



Participant FAQ's – Run Frimley 2026

About The Event & Route(s)

Date: Sunday 3rd May 2026.

Timings: Event village is open from 08:30-13:00.

Entry Options: 10K, 5K and Fun Run

Event Type: Road run on closed roads for entirety (5K & 10K)

Event Location: Frimley Lodge Park, Sturt Rd, Frimley Green, Camberley GU16 6HY

Q: When should I arrive?

Please ensure you arrive at least 30 minutes before your timed run. This is to ensure we can check you into The Event Village and make sure you have everything you need before you start!

10K will start at 09:30am (participants to arrive for 09:00am latest)

5K will start at 09:45am (participants to arrive for 09:15am latest)

(Please note there is a cut off time for both the 5K and 10k at 11:30am where a sweeper vehicle will collect those who might still be out on the route)

Fun Run will start at 11:30am (participants to arrive by 11:00am latest)

We encourage everyone running the 5km or 10km to stay post-race to take part in the Fun Run using their free entry or cheer everyone else on! And remember, we will have post run massages, food available, entertainment and activities after your run so make sure to stick around and enjoy yourself.

Q: Do I need to pay to enter the 5K/10k and the Fun Run?

All entries for the 5K and 10k must pay their entry fee. Included in this will be a FREE entry ticket to also take part in the Fun Run with your family and/or friends on the day if you wish to do so. **You do not need to purchase an additional entry for the Fun Run.** However, if you are only taking part in the Fun Run, you must purchase a Fun Run ticket to gain entry.

Q: Can I fundraise for the event?

Most definitely! Should you purchase 'Individual Entry' ticket, this only covers the cost of staging the event. Therefore, where possible we kindly ask you to use this opportunity to raise extra funds for your chosen hospital within the Trust from family, friends, colleagues, and neighbours. We understand that fundraising can be challenging in present times, however if you are able to, this would make a huge difference to our patients, their families, and our amazing staff! We also have

'Charity Place Entry' tickets, where your entry to the event is FREE (as well as receiving a FREE charity t-shirt), if you reach £100 or more in your fundraising.

Q: Do I need to collect my race pack?

You only need to collect your race pack if you registered on and after the 16th April. If you registered before this your race pack would have been posted out to you.

Q: Where do we collect our t-shirts from if we hit the £100 target as part of our charity place?

Please go to the Frimley Healthy Charity branded gazebo where a member of staff will be able to help you

Q: Where is the start for all 3 routes?

The 10K starts just outside The Event Village on the road. Our runners will be filtered under the inflatable gantry and out to the start – this is to ensure the route measures exactly 10K. The 10k finishes under the gantry. The 5K and Fun Run both start and finish under the inflatable gantry.

Q: Will I be chip timed?

Participants running 5K and 10K will be chip timed. A weblink to the results will be emailed to you prior to the event and will be live to access as soon as the event has finished.

Q: What's the terrain like and is it pushchair/wheelchair friendly?

Both routes are also buggy & wheelchair accessible, however if you would like to get in touch with our Event Manager to find out more, please email your contact details to fhft.events@nhs.net

Q: What should I wear & what should I bring?

Please ensure you are wearing appropriate clothing suitable for running, which is also weather appropriate (you can never rely on the British weather). In addition, please make sure you are wearing appropriate footwear. Sunscreen and a hat are also advised should it be sunny.

Please bring a **water bottle**. You'll be able to refill this at The Event Village. Because we want to be as sustainable as possible, we will not be providing plastic water bottles at this event. We will have water points along the 10km route where we will have recyclable cups and at the finish line.

Make sure you bring your **race number** that would have been sent to you in the post. If you've signed up closer to the event date (post April 16th 2026), we will have race numbers which you can collect from The Event Village the morning of the event.

Q: What do I do if I get injured or need help on the route?

Please ring **07858 605702** in case of emergency or if you are in need of assistance out on the route. This number is also printed on your runner numbers. We will also have marshals close by which you can speak to.

St John Ambulance will be providing medical cover. Should you need assistance, please speak to a marshal or call our emergency event contact number above.

NOTE: What 3 Words

Please download the app 'what3words' prior to the event, as this will enable us to get to you quicker by knowing your exact location if you require any medical assistance during the event.

Q: Is there an age limit?

For the 10K route, children must be 15 years of age or over to take part. For the 5K route, children must be 13 years of age or over to take part. Children (under the age of 16) **MUST** be accompanied by an adult aged 18 or over **AT ALL TIMES**. For the Fun Run there are no age restrictions for participation but under-9s must be always accompanied by an adult.

Q: What time is the prize giving for the 5K and 10K winners?

There will be a prize giving ceremony on stage at midday.

Q: Are there water stops out on the route?

There is a water stop around halfway on the 10K route. We don't have an official water stop on the 5K, but there will be a small water supply at the halfway point where Toyota will be based cheering you on. There is no water stop on the Fun Run.

Q: Can I take my dog on the route with me?

Unfortunately, dogs are not permitted out on any of the routes. We cannot be responsible for their welfare, however spectators who are **NOT** running the event are welcome to bring dogs with them.

Fun Run

Q: Does my child need a bib to run in Fun Run?

All adults and children must be wearing a runner number for them to be able to take part in the Fun Run, as this shows that they have registered. This excludes children 2 and under.

Q: Is it free for me to run with my child in the Fun Run?

The Fun Run is only free if you have registered for either the 5K or 10K and if so, it's important to keep your runner number on from your previous route to qualify for your **FREE** entry into the Fun Run. Otherwise, both adults and children need to register to be granted entry to the Fun Run.

Q: Can I run the Fun Run in my 5k/10k bib even if I have not registered for it?

Yes, as this shows the event organisers that you are eligible for **FREE** entry into the Fun Run.

Q: Do we pick up our Fun Run paint or is it out on route?

The paint is already out on the route for you to enjoy, as well as the bubbles.

The Event Village

Q: Where can I park?

You will have access to the free car parks and an additional parking field at Frimley Lodge Park. The car parks are a short 2-minute walk away from the entrance to the event arena located at the far-left field behind the café/pavilion. Maps will be sent out to all runners ahead of the event.

Q: Are there toilets out on the route?

There will be toilets onsite in The Event Village near the start/finish line, as well as in the Frimley Green Community Building, but not out on the routes.

Q: Is there a lost & found?

Yes, this can be found in the control tent behind the stage

Q: Will there be refreshments?

Yes, there are a number of food and beverage stands within The Event Village for you to enjoy pre and post events, including hot food, hot and cold drinks, ice cream/sweet treat stall, as well as a massage tent.

If you have any further questions, please call **07341 884086** or email fhft.events@nhs.net

On behalf of all our patients, their families, and the dedicated staff, thank you for taking part and choosing to support Frimley Health Charity!