

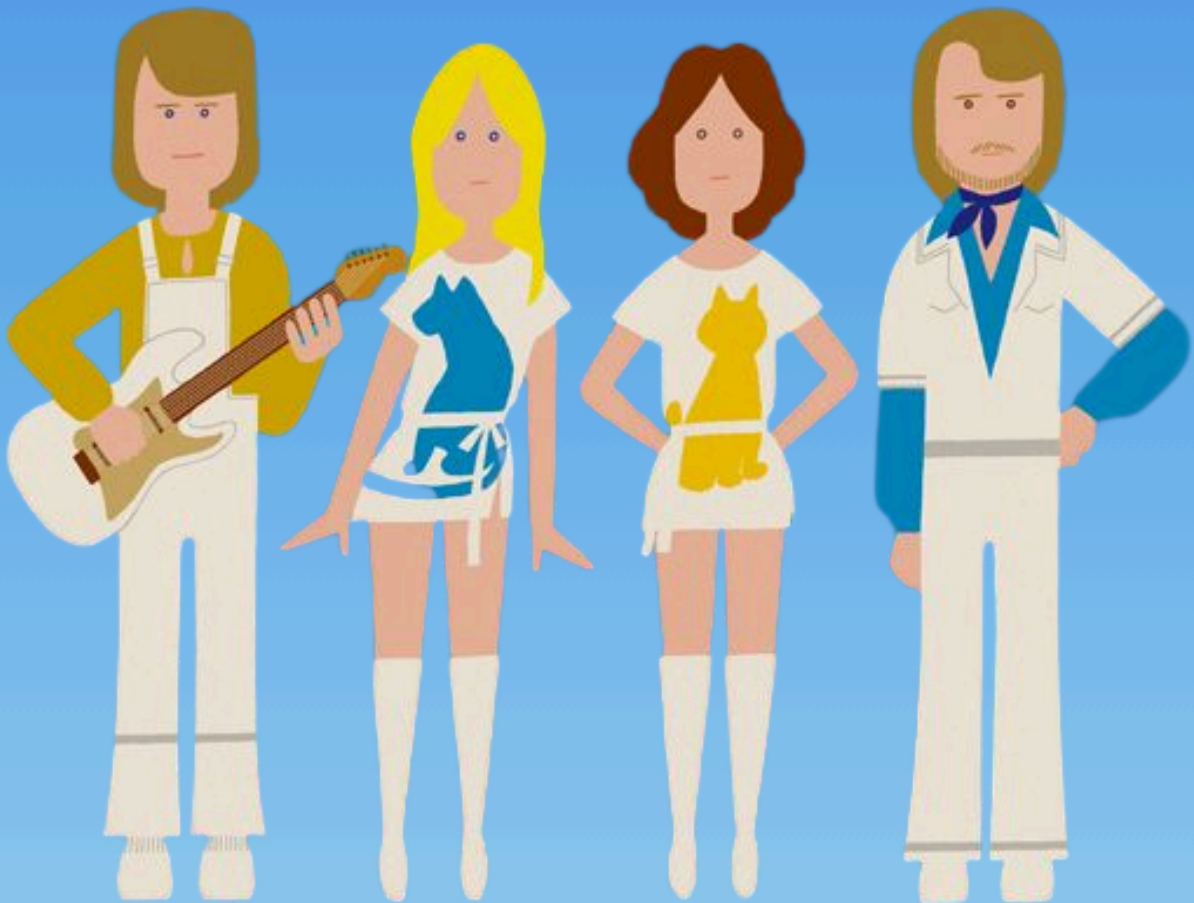
ABBATHON

THEMED 5K & 10K RUN

INFORMATION PACK

EATON PARK, NORWICH

SATURDAY 10 OCTOBER 2026



RUN FANATICS

MY, MY, IN NORWICH

THE RUNNERS DID ASSEMBLE

The entire Run Fanatics team is delighted to welcome you Super Troupers to Eaton Park, Norwich for a very special Abbathon!

Our mission is to help you feel confident and joyful on your running journey by making every mile full of music, fun, and unforgettable memories. Whether this is your very first run or you are chasing a new personal best, we promise it will be an incredible day.

On race day, your experience and safety are our top priorities. You will spot our Abbathon Crew around the course in blue high-vis vests, ready to help and make sure everything runs smoothly.

Wishing you a super trouper and unforgettable race day experience!

The Run Fanatics Team   

TRAVEL

**ADDRESS: EATON PARK, SOUTH PARK AVENUE,
NORWICH, NR4 7AU**

The event village will be on the football pitches close to the Pitch and Putt car park.

There is limited, paid parking at Eaton Park. We recommend travelling by public transport or car sharing, where possible.

What3Words: ///noses.locker.weep

FACILITIES

There will be some portaloos in the event village and within the park itself but recommend if you see a toilet on your way to the event, to use that one.

SPECTATORS

Friends, family and fellow Abba Fanatics are all welcome to cheer on the runners and soak up the atmosphere.

TIMINGS

BEFORE YOU ARRIVE: RACE BIBS

- Your race bib was posted around 25th September. Please make sure bring it on the day. If you booked after 20th September, have an international delivery address or ordered on Eventbrite, your bib will be available for collection on the day.
- Make sure you fill out the personal information on the back of your bib before you race.
- Attach your number to the front of your shirt (we recommend safety pins or magnets). Your timing chip will be attached to your race bib.
- On race day, make sure there is nothing covering your bib (such as a jumper or coat) whilst you are running, as this may affect the timing chip.

9:45 – 11:00 : BAG DROP AND MERCH COLLECTION

- Your bag drop label will be attached to your bib - tear it off and attach to your bag.
- Please leave valuables at home, and make sure all items fit within one bag.
- Leave your bag at the bag drop, and collect after the race. All bags are left at the owner's risk.
- Preordered merchandise will be available for collection from the Merch Collection Stand. Please have a copy of your order to hand.

TIMINGS

10:00 – 10:45 : ABBA PERFORMANCE

Duo Tribute Act, Abba Stars, will be performing some of your favourite hits in the event village whilst you're arriving.

11:00 – 11:10 : ABBA WARM UP

Abba Stars will host the warm up at the start area before the race.

11:15 – 11:25 : GETTING RACE READY

After the warm up, you will be walked down to the start line.

Please follow the correct flags and listen to the announcements from the marshals.

Marshals will ask you to line up roughly in pace order where possible. We'll also have music guides running the course to help fill the route with as much Abba as possible.



RUN FANATICS

www.runfanatics.com

DURING THE RACE

There will be marshals around the course, cheering you on, helping you feel like a Dancing Queen from start to finish.

The race is three laps of the course for the 5K and six laps for the 10K. Please remember the number of laps you have completed. We ask that you remain to the left of the path at all times unless otherwise instructed by signage or a marshal. This will allow for anyone needing to overtake to have a clear path on your right and will help keep everyone safe. If you want to finish the run earlier, that is absolutely fine - please follow the signs to the finish line.

Please also be aware that we will have music guides and marshals on the course, so be sure to listen out for any additional instructions.

Please throw all rubbish and empty bottles within the signed litter zone. There will be large bags and bins within this area that you will pass on each lap of your race.

Water will be available on the course and once you have finished the race.

COURSE MAP



CAPTURE IT, REMEMBER IT

Our photographer will be taking some photos on the course, which we will share as soon as possible after the race.

Tag us in all your race day snaps using #abbathon and we'll share some of our faves on our insta @runfanatics_

Want to relive the magic? Use the code **THEWINNERTAKESITALL** for 10% off your next race.

FAQS



How will my results show?

Your results will be shown on our website shortly after the race ends.

Is there a time restriction to complete the race?

No, everyone is welcome, however please get in contact with us at info@runfanatics.com if you plan to take more than 2hrs to complete your race as we may need to make special arrangements around the course and event village.

Can I wear fancy dress?

Absolutely! We'd love to see you come dressed in your fave Abba inspired looks. Our best dressed runner will receive a special prize on the day, so keep an eye out for our Marshals who will be choosing the winner.

Will there be a water station on the course?

There will be a water station on the course, and bottles of water at the finish line.

Is there music on the course? Am I allowed to wear headphones?

We aim to have as much music as possible on the course, and will have five stationary music points on the course and roughly ten music guides running. We recommend sticking with a music guide if you want to hear music the whole way around. If you do want to wear headphones, please keep the volume low so you can hear any marshal instructions during the race.

When will I get the merch I ordered with my entry?

This will be available to collect at the merch collection desk on the day. Please have your email confirmation ready to show to our staff.

Where should I park for the event?

There is limited paid parking on site. If you park on surrounding roads, please use Parkopedia to find somewhere suitable for you as spaces can be restricted on race day. We recommend using public transport where possible.

Where is the best place to spectate?

We advise staying within the event village.

MERCH

RACE DAY MERCH

It's not too late to order your merch! Any orders made on www.runfanatics.com will be available for collection on race day

A merch stand will also open in the event village from 9:45 - 13:30 but stock is limited so please purchase beforehand to avoid disappointment.

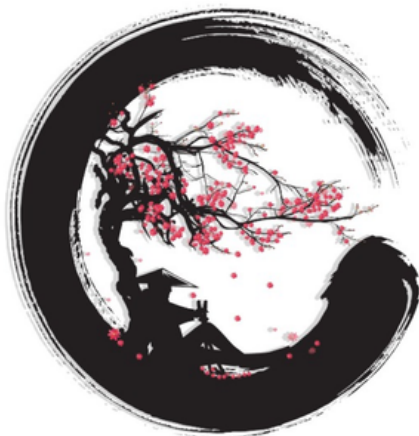


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