

# RUN WISBOROUGH 2019 FAQs

## HOW MUCH DOES IT COST TO ENTER THE RACES?

10K is £15 (£2 extra on the day)

£5k is £12 (£2 extra on the day)

Kids Race £3

*If you are an affiliated member you will get a £2 discount on your entrance fee.*

## WHERE IS THE START?

The start and finish of the race is on the cricket green in the middle of Wisborough Green – you can't miss it. If you are a Satnavy person please use RH14 0BN.

## CAN I BUY A RACE SHIRT?

Yes! We will have technical t-shirts for sale on the green on the day, so bring some cash with you.

Unfortunately, we cannot take pre-orders so make sure you get there early, stock will be limited!

The colour of the t-shirts changes every year and is a closely guarded secret until the day, you can be sure it won't be the same colour as last year!

## WHAT TIME IS THE RACE AND WHEN SHOULD I ARRIVE?

The race starts at 10:30 but there may be a lot of traffic on the day so we suggest arriving at least 30 minutes before the start. We will also have a number of refreshment areas for you to grab a coffee or tea. There is also a road closure in force from 10.15 – 12.00 which may prevent you getting to the parking area.

## IS THERE PARKING?

Yes, we do have free parking – there will be signs from the green for SATNAV use RH14 0DB or check out the [map](#). Please carshare to save our environment. Access to the car park is restricted after 10.10 for the race start, but runners will be able to leave following completion of the race.

## IS THE RUNNING ROUTE THE SAME AS LAST YEAR?

The route will be the same as last year with roads closed.

## HOW OLD DO I NEED TO BE TO RUN?

10k – Minimum age of 15

5k – Minimum age of 11

(Sorry, not our rules but UK Athletics rules.)

Kids race – Maximum age of 10

## WHAT WILL I GET FOR MY TROUBLE?

Well that's the fun part! You will get a finishing medal (they are awesome) and a Goodie Bag – but only if you finish!

## WHAT TIME IS THE KIDS RACE?

We will start the Kids race at 12:00 which should give most parents an opportunity to finish their 10k race first!

## ARE THERE PRIZES FOR WINNERS AND HOW LONG DO I NEED TO WAIT FOR THIS?

Yes, we have a number of categories, and each category winner will win a prize, the prize giving is going to be on the field at 11:50

## IS THERE ANYTHING ELSE HAPPENING?

I'm glad you asked, we will have loads to do on the green for participants and spectators, from food and drink stands to kids' entertainment! Bring some cash with you, you will deserve a beer or Prosecco afterwards!

### **I WILL HAVE A BAG WITH ME, WHERE CAN I LEAVE IT?**

We will have a complimentary bag drop on the day!

### **WHAT IS A KIDS' COLOUR RACE?**

This is your opportunity to coat your kids in paint powder (completely safe), paint will be available to buy on the day – so bring some extra cash.

### **CAN I COME AND SELL MY GOODS ON THE GREEN?**

If you are a caterer or would be interested in a stand please contact Richard to discuss terms on 07968065804.

### **WILL YOU PUBLISH RACE TIMES?**

Yes, we will endeavour to have the results up on our website as soon as possible. But please don't confuse us by registering for a 10k race and only running 5k, you could be responsible for the timings being delayed!

### **CAN I BECOME A SPONSOR OF THE RACE?**

YES, YES, YES, please call Richard on 07968065804 or email [info@runwisborough.co.uk](mailto:info@runwisborough.co.uk). We are raising money at the moment to rebuild our sports pavilion, so any donations (small or large) are very welcome.

### **WILL THERE BE ANY PHOTOS?**

Yes, we will try and get a shot of you midstride with a smile on your face! These will be for sale for £3 a photo, there will be a link to this from our website.

### **I CAN'T RUN BUT WOULD LOVE TO HELP AS A MARSHAL?**

**YES, YES, YES** we love our marshals! Please email Mike at [info@runwisborough.co.uk](mailto:info@runwisborough.co.uk).

## **2020 RACE DAY SCHEDULE**

8.00	Parking area manned from 8:00 (see map)
8.00	Registration opens
8.00	Bag drop opens
8.00	Race shirts available for purchase and collection
8.00	Food, coffee & refreshments available (throughout the day)
8.30	Hands on Sports Therapy opens
8.30	H&S briefing for all marshals
9.45	Marshals to take up positions
10.10	Access to car park closes
10.15-10.25	Race warm up session by Bluecoat Sports
10.29	Countdown starts
10.30	RACE START (5K & 10K RACES START TOGETHER)
11.30	Bar opens for refreshments
11.55	Winners announced & Prize giving
12.00	Colour Run announcement; KIDS TO MAKE THEIR WAY TO THE START
12.00	Food / Lunch / Refreshments available
12.15	Marshals follow last runner back to pavilion with black bags for rubbish collection
12.15	Colour Run Starts