

# FAQ

## Fell em Doon Festive 5 km

### **When is it?**

Sunday 9th December 2018

### **What time will the race start?**

11 am

### **How much is it?**

£13 for attached UKA club runners and £ 15 un attached

### **How many can run?**

Our limit is about 320, this race sold out last year as did our recent 10 km, well before the date.

### **Is there an age limit?**

Over 17 years old (17 years old by 9<sup>th</sup> December 2018)

### **Is there a time limit?**

We are hoping that all runners will be finished before or around approximately 45 minutes. (If we see you coming towards the finish don't panic we will wait for you and you will get your time, medal and goodie bag etc!).

### **Where is it?**

Community Woods, Lintonville Terrace, Ashington. NE63 9JX

### **Is it off road then?**

Yes on very good firm paths, road shoes are usually ok.

### **What is the course like?**

It's mainly flat, all good underfoot with firm man made wide trails, 2 laps of our tried and trusted course.

**Is there Parking nearby?**

There will be parking available nearby. Its then a few minutes walk to the start (you will be shown the way). Always great to car share though!  
The nearest bus stop is the main bus station a few minutes away from the start. Car Park postcode is Reiverdale Road NE63 9YY. It will be signed and marshalled on the day. We can create 1 or 2 parking bays next to the start for disabled parking, so do contact us via face book or the club website to request this before the race date.

**Do I need to register at an HQ?**

No, we will be posting race packs before the race.

**Are there toilets at the Start?**

Yes, the toilets for the start/finish will be at the Leisure Centre and or Asda a few minutes' walk away. We will sign post the leisure centre toilets.

**Is there somewhere to leave belongings?**

Yes, at the start and it will be looked after by a marshal (all by your own risk).

**Will it be chipped timed?**

It is the same as the park run system, later runners in the race will be timed manually to allow the main timekeeper to do results and prize giving.

**Do you have a UKA permit to hold the race?**

Yes this is applied for, all our public races have been with this system.

**Is it accurately measured?**

It measured by Tom Toms and Garmin GPS watches only.

**Are buggies allowed on the course?**

No unfortunately not.

**Can I run with my dog?**

No unfortunately not.

### **Can I wear headphones or similar devices?**

No, as you need to be able to hear the marshal's instructions at all times. We will ask you not to wear them at the race briefing at the start of the race. Please respect this polite request. If a marshal spots you with headphones etc during the race it will be reported to the race officials and you will get disqualified. That's also a no for "bone conducting headphones" approved by UKA. Sorry Race Directors decision is final.

If you wear a hearing aid, then please do let the race director know before the start, this is ok to wear.

### **Can I fold the race number?**

No, the race number must not be folded in any way. It must show the sponsors name at all times and needs to be worn on the front of your top. If you are wearing a club top, then your club identification should be visible at all times.

### **Can I enter on day?**

Sorry no entries on the day.

### **Can I have a refund as I cannot now attend?**

No sorry no refunds are available.

### **Number transfers to another**

You may transfer your number to another runner prior to the 1<sup>st</sup> of December. After this date, sorry no more transfers. If an unattached runner receives an attached runner's number then the additional £ 2 must be paid on the day. (We need all details of both parties concerned). Any unauthorised number swapping can be dangerous if anything happens to anyone with the wrong number, it can spoil the results and prizes. Both parties will be reported to UKA and may be barred from ours and any other UKA affiliated races. The person in the wrong number will be disqualified.

### **Why a last transfer date more than a week before the race?**

This is because all your details are set onto your race number manually.

### **What will I get for finishing the race?**

A Tee Shirt, a medal and a goody bag (You know us, all will be very good!)

### **Do you have prizes?**

Yes the first 1, 2, and 3 (Men and Ladies), also age related winners will all receive a prize. Max of one prize per person, prize of higher value given. If an age graded winner is in the top 3 (male or female) then the next in that age category will win the age related prize. Please note that we will merge any age groups with less than three runners in into another age group with regards to actual prizes awarded.

### **Do you require marshals?**

Yes please.

### **Can my children help to marshal?**

Unfortunately not, although it's great to see and hear the children supporting they do need to be supervised at all times as it's a public race in a none closed off area which is still open to the public (E.g. People with dogs and horses).

### **How long will I be if I marshal?**

Approximately 1.5 - 2 hours in total.

### **Is anything happening after the race?**

Yes. We will also present the prizes for the top 3 ladies and men soon after those winners are in. Age related prizes will be verified before posting out.

### **Ok I want to run, what now?**

Please enter on line via Entry Central (race entry system)

### **Id like to marshal what now?**

Please inform Ashington Hirst Running Club, via our face book page and we will get back to you.

### **I have another question who can I contact?**

Please send us a message via the message section of our face book page and we will get back to you. Or come along to one of our running sessions and see us whilst having a run on!