

### 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 5<sup>th</sup> May
- 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 (race pack collection 8:30am-9:15am)
- Followed by the **5K** at 09:45am (race pack collection 8:45am-09:30am)
- Our **5K & 10K warm up** will take place around 9:10am and both **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 previous races and enjoy The Event Village kindly sponsored by Lenovo, full of stalls, activities, catering, and music). If you're taking part in the 5K and 10K you also have the option to take part in the fun run for free.
- Please note, if you are taking part in our Colour Fun Run and entering the powder paint/bubble zones, to please wear clothes you are happy to get the paint 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 Thursday 18<sup>th</sup> April**). This can be done anytime from 8.30am onwards, 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 is required. Runners must wear a bib number to participate. If you have any queries, please report to the registration desk.

#### **MEDICAL/EMERGENCY CONTACT NUMBER**

Our emergency contact number on event day is **07858 605702**, 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 route marshal. 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 5K & 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 route's entirety. Upon finishing, please move swiftly through the finish funnel and collect your medal and finisher items to avoid any bottlenecks. Please note, **anyone out on the 5K & 10K route after 11.30am will be collected in our sweeper vehicle**. The **fire evacuation point** when you're in The Event Village will be located in the next field along where the café/play area is situated in the far top right-hand corner.

#### **CAR PARKING**

The closest free car park is at Frimley Lodge Park, Sturt Road, Frimley Green, Camberley, GU16 6HY. There are various car parks onsite, including an overflow parking field, which is a 5-minute walk away from The Event Village. We encourage the use of public transport and car sharing as much as possible to help reduce congestion. 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.**

### 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=1807>

### BAG DROP

There will be a bag drop located in The Event Village kindly sponsored by Lenovo 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

As this is largely a linear route, **please keep left, overtake on the 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.

### THE EVENT VILLAGE KINDLY SPONSORED BY LENOVO & FACILITIES

Don't forget to visit our brand-new Event Village kindly sponsored by Lenovo filled with delicious food stalls, 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 run tech t-shirts, including our BRAND-NEW 2024 design will be available to purchase on the day if you have not already got yours prior. Remember, if you're a charity runner, you will receive one free when you hit your fundraising target! Frimley Health Charity branded merchandise will also be available from the stand. You can also pay in any offline donations to the Charity 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 loved ones.

### PRIZE GIVING

The prize categories for this year's event are: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Place for 10K & 5K (Male), 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Place for 10K & 5K (Female), 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Place for Fun Run (12 years and under), 1<sup>st</sup> Male 10K – V40 (40 – 49 years old), 1<sup>st</sup> Male 10K – V50 (50 – 59 years old), 1<sup>st</sup> Male 10K – V60+ (60 years or over), 1<sup>st</sup> Female 10K – V35 (35 – 44 years old), 1<sup>st</sup> Female 10K – V45 (45 – 54 years old), 1<sup>st</sup> Female 10K – V55+ (55 years or over).

10K & 5K winners (excluding the veteran categories and Fun Run winners) will receive their prize & trophy during the prize giving ceremony post-race. This is scheduled for 11am on the stage 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 [#RunFrimley24](https://twitter.com/RunFrimley24).

If you have any further questions, please call 07341 884086 or email [fhft.events@nhs.net](mailto:fhft.events@nhs.net)

**Thank you for taking part in Run Frimley 2024 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 Sunday!**

Kindly sponsored by:

