

Participant FAQ's – Run Frimley 2022

About the event

Date: Sunday 1st May 2022.

Timings: Event village is open from 09:00-15:00.

Entry Options: 10k, 5k and Fun Run (2.5k)

Event Type: Road Run

Event Location: Cadet Training Centre Frimley Park, Frimley Park, Frimley Rd, Camberley GU16 7HD

When should I arrive?

Please ensure you arrive 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!

Fun Run will start at 09:30am (participants to arrive for 09:00am)

5km & 10km will start at 10:30am (participants to arrive by 10:00am)

We encourage everyone running the 5km or 10km to arrive a little earlier to cheer on our fun run!

And remember, we will have post run massages, food available, entertainment and activities after your run so make sure to stick around!

Do I need to pay to enter multiple events?

Any paid entry for the 10k or 5k will give the entrant a free entry 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.

Any paid entry for the fun run does **not** though give you a free entry for either the 10k or 5k.

Is the event Covid -19 secure

Yes, Run Frimley is planned to meet current government guidelines.

We are monitoring the situation closely and we will make alterations as guidelines change. All the information you need to keep you safe will be sent to you before the event.

What should I bring?

As our event village is in the Cadet Training Centre, adults will need to bring a **form of ID** for the checking in process. This can either be a passport or driving licence.

Please bring a **water bottle** which you'll be able to refill 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 5km and 10km route where we will have recyclable cups.

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, we will have race numbers which you can collect from the event village.

What should I wear?

Please make sure you wear suitable clothing for your run, also clothing that is suitable for the forecasted weather conditions.

What facilities will there be?

At the event village we will have water to refill your water bottles, toilets, food available, entertainment and activities.

We will have a bag drop at the event village for our runners, but please try to bring as minimal personal belongings as possible.

Will I be chip timed?

Participants running 5km and 10km 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 is finished.

Is there an age limit?

For our 5km and 10km routes, children must be over the age of 11 to take part. There is no lower age limit for participation in the Fun Run but under-9s must be always accompanied by an adult.

What if I have a medical condition?

If you have a medical condition our organisers / medical team should be aware of, a form has been sent to all participants via email, complete this form and send to fht.fundraising@nhs.net

Please note, by completing this form and letting us know of your medical conditions, you are happy for us to pass this onto Massive (Run Frimley event partners) and Medrescue Group (Run Frimley first aid medical providers)



Can I bring my dog?

Unfortunately, no. We cannot be responsible for their welfare and landowners have asked us not to bring dogs onto their land, which we must respect.

Where can I park?

All those attending Run Frimley will have access to the NHS Frimley Staff Car Park located on Lyons Way on the day of the event. The car park is a short 2-minute walk away from the entrance to the event located at the Cadet Training Centre on Frimley Road. Maps will be sent out to all runners ahead of the event.

Car Park Address: Lyon Way, Frimley, Camberley GU16 7ER

If you have any further questions not answered above, please reach out to the charity by either calling **0300 6153206** or emailing fhft.fundraising@nhs.net