

What is the terrain?

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

Is this event suitable for wheelchair users and pushchairs?

The event starts and finishes in an area with grass, however the terrain is flat and mostly on a tarmac surface so would be suitable for wheelchair users and pushchairs.

Is the race timed?

Yes, we have professional race timings. These will be available live on the day and the results will be posted on our website following the event.

Can I walk the route?

Yes, if you are walking please opt for the 5k, you cannot walk the 10k route due to time limitations.

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 where possible.

What are the facilities onsite?

The event will start and finish at Norton Village Hall: www.nortonparishhall.co.uk. The coffee shop on-site will be open to purchase refreshments. Disabled parking and toilets are available on-site as well as baby changing facilities.

What time shall I arrive?

If you have already pre-registered please arrive at least 30 minutes before the start of the event. On the day registrations will be available from 9am - 9.45am with the run starting at 10.00am.

What shall I wear?

We recommend you wear sports clothing and trainers. If you raise over £75 in sponsorship you are entitled to a free St Richard's Hospice T-shirt to run in, please contact Sofia, sgunster@strichards.org.uk.

Is there first aid available on site?

Yes, we will have fully trained first aiders on site and marshals at various points throughout the route.

Who can take part in the event?

We welcome all abilities from regular race runners, walkers and families!

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 (either printed or on a smart phone) and a bottle of water (you will be able to fill up at the hall).

What do we get upon completing the race?

You will receive a unique Cupcake Chase medal, professional race timings and a yummy cake! There will also be prizes for winners!

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 sgunster@strichards.org.uk.

