

FAQ – RUNWISBOROUGH 4TH JULY 2021, 09:30 START.

WHAT ABOUT COVID?

Our current understanding is that we will be able to run the race free of restrictions, but we will provide further details as information is published by the government. In light of the past year clearly it makes sense to stay at home if you have any symptoms whether or not you've been tested, wear a mask if required or you'd prefer to and try and avoid unnecessary contact crowding (tricky at the start).

How much does it cost to enter the races?

10K is £18 (£20 on the day); running club affiliated runners £16
5k is £14 (£15 on the day); running club affiliated runners £12
Kids Colour Run £5 including 100g sachet of colour (additional sachets £1 each)

Where is the start?

The start and finish of the race is on the village green in the middle of Wisborough Green – you can't miss it. If you are a Satnavy person please use **RH14 ODB** which will take you to the car parks.

Where are the loos?

There are toilets in the sports pavilion building (these get busy), public loos 100m from the start on the east side of the green (by the garden of the Three Crowns and we will arrange additional portaloos which will be located behind the sports pavilion if numbers dictate.

Is there a warmup?

Yes, we have professional trainers providing a warm up in front of the pavilion, starting at **9.15**.

Can I buy a T-shirt?

Yes! We will have technical T-shirts for sale on the green on the day (£12 each), 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 **9:30** but there may be a lot of traffic on the day and the roads to the car parks close at 9.15 so we suggest arriving at least 45 minutes before the start. We will also have a number of refreshment areas for you to grab a coffee or tea.

Is there parking?

Yes, we do have free parking there will be signs from the green for SATNAV use RH14 ODB or [check out the map](#). Please carshare to save our environment! Please be aware if you wish to leave a car park before the race is finished you will be directed along a route that avoids the central village, but this should only add a few minutes to your journey. No parking is allowed around the green and feeder roads.

Is the running route the same as previous years?

The route will be the same as 2019, but we note that in 2019 a turn wasn't quite in the right place and this has been corrected. Roads will be closed for the majority of the race, opening as the last 10k runners pass. Please be aware if you wish to leave a car park before the race is finished you will be directed along a route that avoids the central village, but this should only add a few minutes to your journey.

How old do I need to be to run?

10k – Minimum age of 15

5k – Minimum age of 11

Sorry it's not our rules, it's UK Athletics rules

Kids race – Maximum age of 10 and minimum age of 4.

Runners will go off in two groups according to age.

The younger group will do one lap around the green and the older group 2.

Is the race chip timed?

Yes, it is and provisional results are shown live subject to technology.

What's the off-road section like?

Half is farm track with a hardcore base. Roughly half is bridleway with a mud surface which we expect to be firm to hard in July. If there has been recent rain this section can be slippery and there are some exposed roots. We scrape the section each year to remove as much unevenness as possible.

What will I get for my trouble?

Well, that's the fun part you will get a finishing medal (they are awesome) and Goodies at the finish line (subject to COVID restrictions at the time and an effort to avoid waste!) – but only if you finish!

What time is the Kids race?

We will start the Kids race at 11:10 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 10:50 – [view the categories here](#).

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, a therapy area and kids' entertainment including a bouncy assault! 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. [Please read the paint manufacturers safety sheet](#).

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, these are shown live on our website and finalised with a few hours of the race finish. 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! Previous year's times can be found [here](#).

Can I become a sponsor of the race?

YES, YES, YES please can Richard on **07968065804** or email 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 take photos at the start, finish and on the course. These will be for sale for £5 a photo, there will be a link to this from our website usually by Sunday evening after the race.

I can't run but would love to help as a marshal or help in some way?

YES, YES, YES we love our marshals and helpers and need about 80 volunteers on the day to make sure things run smoothly. Please email Mike at info@runwisborough.co.uk.