



## FAQs

### **Registration (General Registration/ Entry Info)**

#### **Q1: Is it for me?**

The Flat 10k is a celebration of gin, music and running. The aim is to have fun and finish, not to be watching the clock. Our 5k option is great for those not feeling up to the full distance. Neither distances are officially timed so you can go at your own pace and run, jog or walk through the countryside.

#### **Q2: What fitness level must I be?**

There is no fitness level required at all for the Flat 10k. Whether you walk or run everyone is welcome to join in the fun.

#### **Q3: What is the age limit?**

The minimum age for the 10K is 15 yrs.

There is no age limit for the 5K Run.

Please note if you are under 18 you will be given a different wristband, and you will only be served soft drinks at the event.

**Q4: Are there prizes for the winners?**

We are first and foremost a fun run, so there are no prizes for those first across the line. However, awards are given to the best fancy dress costumes we see on the day. The competition is judged by our finish line team and will be given on the spot. (Decisions are entirely subjective as this is a light-hearted competition – there will be no discussion on the decisions they make).

**Q5: What is included in my entry fee?**

Entry fee includes.

- Race Entry
- Finisher's Medal
- All drinks at drinks stations
- Flat 10k 2023 T-Shirt
- Access to the post race hub where additional food and drink is available to purchase
- Free parking
- Medical Support

**Q6: Can I volunteer?**

Yes, you can! If you are interested in volunteering, please email [info@staplefordfarms.co.uk](mailto:info@staplefordfarms.co.uk) for more information.

**Q7: When do entries close?**

Entries close on Wednesday 1<sup>st</sup> May 2024 at 12:00pm (No entries will be accepted after this time). Entries will close earlier if the event reaches its capacity before this date.

**Q8: When/how will I receive my race information?**

All key information you need before you arrive will be emailed to you by Friday 3<sup>rd</sup> May. Please make sure you check your junk email.

**Q9: Prices**

10K: £45

5K: £39

10K dry: £40

5K dry: £34

**Q10: What do I do if I can no longer run?**

There are several options available to you if you can no longer run. You can defer your entry to the following year, or you can transfer your entry to another runner. We do not offer refunds. To defer or transfer your entry please email [info@staplefordfarms.co.uk](mailto:info@staplefordfarms.co.uk).

**Q11: Can I defer my entry?**

Yes, deferrals must be made prior to the event up until Wednesday 1<sup>st</sup> May 2024 12:00pm. Please email [info@staplefordfarms.co.uk](mailto:info@staplefordfarms.co.uk)

**Q12: Can I transfer my entry to someone else?**

Yes, transfers must be made prior to the event up until Wednesday 1<sup>st</sup> May 2024 12:00pm. Please email [info@staplefordfarms.co.uk](mailto:info@staplefordfarms.co.uk).

**The Events (Details)**

**Q13: How do I get there?**

The address for Stapleford Estate is...

Stapleford Estate,

Stapleford Road,

Melton Mowbray,

LE14 2EF

Follow the signs towards Stapleford Park Hotel. The event will also be clearly signposted showing you where the car park and check in is.

**Q14: What time must I arrive?**

We recommend that you arrive 60 minutes before the start of your race to allow time for parking and to ensure you have enough time to sign in and collect your race number.

**Q15: I have spectators coming to watch, how and when do they get in?**

Spectators arrive and park in the same place as competitors. As the venue is open on race day you are free to arrive and leave when you please.

**Q16: Is the car park close to the race hub/start?**

Yes, is in the adjacent field to the car park and is a very short walk to the start line.

**Q17: What is the course like?**

The course is run through Stapleford Estate. It is mostly very flat. The route is mainly grass and rough trail with sections of single track and tarmac. The run is a loop, starting and finishing in the same place.

**Q18: When does the main event start?**

The first wave of the run starts at 12:00 and waves will go every 5-10 minutes to stagger runners. When you sign in you will be told what time you will start.

**Q19: What facilities will there be on-site?**

There will be temporary toilets at the start and finish, as well as each drink stop. Event parking will be on site and the designated parking areas will be signposted. Other food, drink and refreshments are available at the start and finish area for spectators and other guests.

**Q20: When does the event finish?**

The race itself finishes when the last runner comes across the line. The food and drink however will continue to be available for a period of time after the race for all to enjoy. The actual timing is subject to change on the day.

**During The Race (Information)****Q21: Timings**

We recommend that you arrive at least 60 mins before the start of the race to ensure that you can park and collect your race number.

**Q22: Route Markings (What to look out for)**

The route will be clearly marked using signage arrows, marshals and taped areas. This will be explained to you at the intro before you start.

**Q23: Medical Support**

There will be a medical team provided by on-site throughout the main event. They will be in the race village and out on the course.

**Q24: What happens if I must pull out on route?**

If you can make it to the next marshal point, please do so where they can advise you of the quickest route back to the race village. If you can't make it to the next marshal point, please ask another competitor to notify the next marshal of your location where our medical team can be dispatched to you.

**Q25: On the course food/drink**

For the 5K route, there will be two stations serving your gin cocktails, soft drinks and water. For the 10K route, you will pass through these two and an additional one. All drinks at the stations are provided by Multum Gin Parvo who have crafted a themed gin cocktail for each station and will provide a non-alcoholic option too for those under 18 or not drinking.

There is ample drinks if you take only one portion at each aid station. Please be considerate of the runners behind you. If you take multiple food and drink portions at any aid station there won't be enough for everyone.

**Q26: At what points are the aid stations?**

The 10K route will have Gin stations at the following approximate distances:

2.3K, 5K and 8.5K

The 5K route will have Gin stations at the following approximate distances:

2.3K and 3.5K

**Q27: What food/drink are available in the Race Village?**

There will be a selection of food and drink available for runners and spectators. There will be hot food from local food vendors, tea and coffee and of course more gin available from Multum Gin Parvo.

**Q28: Can people come out on the route to see me?**

The best place for spectators is be at the start/finish line at the main race hub, where they can watch runners set off and return and be close to facilities and the musical entertainment at the post-race entertainment. Spectators should not attempt to travel around the course.

**Q29: Are dogs allowed?**

Well behaved dogs on leads are allowed on Stapleford Estate.

**Q30: Are buggies allowed?**

Unfortunately, buggies with children are not allowed to take part in the race, the course and its' terrain are not suitable for buggies (even off-road ones). Buggies are permitted at the spectator area at the start and finish line.

**Post Race (Details)****Q31: Where can I find the results?**

This event is primarily a fun run and therefore it will not be timed.

**Q32: No drinking and driving!**

Being a gin fun run you are going to be consuming alcohol throughout the race. Please do plan your journeys ahead of the race to avoid illegal drink-driving. Perhaps car shares with your friends/ family or one of your teammates.

**Q33: Is there somewhere I can stay after the event?**

There is no camping on-site, but you can find nearby campsites by visiting [www.pitchup.com](http://www.pitchup.com) or [www.campsites.co.uk](http://www.campsites.co.uk). There is also a range of hotels and Bed & Breakfasts in the local area, some are listed below:

Stapleford Estate run an AirBnb which is walking distance to the start/finish, please contact [info@staplefordfarms.co.uk](mailto:info@staplefordfarms.co.uk) for more info.

Stapleford Park Hotel.

Rutland Hall Hotel.

Whissendine White Lion.