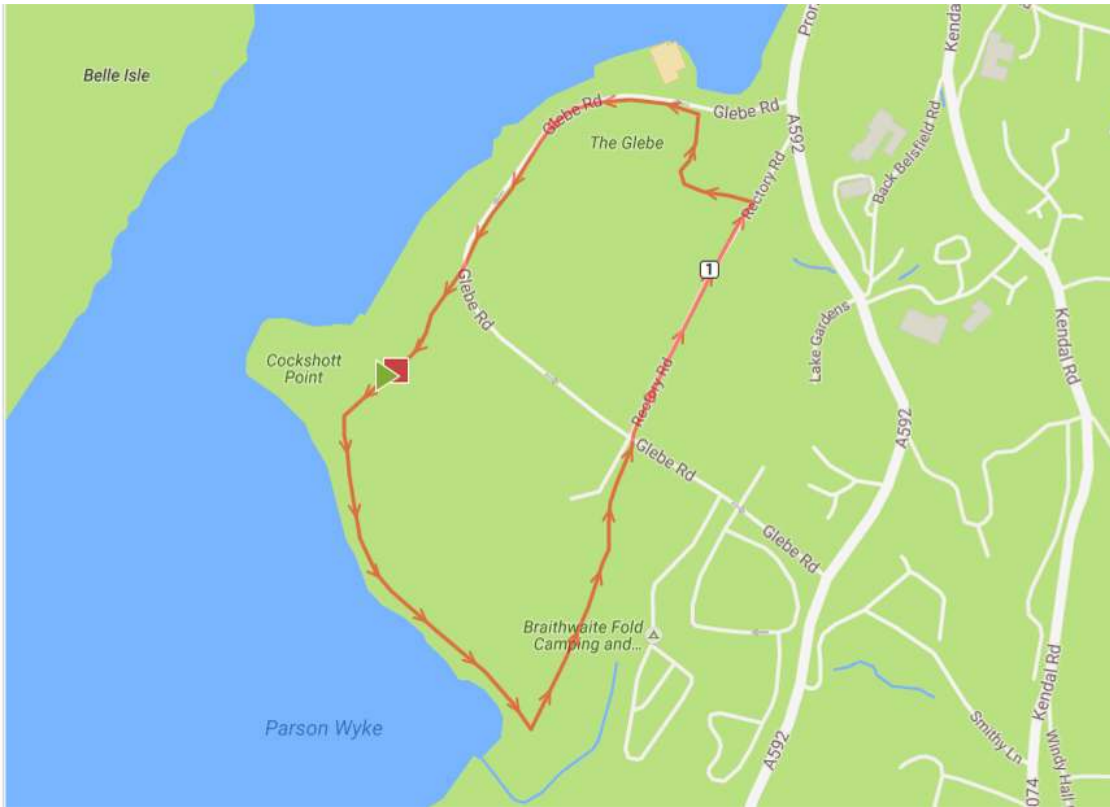
What to Wear?

This is a Christmas themed event – and therefore everyone should be dressed for Christmas – we want to see Santa Claus', Elves, Reindeer, Snowmen, Fairies and Christmas Puddings. Santa Clause outfits will be for sale in Registration for £5 each.

The Course

The event will start and finish on the main field on Cockshott Point. Follow the signs to the southern entrance of Cockshott Point and turn left heading toward Glebe Road. Cross Glebe Road with care. From here take an anti-clockwise loop around the Glebe following Rectory Road, the Glebe footpath and Glebe Road, returning to where you started on Cockshott Point – via the Northerly entrance. If you wish, you can complete a 2nd loop of the course. Marshals will guide you all the way – and please take care when crossing the road as they remain open to traffic.

Map View of Course



Satellite View of Course



Refreshments provided by Sight Advice South Lakes and St John's Hospice
Sight Advice South Lakes will be selling mulled wine and mince pies.



St Johns Hospice will be selling teas and coffees.
Please bring cash

Medical Cover

St John Ambulance will be in attendance with a complement of two first-aiders, located near the Registration tent.

Entertainment

Entertainment will be provided by Bowness and Windermere Community Choir