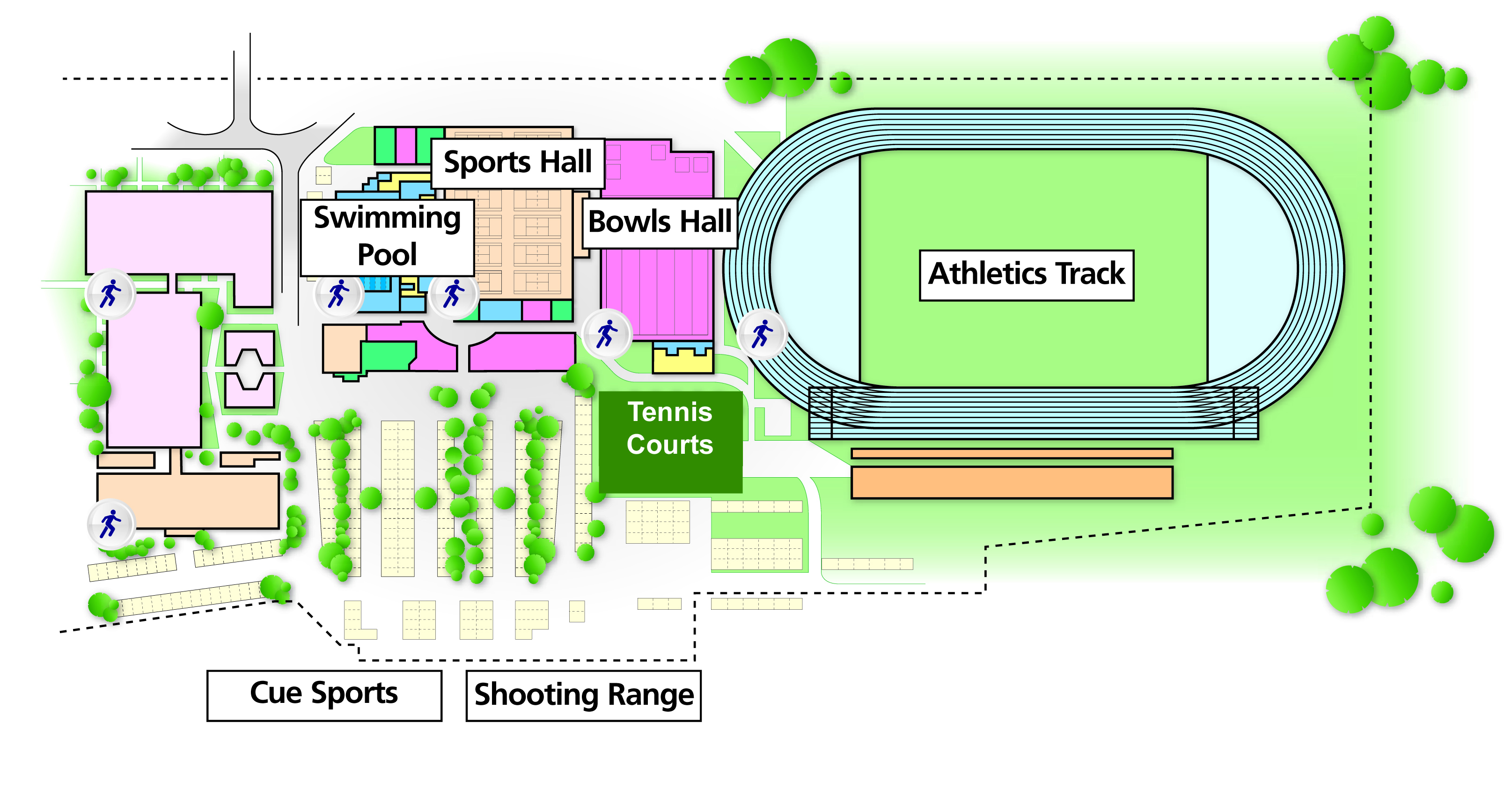


**Manic MaraFun 9th July 2016**

**Joining instructions**

**Venue**

The Manic MaraFun is at Stoke Mandeville Stadium, Guttman Road Aylesbury, Bucks, HP21 9PP. <http://www.stokemandevillestadium.co.uk>

The event stars at 9.00am on the athletics track and is due to finish at 4.30pm. Registration for the event is on the athletics track. 

There is plenty of parking at the venue. Once you have parked please give your registration number to the staff at the leisure centre reception in front of the sports hall and then make you way to the gazebo on the athletics track for registration. Kiera Roche, Damian MacDonald and Andy Brittles are your onsite contacts from LimbPower.

**Accommodation**

If you are travelling more than two hours to reach the venue, we recommend that you stay at the Olympic Lodge or another local venue. LimbPower can book this for you. If you have committed to fundraising £50 or more LimbPower will pay for your accommodation

**Catering**

Snacks, water and a packed lunch will be provided for all participants taking part in the event.

**Running Order**

|  |  |  |
| --- | --- | --- |
| LAP NUMBER | LAP START TIME | STYLE |
| 1 | 09:00 | RUNNING |
| 2 | 09:15 | SCOOTING |
| 3 | 09:35 | WALKING FORWARDS |
| 4 | 09:55 | YOMPING |
| 5 | 10:15 | ELECTRIC SCOOTER |
|  | 10:35 | RUNNING CHILDREN’S LAP |
| 6 | 10:40 | HOOLA HOOPING |
| 7 | 10:50 | HANDCYLING |
| 8 | 11:10 | RELAY (WITH BATTONS) |
| 9 | 11:30 | CRUTCHES |
| 10 | 11:50 | WALKING BACKWARDS |
| 11 | 12:10 | HOOPING/BATTON TWIRLING |
|  | 12:30 | CYCLING CHILDREN’S LAP |
| 12 | 12:40 | BOUNCING A BASKETBALL |
| 13 | 13:00 | WHELLCHAIR PUSH |
| 14 | 13:20 | THROWING A RUGBY BALL |
| 15 | 13:30 | CYCLING ADULT |
| 16 | 13:40 | WALKING SIDEWAYS |
|  | 14:00 | CHILDRENS LAP SCOOTING |
| 17 | 14:10 | DANCING |
| 18 | 14:30 | KICKING A FOOTBALL |
| 19 | 14:50 | WHEELCHAIR RACING CHAIR |
| 20 | 15:10 | THREE LEGGED RACE |
| 21 | 15:30 | SKIPPING |
| 22 | 15:50 | WALKING SIDEWAYS |
| 23 | 16:10 | PASSING A NETBALL |
| 24 | 16:20 | PASSING A VOLLEYBALL |
| 25 | 16.30 | CHILDREN’S LAP |
| 26 | 16:50 | EGG AND SPOON RACE |
| 26.6 | 17:00 | CONGA |

**Dress Code**

You can take part in your sports wear or join in our fancy dress theme which is Star Wars and Space. Due to British weather we would recommend that you bring both sun cream and an umbrella.

**Contact details**

Please call Kiera Roche on 07968760001 or email: [kiera@limbpower.com](mailto:kiera@limbpower.com) f you have any questions.

**Manic MaraFun on social media**

Twitter hashtag #ManicMaraFun @limbpower

Facebook page <https://www.facebook.com/TheManicMaraFun/>

Facebook event page <https://www.facebook.com/ManicMaraFun/>

**Venue Contact Details:**

**Stadium**  **Olympic Lodge**

Tel: +441296 484848 Tel: +441296 461121