

# FAQ: RUN WISBOROUGH • 9<sup>TH</sup> JUNE • 09:30 START

## GETTING THERE & PARKING

### Where does it start?

Main race (5K & 10K) starts and finishes on the village green in the middle of Wisborough Green – you can't miss it.

Colour run also on the green but in a different spot which will be indicated.

### What time is the race and when should I arrive?

9:30 start but the car park closes at 9:15. Aim to arrive at least 45 mins before the start to allow for road closures and traffic. You'll be able to grab a coffee, tea and food on the green from 08:00.

### Where is the parking?

Free parking available at: **RH14 OBZ** ([Parking info](#) also on the website.) Please car share to save our environment! And kindly be aware that if you leave the car park before the race has finished you'll be directed along a route that avoids the central village (should only add a few minutes to your journey).

**No parking allowed around the green or feeder roads.**

### Entry fees?

#### **10K:**

Running club affiliated runners £19  
Unaffiliated £21 (or £23 on the day)  
**Early Bird sign up by 31st Jan' – £17**

#### **5k:**

Running club affiliated runners £15  
Unaffiliated £16 (£17 on the day);  
**Early Bird sign up by 31st Jan' – £13**

**Kids Colour Run:** £5 including 100g sachet of colour (additional sachets £1 each)

### How old should I be to run?

**10K:** Minimum age 15

**5k:** Minimum age 11  
(Under UK Athletics rules)

**Kids Colour Run:** Minimum age of 4,  
Maximum age of 10

## 5K, 10K & COLOUR RUN

### Is there a warm-up?

Fitness instructors will provide a warm-up in front of the pavilion at 9.15.

### The race route?

Same [route](#) as 2023. Roads will be closed for the majority of the race and reopening as the last 10k runners pass.

Again, please note that if you wish to leave the car park before the race has finished you'll be directed along a route that avoids the central village (which should only add a few minutes to your journey).

### Chip timing and results?

The race is chip timed. Provisional results will be available shortly after the race while all official results will be on the Nice Work website/link from our website ASAP.

If you wish to change from 5K to 10K, or vice versa, please email Nice Work before the day, or go to the registration desk on the morning of the race. Previous years' results can be viewed [here](#).

**Please do not change your category or run in the wrong race at the last minute as this could delay publishing the times.**

### What about the off-road section?

Approx. 800m – about half is farm track with hardcore base while the rest is bridleway with mud surface which should be firm to hard. If it's rained a lot it can get slippery with exposed roots. We scrape this section each year to make it as even as possible and can apply grit if necessary.

### What will I get for my trouble?

Every RW finisher gets a bespoke medal and goodies at the finish line – but only if you finish!

### Are there prizes?

Yes, we have a number of prize winner [categories](#). Prize giving will be on the green at 10:45.

### What about the Colour Run?

We will start the Colour Run at 10:55, giving most 10k parents the chance to finish their race.

Runners set off in two groups according to age (to be determined by number of entries). The younger group will do one lap around the green and the older group two laps.

This is your opportunity to coat your kids in paint powder (completely safe), extra paint will be available to buy.  
[Please read the paint manufacturers safety sheet.](#)

## ADDITIONAL INFO

### Bag drop?

Yes – complimentary bag drop on the day. A bag tag should be on your race number.

### Where are the toilets?

Toilets in the sports pavilion building (these get busy) and public loos 100m from the start, on the east side of the green by the Three Crowns garden. (We'll arrange more portaloos behind the sports pavilion if numbers dictate.)

### Race shirts?

Yes! [Technical t-shirts for sale](#) at £13.00 each – pre-orders now available – either sent by post or collect on race morning. Our shirts are kindly sponsored by [Lynn Murray & Co. Solicitors](#).

### Can I buy photos?

Yes – we'll take photos at the start, finish and on the course. These will be [for sale online](#) at £5 a photo – usually available by Sunday evening after the race.

### What else is happening?

There will be loads to do on the green for participants and spectators – from the wellness area to food and drink vendors. Stick around for a well deserved burger or pizza and a hot or cold beverage (licensed bar in the pavilion).

### Can I sponsor Run Wisborough?

YES, YES, YES please call Martin on 07557 737784 or email [info@runwisborough.co.uk](mailto:info@runwisborough.co.uk). We are raising money to rebuild our sports pavilion, so any donations (small or large) are very welcome.

### Can I come and sell my goods on the green?

If you are a caterer or would be interested in a stand please contact Martin to discuss terms on 07557 737784.

### I can't run but would love to help as a marshal or help in some way?

YES, YES, YES PLEASE – we love our marshals and helpers and need about 80 volunteers on the day to make sure things run smoothly. Please email Mike: [info@runwisborough.co.uk](mailto:info@runwisborough.co.uk).