



**St. Richard's  
Hospice**

CARING FOR LIFE  
with great compassion

### **What is the terrain?**

The 10k and 5k run/walk starts from the Norton Village Hall field is mainly through country lanes and roads, with paths in some places.

### **What are my parking options at the event?**

Free parking at Norton Village Hall, please follow the marshal instructions when parking. We encourage people to car share. Overflow parking will be located in the middle of the field, park with great caution when arriving and departing.

### **What are the facilities onsite?**

Norton Village Hall. <http://www.norton-juxta-kempsey.org.uk/parish-hall/>  
Coffee shop will be open to purchase refreshments.

### **What time shall I arrive?**

If you have already pre-registered please arrive at least 30 minutes before the start of the race. On the day registrations, register from 9am 9.45am. Race starts at 10.00am.

### **What shall I wear?**

We recommend you wear sports clothing and trainers. .

### **Is there first aid available on site?**

Yes, we will have fully trained first aiders on site and marshals at all obstacles.

### **Can I help on the day if I'm not taking part?**

Yes, please. We will need lots of volunteers for the day to help make the day enjoyable and a huge success, for example registering people in and monitoring the race across the day from 9.00am to 12pm. Please get in touch if you can help for some or all the day, at [appeals@strichards.org.uk](mailto:appeals@strichards.org.uk)

### **Are spectators welcome?**

Yes of course.

### **Are dogs welcome?**

Yes dogs are welcome to run/walk with you. (on a lead)

### **What do I need to take with me on the day?**

Please bring your confirmation email and some spare change for the Coffee shop.

### **What do we get upon completing the race?**

You will receive a doughnut Dash medal, and a Krispy Crème glazed ring doughnut . Water will be available. Race times will be displayed on our website within 24 hours.