

## **Buckland Brewer 10K 2022 FAQs**

Q: Can I bring my dog?

A: No, the event is for runners only and with the number of people running, we don't want to add any additional legs or leads!

Q: Can I transfer my place?

A: Unfortunately we cannot offer transfers to 2023. We can transfer places to family members/friends if you cannot attend but the cut-off date is Sunday 24<sup>th</sup> April due to us needing accurate information about all runners in case of illness or emergency.

Q: Is there parking?

A: Yes, there will be sign-posted parking places on the day. Please note, Buckland Brewer 10K accept no responsibility for cars or possessions within and owners park at their own risk. Please be mindful of villagers and residents as you arrive and park in the village as the event will considerably increase traffic flow, there is a 20 mph speed limit through the village.

Q: How will the day run?

A: The car park opens at 9.45am. Registration begins at 10am, runners must ensure they register by 10.45am. The pre-event briefing will begin around 10.50am, with runners setting off at 11am. From 12noon a BBQ will be available for runners, supporters and volunteers with all proceeds going to the hospice. The Coach and Horses, Buckland Brewer, will also be open to provide liquid refreshment of all kinds! Once you have completed the run, a goody bag will be provided, including your medal. 1pm, prize giving. You are free to stay for the post-event BBQ or leave. Please note that runners will be encouraged to leave via the bottom of the village due to runners being on the road through the village.

Q: Are there any road closures?

A: With only around 130 runners, there are no road closures so please expect traffic on the course. The event is well advertised and we have written to local farmers so we are hoping that vehicles will be moving cautiously! However, runners will be notified that the roads are open and therefore, run at their own risk.

Q: What is the route?

A: The route is currently being finalised and we will endeavour to make it available before the event. It will include road running with a range of gradients and elevations.

Q: Is the route exactly 10K?

A: We will do our best to ensure that the route is as close to 10K as possible, however we accept that GPS systems may give a variety of distances.

Q: Is there first aid?

A: Yes, first aiders will be positioned at various places around the course, all marshals will be provided with the organisers' phone numbers to ensure prompt assistance is given if required.

Q: Is there a water station?

A: Yes, a water station will be provided on the course. We are aiming for the event to be single use plastic free so please buy a reusable running cup from the hospice (available when you sign up) or bring your own bottle to use and refill.

Q: How can I get involved and marshal?

A: Please sign up on the form below!

<https://forms.office.com/r/J0HG0nYBzW>