



Important Event Information – PLEASE READ!

Please read and comply with these **IMPORTANT FINAL INSTRUCTIONS** so that the event can run smoothly and safely, whilst ensuring you have an enjoyable running experience.

KEY DATE, TIMINGS & NEW VENUE/ROUTE

- Sunday 30th April
- Please remember that the event this year has a **NEW** start/finish venue at Frimley Lodge Park.
Venue address: Sturt Rd, Frimley Green, Camberley GU16 6HY <https://w3w.co/clearcut.gets.patio>
- The **10K** race will start prompt at 09:30am (participants to arrive for 09:00am)
- Followed by the **5K** at 09:45am (participants to arrive for 09:15am)
- Our new **5&10K routes** are **entirely closed roads**, so please wear suitable footwear & clothing.
- Then finally the **Colour Fun Run** at 11:30am (participants to arrive for 11:00am, or welcome earlier to watch the fellow races and enjoy our event village). Please note, if you take part in the 5K and 10K you will have the option to take part in the fun run free of charge.
- Please note, if you are taking part in our Colour Fun Run and using the powder paint, to please wear clothes you are happy to get the powder on. We will not be held liable for any damage to property.

ARRIVAL ON THE DAY

You will be able to arrive at the venue any time from 08.30am. **ARRIVE EARLY** to give yourself time to park, use the facilities and get ready for your run. Please also allow enough time if you need to collect your runner numbers on the morning of the event (**if you registered after Wednesday 12th April**). This can be done anytime from 8.30am onwards, which will be organised in alphabetical order by surname. If you already have your runner number sent in the post, don't forget to bring this and your safety pins with you, no further registration will be required. However, runners not wearing a bib number will be unable to take part so please report to the registration desk, which will be in the Event Village.

MEDICAL/EMERGENCY CONTACT NUMBER

Our emergency contact number on event day is **07706 251517**, please note this is included on the front of your runner number. St John Ambulance will be providing the medical cover. Should you need assistance, feel unwell or are unable to complete the race, please speak to a marshal or call our emergency event contact number above. As a precaution, runners are encouraged to add any pre-existing medical conditions/medication together with an emergency contact number on the reserve side of their race bib, as an aid to medical services should they be required. 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.

HEALTH & SAFETY/THE COURSE – PLEASE READ!

Our new 5 & 10K routes are entirely closed roads, but please exercise extreme caution out on the course especially if it has rained or is icy prior to race day as the course could be wet and slippery in places. Please **KEEP LEFT** & follow the signs and marshals' directions throughout the entirety of the route. Upon finishing, please move swiftly through the finish funnel and collect your medal and finisher items to avoid any bottlenecks. Both routes are wheelchair and pushchair friendly. Please note, **anyone out on the 5K & 10K route after 11.30am will be collected in our sweeper vehicle.**

CAR PARKING

The closest car park is at Frimley Lodge Park, Sturt Road, Frimley Green, Camberley, GU16 6HY and is available for free. There are various car parks onsite, including an overflow parking field also, which is a 5-minute walk away from the event village. Parking marshals will be onsite to assist, as well as signage. **From the overflow field, please walk back up, via the fields and not on the roads, in the direction of the main entrance to the event village in the top right field behind the café.**

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BIB NUMBERS AND CHIP TIMING

Your bib number with timing chip attached will be posted out to you. If we are sending more than one bib number to the same address, please make sure you give each member their allocated number as per the enclosed details. It is vital that the correct person wears the correct bib number. The bib number should be uncovered and attached to the front of your running clothes using safety pins. Don't forget to bring these with you on the day! Your official times will be uploaded on the day to the link below if you wish to view your time:

Results Link <https://results.racetimingsolutions.co.uk/Results.aspx?CId=16269&RId=1599>

BAG DROP

There will be a bag drop located in the Event Village for participants, but where possible, please do try to arrive 'run ready'. If you need to leave a bag, please keep this as small as possible with minimal items. Personal items are left at the owner's own risk and race organisers will not be held responsible for any loss.

DURING THE RACES

Please keep to the right-hand side of the route direction you are going and overtake on the left, where possible. As this is a linear route, **please keep left and do not cross the cone line**. Please obey the marshals and route signage they are there for your safety and be mindful of other runners.

WATER – PLEASE READ!

Please note that we will **NOT** be providing individual plastic water bottles at this event to reduce our environmental impact, instead you **MUST** bring your own water bottles with you to drink whilst you are out on the course. You will be able to refill them at the water stop and at the finish line.

EVENT VILLAGE

Don't forget our brand-new event village that will contain stands for food and refreshments, local businesses, entertainment, and activities, as well as music and a post-race massage. There will also be toilets onsite, however not out on the routes.

FRIMLEY HEALTH CHARITY STAND

A selection of running vests and t-shirts will be available to purchase on the day if you have not already got yours prior. Remember, if you are fundraising you get one of these for free once you reach your target! Frimley Health Charity branded merchandise will also be available from the stand such as wristbands and water bottles. You can also pay in any of your offline donations to the team here. We understand raising sponsorship can be difficult, however, your entry fee only covers the cost of staging the event, so if you are able to, it will help make a huge difference to our staff, patients, and their families.

PRIZE GIVING

The prize categories for this year's event are:

1st, 2nd & 3rd Place for 10K & 5K (Male), 1st, 2nd & 3rd Place for 10K & 5K (Female), 1st, 2nd & 3rd Place for Fun Run (12 years and under), 1st Male 10K – V40 (40 – 49 years old), 1st Male 10K – V50 (50 – 59 years old), 1st Male 10K – V60+ (60 years or over), 1st Female 10K – V35 (35 – 44 years old), 1st Female 10K – V45 (45 – 54 years old), 1st Female 10K – V55+ (55 years or over).

10k & 5k winners (excluding the veteran categories) and Fun Run winners will receive their trophy and/or prize during the prize giving ceremony post-race. This is scheduled for 12noon at the stage area in the event village. All veteran category winners will be notified post-race with your bespoke medal and prize sent directly to you in the post.

PHOTOGRAPHY

We have a photographer and videographer with us on the day around the course and at the start/finish area. If you do not wish us to use your picture for future marketing purposes, please let them know. We encourage any runners/spectators to upload any photos you take to social media using **#RunFrimley23 #MedalMonday**.

If you have any further questions, please call 0300 6153206 or email fhft.events@nhs.net

Thank you for taking part in Run Frimley 2023 and choosing to support Frimley Health Charity, it is so greatly appreciated. We hope that you enjoy the event and make this a permanent fixture in your diary for many years to come. See you on the 30th!

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