

**How old must I be to enter the 10K**

Entrants must be 15 years or older on the day of the race

**How much does it cost to register**

Our Fun Runs start at just £5.00 for U16's. For the 10K race, runners not affiliated with a running club is £19. The cost for runners who are affiliated with a running club is £17.

**When do entries close**

Entries will close one week before race day - 06/10/19

**Can I enter on the day**

On the day entries are subject to availability and are subject to a £5.00 surcharge. Payment can be made with cash or card

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

If you entered online you will receive a confirmation email shortly afterwards. You can check and edit your entry via Race Result

**When will I receive my racepack**

All runners will be required to collect their racepack on the day of the event, at a designated point within the entrance to the Racecourse. Your pack will include your personalised race bib and timing chip, a technical Step Up 4 Good 2019 t-shirt and information sheet

**I have entered but am unable to take part, can I get a refund or give my place to someone else**

We do not refund entries, although we can facilitate transfers, by replying to your confirmation email with new details. Please note: Never swap your race number with any other runner, without notifying us via the correct procedure, as this could cause problems for our medical teams and results service. If we become aware of anyone who swaps their race number, they will be disqualified

**Is there an age guide for the races**

Fun runs associated with a permitted race do not have age restrictions. However, Greenham Trust have suggested age ranges for Family Mile - 4 to 9 years/Para-Mile under 15 and the 3K Fun Run - 9 to 14 years. Children of any age can run in either Fun Run. However, to qualify for a winner's trophy children must fall into the correct age group on race day, according to the race entered. All children who are aged 8 or under must be accompanied by an adult. If the adult is happy to not receive a chip time, medal or t-shirt they can run in the Family-Mile for free and no entry is required, if they would like a t-shirt, medal and chip timing, they are welcome to enter.

**What should I wear**

We of course would love to see as many people as possible wearing their 2019 Step Up 4 Good technical t-shirt, which you will collect on the day! We also recommend light running clothing and a good pair of running shoes. A rain jacket is advisable to bring with you, in the event we have wet conditions on the day

**Can I raise money for any charity I choose**

Yes, you can run and support a local project, charity or appeal, or even register your own project as a fundraiser on The Good Exchange platform when you enter, or choose just to run for fun, it's your race

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

No, it is entirely up to you, we are a running race first with a charity element, supporting local projects. Lots of people just want to run without raising funds and that's fine

**Can I get a photograph of myself running the race**

Yes, there will be photographers around the course, although we cannot guarantee you will be captured

**Can I help with the event if I'm not running**

Yes please, the race relies on volunteers acting as stewards to give out drinks and medals every year. If you're not running, it's a great way to ensure the event is a success. We will reward every helper with a meal and hot drink. To find out more please email us [events@greenhamtrust.com](mailto:events@greenhamtrust.com)

**Can I bring friends and family to watch**

Yes, the more the merrier. There is plenty of space on the Grandstand steps, with a birdseye view of the finish line. There will also be seating areas within the building itself.

**Where does the race start/finish**

The race starts and finishes within the Newbury Racecourse complex, The Racecourse, Racecourse Rd, Newbury RG14 7NZ. Please see details of where to park on our website

**What time does the race start**

The first race starts at 09.30am but we advise you to be at Newbury Racecourse at least one hour before, to collect your racepack(s), have time to use the bag drop facility based on the 1<sup>st</sup> floor of The Grandstand building and get ready for your pre-race warm-up which takes place 10 minutes prior to each race

**Is water available on the routes**

A water station will be available at the half way point for the 10K race. Water will also be given out at the end of each race. Refreshments will be available to purchase from any of the food/drink outlets within the race village

**What facilities are at The Racecourse**

Male and female bag drop, indoor toilets, baby changing and disabled facilities, hot and cold food, coffee, licensed bar, seating areas and a Greenham Trust help desk, all located within The Grandstand

**Is the race route closed to traffic**

There are closures in place, to facilitate the race within the grounds of Racecourse Road.

**How fast do I need to be to run the race? Can I walk part of the race**

Step Up 4 Good is a timed event and is about having fun and taking part with friends and family. However, participants should make best efforts to complete the course within a **2 hour** cut-off time. Due to the time of year conditions are likely to be cold/wet and we need to think about the volunteers as well as the runners taking part, so we encourage everyone to run as much as possible in order to avoid the cut-off time

**What will happen if I fall behind the cut off time**

There is a sweep vehicle following the race. It will pick anyone up that feels unable to complete the race or falls behind the cut off times

**Can I run with a baby jogger**

Dogs, baby joggers, baby strollers, skateboards, Nordic sticks, rollerblades, hand cycles, Kangoo Jumps, stilts, crutches, unauthorised bicycles or any other wheeled device are not permitted on the 10K course, as this is a UKA affiliated race

**Can I wear fancy dress**

Yes, we encourage fancy dress participants – they help make the race really fun for spectators, families and runners. Please let us know if your costume is likely to impact on your ability to complete the course within **2 hours** or impede other participants

**Can I wear headphones**

Bone conductor earphones are acceptable

**Are there prizes for the winners**

Yes, we have trophies and some prizes for the fastest over the line in various categories:

Family Mile – Girls (4-5) 1st, 2nd, 3rd/Boys (4-5) 1st, 2nd, 3rd/Girls (6-7) 1st, 2nd, 3rd/Boys (6-7)

1st, 2nd, 3rd/Girls (8-9) 1st, 2nd, 3rd/Boys (8-9) 1st, 2nd,3rd

3K Girls (9-10) 1st, 2nd, 3rd/Boys (9-10) 1st, 2nd, 3rd/Girls (11-12) 1st, 2nd, 3rd/Boys (11-12)

1st, 2nd, 3rd/ Girls (13-14) 1st, 2nd, 3rd/ Boys (13-14) 1st, 2nd, 3rd

1st, 2nd,3rd Female 10k/1st, 2nd,3rd Male 10k

1st Male (40+) 10K Veteran (40+)/1st Female (40+) 10K Veteran

**Are dogs allowed at the event**

Dogs are permitted within the race village only and must be on a lead at all times

**How can I contact Greenham Trust**

You can contact us [events@greenhamtrust.com](mailto:events@greenhamtrust.com)

