



Hey Mad Dog !

The Goody bags are packed, the medals are waiting for you and only 8 more dog naps until the big day!

Please take a minute to read these brief points you will have a much better day if you do!

GOODY BAGS

They are all packed, this year for the first time there are dog treats (for real dogs) please don't go eating it yourself!..... When have you ever seen a Chicken, Duck & Cranberry energy bar!.....It is for your DOG!

VOTE FOR US

Please take two minutes to vote for us at the national running awards, When I was drunk at a Round Table meeting I agreed to increase race capacity next year if we win best 10K again! I will stand by that stupid statement if we do!! [VOTE HERE](https://therunningawards.com/vote/228/230#vote)

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JO PAVEY MBE

Is the official starter of MD8 ! WOOF! WOOF!! If you want your photo with her on the day, no problem, but please could we **ask** you for a small donation to the charities we support. We won't insist, we just **ask**, we suggest £5 but you can give more or less it all goes 100% to small local charities, sports clubs and good causes. Mark will be with her on the day and can organise Autographs too if you want one. Mark will take all donations. THANKS

REMEMBER.....The more we raise, the harder it is for me to say no to next year!

POST RACE

Jo Pavey will be at the post race reception at the Victoria Pub in Southport. They have great deals for people in Mad Dog tee shirtsBook a table soon, they are selling out. [CLICK HERE http://www.maddog10k.co.uk/victoria.htm](http://www.maddog10k.co.uk/victoria.htm)

FANCY DRESS

Big prizes on offergo on! do us proud (Jo Pavey is presenting the awards!)

PUPS

No more pups entries online. You can enter on the day (only 30 places left) We are not being mean if we say you can't enter (because we only have 200 running numbers!! and 170 are sold) £9.50 on the day CASH ONLY

Pups numbers went out in the post on Friday

MERCHANDISE

We have lots of Mad Dog goodies for sale on the day CASH ONLY

Details are [HERE](#)

PARKING

We have problems due to water logging, some areas we are 70% down on car parking space. Please Park where you are told and ARRIVE EARLY !

The car park at Fairways closes at 2pm don't get locked in.

MAD DOG APP

Is live, free and really good. If you have used it before you have to uninstall the old one and re-install the new one.

SPECTATORS

Download our Spectator Guide [HERE](#)

PENS

A lot of talk online about Pens, just so you all know we batch runners each year according to the entries we get. There is no "cut off time" for pens.

Please don't try to move up a pen because the Marshals will note your number and you won't be able to enter the race again.

PREVIOUS EMAILS

All Pre-Race emails can be found [HERE](#)

Not long now until the big day doggy dudes

See you at the Kennel a week tomorrow !!

WOOF WOOF

Adrian

General Mad Dog