

**Q. How old must I be to enter?**

A. Half marathon entrants must be 17 years or older on the day of the race. You must be 15 years old to take part in the BWHM10K. Younger runners can take part in the 5K Fun Run.

**Q. How much does it cost to register?**

A. The cost for the half marathon for runners that are not affiliated with United Kingdom Athletics through their running club is £20.50, the cost for runners who are not affiliated is £18. The cost for the 10K race for runners that are not affiliated with United Kingdom Athletics through their running club is £18, the cost for runners who are not affiliated is £16. The cost of entry for the 5K fun run is £8.

**Q. Can I enter over the phone?**

A. No – unfortunately we do not have the facilities to take payment over the phone and all entries must be made online. However, if you are experiencing real difficulties with this or cannot apply online due to special circumstances then please call us on 07809775114 and we shall see how we can help assist you further.

**Q. Can we pay / enter as a group / company?**

Yes, groups of 10 or more entrants can enter together and pay by one invoice, please email [contact@bridgewaterhalfmarathon.co.uk](mailto:contact@bridgewaterhalfmarathon.co.uk) to apply for a group entry.

**Q. When do entries close?**

A. Online entries will close on Thursday 29<sup>th</sup> August 2019, if the maximum capacity has not been reached then we will accept on the day entries.

**Q. Do you accept on the day entries?**

A. If the maximum capacity has not been reached then we will accept on the day entries. There is a small premium for entering on the day. Half marathon entry is £25 (affiliated £22) with 10K entry £22 (affiliated £19). The fun run remains at £8.

**Q. I have entered the race, how do I know my entry has been received?**

A. If you entered online you will receive a confirmation email shortly afterwards. If this did not happen please contact us.

**Q. Will I receive a race pack in the post before the race?**

A. We do not send out race packs prior to the event, your race number and timing chip will be available to collect from Race HQ on the morning of the race, HQ opens at 9am so please leave plenty of time to sign in before the start of the race.

**Q. I have entered but am unable to take part, can I get a refund or give my place to a friend?**

A. You are entitled to a refund within the first two weeks of signing up (the cooling off period). After this time, we are unable to give refunds, you may defer entries until next year's race via email to [contact@bridgwaterhalfmarathon.co.uk](mailto:contact@bridgwaterhalfmarathon.co.uk) by 15th August. There is an administration charge that must be paid to defer a half marathon/10K place to the following year of £5 which must be paid by cheque by 31st August.

You can transfer your place to a friend up until midnight on 15th August, to do this you must email [contact@bridgwaterhalfmarathon.co.uk](mailto:contact@bridgwaterhalfmarathon.co.uk), there is an administration fee to pay of £5 which must be paid by cheque by 31st August.

**Please note:** Never swap your race number with any other runner as this could cause problems for our medical teams and results service. If race organisers become aware of anyone who swaps their race number they will be disqualified and reported to UK Athletics.

**Q. How far is a half marathon?**

A. The half marathon is 13.1 miles or in metric 21.1km, the 10K is ten kilometres which is about 6.2 miles in old money!

**Q. How slowly can I complete the race? Can I walk part of the race?**

A. As detailed in the terms and conditions of entry, the Half Marathon and 10K are running races in which participants should make best efforts to complete the course within a 4 hour 30 minute cut-off point. After this time and throughout the race a sweep bus will collect those at the back of the race unable to keep up with the allotted 20 minute a mile pace. We encourage everyone to run as much as possible in order to avoid the cut-off time.

**Q. What type of running surface is the race on?**

A. The course is flat/undulating. While the race is run predominantly on the road, there are areas that are rougher and occasionally uneven; you may wish to consider the type of running shoes you wear particularly if it is wet.

**Q. Where is the race start, finish and race village?**

A. The race starts outside Morganians RFC, Morganians Rugby Club, Chedzoy Lane, Bridgwater, Somerset, TA7 8QW. The Half marathon starts at 11am with the 10K starting at 11:15 and finally the 5K kicks off at 11:30.

**Q. Where can I park?**

A. Parking is available at no cost at the rugby ground.

**Q. I don't live in Bridgwater and don't know the route, will I be able to get lost?**

A. No. The course will be marshalled throughout.

**Q. What happens if I cannot finish the race?**

A. We will have medical points along the route. If you are just too tired we will have vehicles to get you back to the start/finish area.

**Q. Can I take part in the race with a pushchair, dog, skateboard, wheeled device, nordic sticks, or bulky fancy dress.**

A. No participant may bring dogs, baby joggers, baby strollers, skateboards, Nordic sticks, rollerblades, hand cycles, Kangoo Jumps, stilts, crutches, unauthorised bicycles or any other wheeled device on the course, except for hand propelled wheelchairs in the mass race. Any bulky items or fancy dress which you wish to carry with you as part of a challenge must be cleared with the race director if it is likely to impact on your ability to complete the course within 4 hours 30 minutes or impede other participants.

**Q. How old must I be to compete?**

A. The minimum age for the Half Marathon is 17 years of age on the day of the race, 10K is 15 years of age.

**Q. Will there be mile or km markers?**

A. There will be mile markers every mile on the half marathon and Km markers for the 10 and 5K races.

**Q. Will there be water stations?**

A. Absolutely, there are four on the half marathon course and three on the 10K route and they are situated approximately every 3 Miles. There will also be a water bottle after you cross the finishing line. The water at water stations will be provided in cups (rather than bottles) and there will also be some sweets to give an energy boost!

**Q. When will the results be available?**

A. Draft results will be posted online soon after the race, and final results will be available no later than two weeks after the race.

**Q. Is there a prize giving ceremony?**

A. Yes, once we have all winners and runners up in each of the classes we will hold a prize giving ceremony at the runners village, we anticipate this to be approx. 1:30pm.

**Q. What facilities are there at the start/finish?**

A. There are toilets and changing facilities. There are also unisex showers available (please bring a swimming costume). There will be a small variety of stalls and general interest stands together with post-race food and refreshments. Pre and Post race massage facilities will be available for a donation to Cancer Research UK.

**Q. Where are the toilets?**

A. There are toilets at the start/finish area but none out on the course.

**Q. Can I run in fancy dress?**

A. Yes, we like to encourage lots of fancy dress participants – they help make the race really fun for spectators, families and runners. Please let us know if your costume is bulky a cleared with the race director if it is likely to impact on your ability to complete the course within 4 hours 30 minutes or impede other participants.

**Q. Can I wear headphones?**

A. No, United Kingdom Athletics rules state that using headphones whilst running will lead to disqualification. It also limits the risk of injury to yourself and other participants. The Organiser will not be held responsible for incidents caused as a result of the use of headphones which inhibit the communication of important warnings or information from emergency services or course marshals. So called ‘bone shaker’ headphones are permitted but not encouraged.

**Q. Will there be anywhere to store my bag during the race?**

A. Yes, there is a bag store area at Race HQ

**Q. Is the course suitable for a wheelchair?**

A. We welcome hand-propelled wheelchair competitors, the course is fairly flat with a slight incline at the 3 Mile point, the route comprises road surfaces and there may be potholes and other hazards to wheelchair users.

We are happy to give a complimentary entry and a high-viz bib to a support runner, should you need one. If so, please contact us. If you are taking part without a support runner, we recommend that you attach a safety flag to your wheelchair, above runners’ head height so that you can be seen within the crowds. Please note that there is no support system for mechanical problems/punctures etc. around the course. If there is a problem, please report to the nearest steward who will assist in getting you to the finish area when it is practical to do so.

Please state your estimated time when you enter so we have an idea of pace. Please let us know if you have any queries/special requests and we will do our best to assist.

**Q. Can I raise money for any charity I choose?**

A. Yes. The race is organised by Bridgwater Friends of Cancer Research UK and therefore we would be delighted if you would consider raising sponsorship for Cancer Research UK, please see our website to download a sponsor form or contact us if you would like printed copies sent to you. All persons raising more than £50 will be eligible to collect a volunteer t-shirt on race day from race HQ. You can also raise funds for other charities should you wish, please contact your chosen charity to obtain sponsor forms and support.

**Q. Do I have to raise money for a charity or good cause?**

A. No, it is not compulsory – it is entirely up to you.

**Q. What do I get for my money?**

A. You'll get a fantastic, well organised race with good facilities and a medal and sundry other goodies for all finishers.

**Q. Can I get a photograph of myself running the race?**

A. Yes there will be photographers around the course although we cannot guarantee that you will be captured with so many participants out on the course. Their pictures will be available to purchase after the race and an email will be sent post-race with full instructions

**Q. How can I help with the event if I'm not running?**

A. Thank you for your interest. The race relies on volunteers acting as stewards and giving out drinks and medals every year. If you're not running it's a great way to ensure the event is a success and helps raise lots of money for charities to continue doing their vital work. If you're a student it's also great experience to put on your CV and a fun thing to do with friends. To find out more please email us.