

**Fun Run Frequently Asked Questions**

**When is the Fun Run?**

Bank Holiday Monday

**Where is the Community Fun Run?**

West Park

**What times are the races?**

* All runners must register at the registration desk prior to the run
* Registration for the 1km race is between 11:15am – 12:00pm and the run begins promptly at 12:30pm
* Registration for the 5km race is between 12:45pm – 1:15pm and the run begins promptly at 1:30m

**Are there parking facilities available?**

There will be onsite parking. There will be plenty of car park marshals on site, please follow their directions to the relevant car park and please bear with us if there is a short delay. If you require disabled parking please call 0845 232 2333 to request a space and a permit will be sent out to you prior to the Fun Run.

**Do I have to be super-fit to participate?**

No. Adults, children and families are all welcome as the Fun Run is aimed at every fitness level. There is a choice of either a 1km or 5km course, so absolutely anybody can participate, from the youngest to the oldest... so no excuses!

**How far is the course?**

There is a 1km and 5km course option. The new shorter 1km route is suitable for any fitness level or age. The 5km run is a more challenging but fun option where you can walk, jog, run, push a buggy or even participate hopping in fancy dress!

**Are there any other ways to get involved other than running or walking the course?**

Come along on the day and support the runners or better still volunteer to help out on the day. We are actively recruiting volunteers for a variety of roles so if you are able to help us please speak to one of the Marshalls.

**What clothing should I wear on the day?**

Please wear appropriate clothing and running shoes. Runners will be provided with a Community Fun Run t-shirt to wear around the course.

**Will refreshments be provided?**

Water will be provided at the start and finish line. Other food can be purchased on the day.