Sunday 11th May 2025 Walton Gardens, WA4 65N Walton Gardens, WA4 65N COODUR RUN Event Sunday 11th May 2025 Walton Gardens, WA4 65N

Registered Charity No. 511592

Arrival from 1pm Run Starts 3pm

Proudly sponsored by













Your Fundraising

Thank you for all your hard work so far! Not long to go now, so it's the perfect time for a last push to raise as much as possible for St. Rocco's!

An online enthuse fundraising page was automatically created for you when you signed up. Remember to personalise your page by adding a profile picture, and your reasons for supporting St. Rocco's. This can really help to boost donations.





Whether you raise a little or a lot it makes a huge difference to patient care at the Hospice.



We are incredibly grateful for all the money you raise. Remember that the registration fee only covers the cost of putting on the event.

This means that every penny of your sponsorship will make a real difference to the patients here at St. Rocco's and will allow us to continue to care and support them and their families in Warrington. Thank you!



How to pay in your sponsorship money

There are several ways you can send sponsor money to us:



Online via your enthuse fundraising page



Over the phone with a debit/credit card by calling 01925 575780



Come into the Hospice with cash, card or cheque. (Cheques made payable to St. Rocco's Hospice)



Send directly to the bank (please email supportercare@stroccos.org.uk to ask for these details)

We are open weekdays 9am-5pm St. Rocco's Hospice, Lockton Lane, Bewsey, WA5 0BW

Not collected sponsorship? We know that asking for sponsorship can be hard. If you have not been able to collect sponsorship, please consider making a personal donation



Location

Walton Hall & Gardens, Walton Lea Road, Higher Walton, Warrington, WA4 6SN

Please follow signs when you get to Walton Gardens as the Sat Nav will take you to the entrance for the Crematorium





Parking



Pay & display parking is available at Walton Hall & Gardens at a charge of £4.50 for the day.



Please allow plenty of time to get parked. There are 4 pay stations located across the car park. You can pay by cash, card, or phone.



To prevent queuing at the pay machines, plan your visit by downloading the <u>Ringo App</u> to pay for your parking. If you have difficulty in doing this, you can call 01925 950 080. The site location number is **18157.**



We recommend that you share cars or use public transport wherever possible as parking is limited.



Timings

1pm	Registration Opens
2:45pm	Warm Up
3pm	Race Starts

Why not make a day of it and explore Walton Gardens before or after the Colour Run. There are plenty of children's attractions including playground, train, fairground rides, zoo and adventure golf.

Please arrive **from 1pm** to allow plenty of time to get signed in and collect your free sunglasses and pouch of paint.

Please arrive **no later than 2:30pm** as we will gather for a warmup before the start.

The run will start at 3pm.





What to wear

If you want to be bright, wear white! We suggest you wear clothing you don't mind getting stained. We cannot guarantee that the paint will wash out of all materials.

Make sure you wear sensible footwear. Although the run is on tarmac led pathways around the gardens, you may find yourself on some grassy areas and these can be muddy.

What to bring

We do encourage you to bring CASH to pay for items from our stalls as we can't guarantee enough signal to use our card machines

We recommend bringing something to cover the seats of your car for the journey home

Merchandise





There will be a selection of merchandise to purchase on the day, including tutu's, lei necklaces, sweat bands and branded T-Shirts. Extra Sunglasses and Paint Pouches will also be available.

If you pre-ordered your merchandise to be collected on the day, this will be available to collect from the registration point from 1pm.

We will also have a glitter face paint station for £3 each!



When you arrive



On arrival, our marshals will direct you to the start area where you will sign in and collect your sunglasses and pouch of paint.

You will be given a wristband, which must be worn at all times during the event. You will be required to show your wristband to receive your medal and goody bag once you have completed the run.

Get ready to go with **Adrian Cunliffe** as he entertains the crowd. Enjoy the music as you prepare to set off, followed by a warm-up courtesy of the lovely Amanda Chambers from **Omni Fit!**

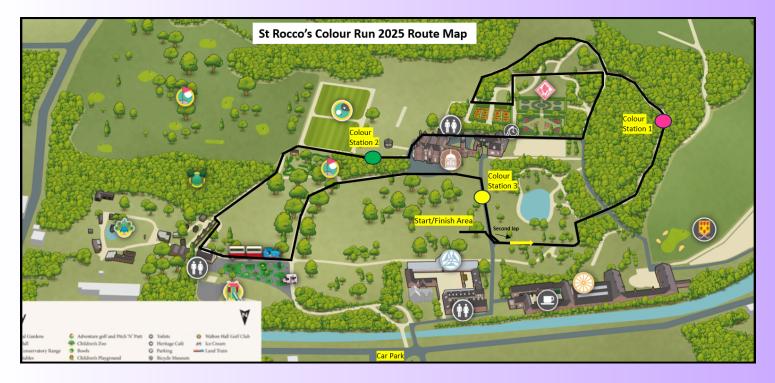
Just before the run kicks off at 3pm there will be a big group Colour throw so remember to buy more paint to join in with this!

**Please only throw your paint in the start and finish areas **





One lap of the route is 1.5km & has 3 colour stations. If you would like to complete 2 laps of the course and experience double the fun, then continue following the route on to lap 2.



Please ensure you complete the first lap within 20 minutes if you would like to continue onto the second lap



Important Information



Please wear the free sunglasses provided or your own at all times during the run, to help protect your eyes.



Although the sunglasses provide an element of protection, we cannot guarantee the powdered paint will not reach your eyes. If any powdered paint gets into your eyes or mouth, use water to wash the area.



Bottled water will be available (free of charge) at each colour station and at the start/finish line.



The powdered paint is made is made out of a natural corn starch dyed with colours used in makeup and food. It is nontoxic and will not cause harm.



We have first aiders on site throughout the event. They will be based in the the start/finish line. If you need the attention of a first aider, please approach them or a member of the St. Rocco's Events Team.



The route is shared with the general public visiting the gardens. Please listen to the marshals along the route for instructions of where you should run.



Photographs

Please be aware that official photographers will be present at the event to capture the fun. All images will remain the property of St Rocco's Hospice and may be used for marketing & promotional purposes. You must inform St. Rocco's if you would not like your photo to be used.



Feel free to share your own photos with us by tagging us in your social media posts. We will share the official photos on our Flickr page after the event.



Will there be refreshments?

Food and drink will be available to purchase at the Heritage Cafe

Are there toilets?

Yes there are toilets near the entrance to the park, by the Zoo and next to the hall.

What is included in the registration fee?

You get entry to the race, a pouch of paint, sunglasses, finishers medal and a goody bag!

Can my dog join the colour run?

Dogs are not permitted on the Colour Run. We kindly ask runners and spectators do not bring dogs as the nature of the event may cause distress to animals and there will be loud music, large crowds & small children at the event



40 Years of St. Rocco's Hospice



In May 2025, St. Rocco's celebrates 40 years of caring for for the people of Warrington. Thank you so much for being a big part of our celebrations!

2025 Events

Take a look at what is coming up this year:



To find out more, visit our website!





A massive thank you to all our volunteers, sponsors and Walton Gardens for making this event happen!



Lightcliffe

VILLAGE

HOTEL CLUB

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www.stroccos.org.uk 01925 575780 events@stroccos.org.uk