



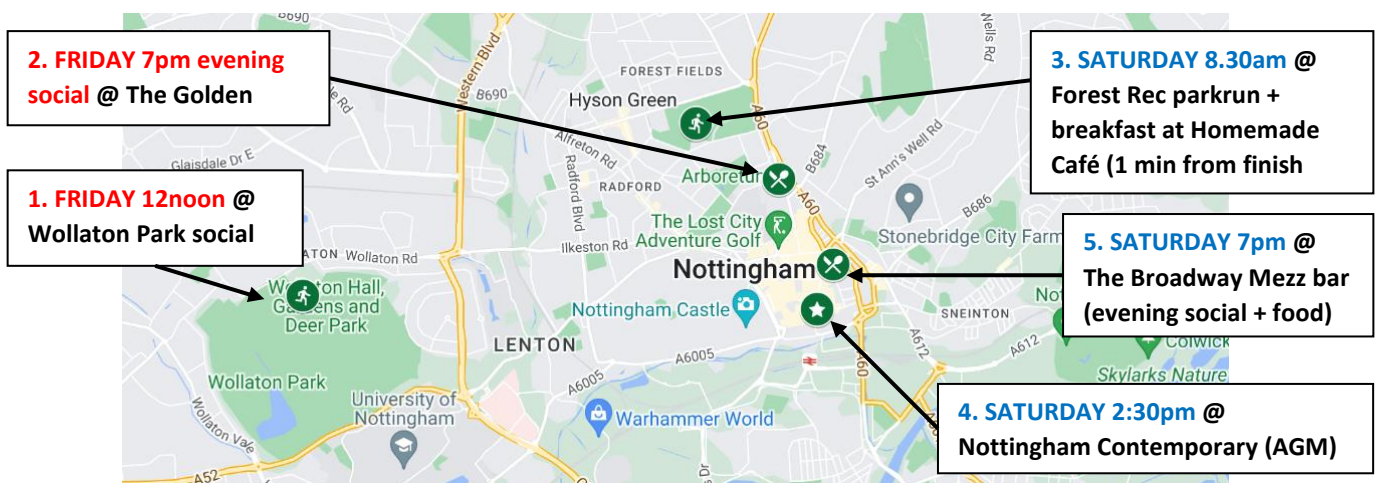
Vegan Runners UK AGM Weekend – Fri 21st – Sun 23rd April 2023, aka: “The Big Nottingham Weekend 2023”

Friday 21st April 2023

- 12:00pm **Unofficial Wollaton Hall “freedom parkrun”** - a social, non-competitive run/jog around the Wollaton Hall parkrun route, for people wanting to start the Big Nottingham Weekend early! Totally optional but it will be lots of fun. Car parking = £3 (NG8 2AD for sat nav).
- 7:00pm **Evening Social at The Golden Fleece pub**, 105 Mansfield Road, Nottingham, NG1 3FN. Featuring in-house catering from Prickly Pear (fully vegan and delicious!).

Saturday 22nd April 2023

- 8.30am **Meet at Forest Recreation Ground**, Gregory Boulevard, Nottingham NG7 6LB. Don't forget your barcode (!) and please consider registering 'Vegan Runners' as your parkrun club if you haven't already (you can do this even if you're a 1st claim member of another club - it helps publicise the club and veganism!). <https://www.parkrun.org.uk/forestrec/>
- 8.45am **Huge group photo** – don't miss it!!!!
- 9:00am **Forest Rec parkrun starts**
- 10:00am **Breakfast at the Homemade Cafe**, Forest Recreation Ground, Gregory Boulevard, Nottingham (1 min walk from parkrun finish line) <https://www.homemadecafe.com/>
- 2:30pm **Arrive at AGM venue: Nottingham Contemporary art gallery** ('The Space'), teas & coffees on arrival. <https://www.nottinghamcontemporary.org/about/hire-our-spaces/>
- 3.00pm **AGM starts promptly.** Presentations and discussions will be **filmed and broadcast live over the internet** and (technology-permitting) recorded. 15 min tea & coffee break around half way through. AGM finishes at 6pm at latest.
- 7:00pm **Evening social at The Broadway ‘Mezz bar’** (private hire bar, maximum capacity = 80 people; 6 min walk from AGM venue) - <https://www.broadway.org.uk/food-drink/mezz-bar>. Features a private, staffed bar and fully-vegan hot food buffet; £10.50 per person (must be pre-ordered).
- 10:00pm Evening social ends

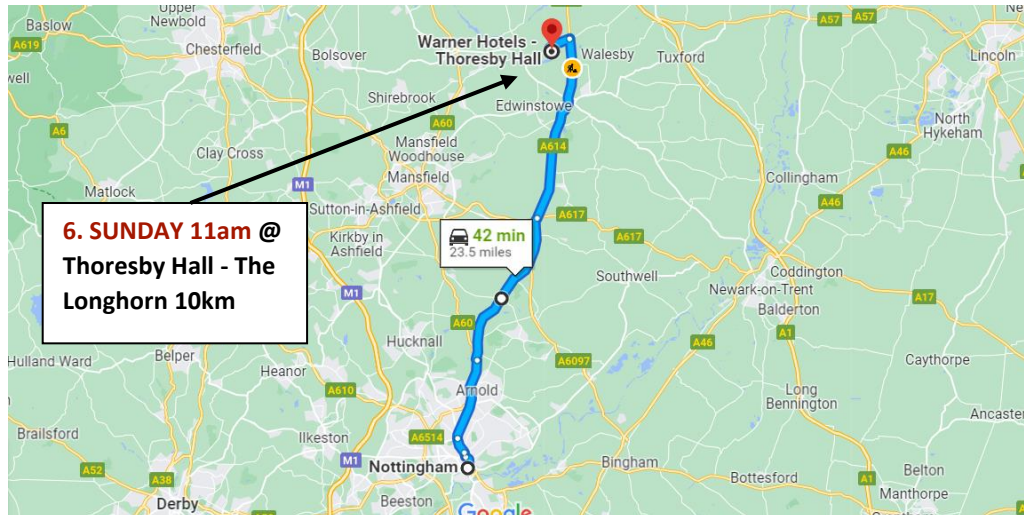


Sunday 23rd April 2023

8.00am **People catching coach assemble** at TBC, Nottingham City Centre

8.30am **Coach departs promptly** from Nottingham City Centre and heads to Thoresby Hall, Ollerton, Nottinghamshire, NG22 9WH. Return coach approx. £5-15 per person. NOTE: COACH WILL ARRIVE WELL IN TIME FOR the 10km race (11am start time). Journey time = 45mins.

OR Make own way to Thoresby Hall (please car share if possible!). Car parking = £3r. People opting to do any of the race distances other than the 10km race will need to make their own way there.



10:30am **Pre-10km race Vegan Runners photo**

11:00am **THE LONGHORN 2023 TRAIL RACE** - <https://www.sbrevents.co.uk/events/the-longhorn-2023>

Option to run either 5km, 10km, Half Marathon, 30km, Marathon, 50km or 60km Ultra, plus Canicross and Nordic walking events. Most Vegan Runners will opt to run the 10km distance.

The Race Director has very kindly offered members of Vegan Runners UK a **discount code** for race entry, allowing **20% off race entries until 31st Jan 2023**, then **10% off until 28th February 2023**.

Discount code = VEGANRUNNERS2023 (caps sensitive)

Video of the 2019 event: <https://www.youtube.com/watch?v=0FsvijMTZ5o>

Video of the 2016 event: <https://www.youtube.com/watch?v=R6bcKQcVtyk>

RACE START TIMES:

8.30am - 50km & 60km Ultra

9.00am - Canicross 10km, Canicross half marathon & Canicross 30k

9.30am - 30km & Marathon

11.00am - 10km race 1 set off (most VRs will do this distance)

11.15am - Nordic Walkers Half Marathon

11.55am - Half marathon

12.45pm - 5km Canicross

1.30pm - 5km

2.00pm - 10km race 2 (extra 10km race put on due to popularity of the event)

If you don't want to run then please consider **volunteering** & cheering on Vegan Runners!

12:30pm **Last runners finish 10km**; gather for a **post-race picnic** at the Race HQ (there will be on-site catering trailers with lots of vegan options plus people are welcome to bring their own!). Option to cheer on Vegan Runners doing the other distances as they run laps past the picnic area 😊

2:00pm **Coach departs** Thoresby Hall back to Nottingham City Centre. People in their own cars depart by 4pm.

END OF BIG NOTTINGHAM AGM WEEKEND, thanks for coming!