

## Participant FAQ's – Run Frimley 2024

### About the event

**Date:** Sunday 5<sup>th</sup> May 2024.

**Timings:** Event village is open from 08:30-14:00.

**Entry Options:** 10k, 5k and Fun Run

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

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

### 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)**

**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 using their free entry or cheer on all those in the fun run!

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.

### Route Type, Accessibility & Cut Off Time

**11.30am – Please note, our new route is closed road race for its entirety and anyone out on the 5K & 10K route after 11.30am will be collected in our sweeper vehicle. 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](mailto:fhft.events@nhs.net)**

### What should I bring? Do I need a water bottle?

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

### What is the event's emergency contact number?

Please ring 07706 251517 in case of emergency or if you are need of any assistance on the day out on the course. This number is also printed on your runner numbers.

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.

### **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.

### **Where can I park?**

You will have access to the 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.

### **Do I need to pay to enter the 10k/5k and the Fun Run?**

All entries for the 10k or 5k will get 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.

### **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 the 10km route, children must be 15 years of age or over to take part. For the 5km 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.

### **What should I wear?**

Please ensure you are wearing appropriate clothing and footwear suitable for running that is also weather appropriate, as you can never rely on the British weather. Please note, if you are taking part in our Fun Run and getting involved with the colour powder paint, then please wear clothes you are happy to get the powder on. We will not be held liable for any damage to property.

### **Will there be toilets onsite?**

Yes, there will be toilets onsite in the event arena near the start/finish line, but not out on the routes.

### **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.

### **Can I bring my dog?**

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.

If you have any further questions, please call **0300 6153206** or email [fhft.events@nhs.net](mailto:fhft.events@nhs.net)