

TIDWORTH 10K & 3K FUN RUN

FAQ'S AND FURTHER INFORMATION

What will happen once I register?

We'll send you your entry pack with sponsor forms, race number and back sign along with information about the event and fundraising advice. You should receive this within two weeks of registering, but please [contact us](#) if you don't.

Can I turn up on the day and take part?

No. All participants must register [on-line](#) at least one week in advance.

How much sponsorship money should I raise?

We don't set a minimum or maximum amount, but every pound raised in sponsorship helps the Stars Appeal to continue funding important projects that benefit thousands of local people in Hospital. As a charity, we are reliant on the success of fundraising events like the Tidworth 10k and 3k fun run, so your sponsorship money or donation really is vital and very much appreciated. You'll find a fundraising guide in your entry pack and details of special rewards for each participant that raises over £75, £150 and £250.

What happens to the entry fee?

The entry fee covers the administration and organisational costs. By charging the entry fee, we can ensure that every penny raised in sponsorship goes directly towards important projects helping local people being treated at Salisbury District Hospital.

What will the Stars Appeal do with the sponsorship money I raise?

We'll use it wisely to help local people undergoing treatment at Salisbury District Hospital. Depending on what you indicate on your sponsor form, the money you raise could help to fund a major project such as providing dedicated accommodation for parents and siblings of premature or critically ill babies. Or it could help with a smaller, but still very important project, like providing extra wheelchairs that relatives of stroke patients can use to take their loved one for a cup of tea or walk round the hospital garden, giving them some much needed quality time out. Alternatively, it might be used to provide a state-of-the-art piece of equipment, helping to improve care and save lives.

These are just some examples and you can choose the ward, department or area of the Hospital's work you want to support. Whatever area you choose to support, we'll make sure your hard-earned sponsorship is used to provide additional resources, over and above what the NHS already provides, to help make a real difference for local people in Hospital.

How do I get there and is there car parking available?

Tedworth House is situated just south of Tidworth and off the A338. Free parking will be available and there will be marshals to direct you. There is approximately an 800 metre walk to the start/finish line. We ask all wheelchair or mobility-aid users to kindly [contact us](#) before registering so that we can provide further details.

Will there be toilets en route?

Toilets are available at the start/finish point only.

Will there be official timings?

Unfortunately, we cannot provide official timings for the runs, but there will be a clock at the finish for you to note your own time.

What happens if it rains?

The event will go ahead whatever the weather so please ensure you are suitably dressed.

What about First Aid?

Our friends at St John Ambulance will be on hand at the Start/Finish point as well as half way along route in their 4x4 ambulance. Marshals, who are placed at least every 1 km along each route can immediately summon first aid to a particular point on the run if required.

How difficult is the course?

The 10k takes place over a challenging course on varied terrain through the army camp and across Salisbury Plain. The route includes Sudbury Hill and can become muddy and slippery depending on weather conditions. The 3k is over gentler terrain around Tidworth Polo pitches and is less challenging.

How long will the run take?

As long as you like (within reason!!). It is not a race and the focus is very much on everybody enjoying themselves at their own pace. Expect to complete the 3k in between 20 mins and 1 hour and the 10k in between 50 mins and 2 hours. Please contact us before registering if you think you will need more than 2 hours to complete the course.

Can I run as part of a team?

Each runner needs to enter individually. However, people can run together on the day.

Is the route suitable for wheelchairs?

The 10km route is not suitable for wheelchairs. The 3k route has been completed by a participant using a wheelchair with assistance. However it is very challenging and we ask you to kindly [contact us](#) before registering so that we can provide further details.

Can I direct where my sponsor money goes?

Yes, you can choose to support the charitable fund of any ward or department at Salisbury District Hospital by participating in the Tidworth 10k & 3k Fun Run. You can also support the Stars Appeal's current major campaign, NICU Family project which aims to provide dedicated accommodation for parents whose babies are born premature or critically ill. Please indicate where you would like your sponsorship money to go on the sponsor forms included in the information pack we will send you when you register.

How do I get my sponsor money to the Stars Appeal?

We don't have facilities for accepting sponsor money at the event itself so we would be very grateful if you could post a cheque (made payable to 'Stars Appeal') to the Stars Appeal Office within six weeks of taking part in the Tidworth 10k & 3k Fun Run. Don't forget to include your sponsor forms so that 'gift aid' can be claimed. Please, do not post any cash. If you have cash please [contact Gemma Heath](#) and arrange to drop by and see us at the office. Thank you

Can I set up an online sponsor form?

Yes, just visit http://www.justgiving.com/fundraising-page/creation/?cid=106043&eid=647478&utm_source=EventLinking&utm_medium=EventLinkingURL&utm_campaign=EventLinking and click 'make your page'. The money will be paid direct to the Stars Appeal so please state on your page if you wish to direct your fundraising towards a particular area of the Hospital's work (e.g. cardiac care or spinal unit). We'll add anything you raise in this way to any extra money you send in the post and send you an acknowledgement for the total.

Can I bring my dog?

Unfortunately, for safety reasons no dogs are allowed at the event.

What time should I arrive?

Please arrive at least 45 minutes before your race is due to start. The 3k starts at approximately 10am and the 10k starts at approximately 10.45am.

Is there an age limit?

Everyone is welcome to take part in the 3k but you need to be 16 or over to run the 10k. All under 18's should be accompanied by a responsible adult who has also registered for the event.

Are there any terms and conditions of entry?

Yes, please read these carefully and ensure you are happy with them prior to signing up.

Thanks for reading these FAQ's and we look forward to seeing you at the start line – [click here](#) to register for the Tidworth 10k & 3k Fun Run.

Any further questions just call Gemma on 01722 429005

TERMS & CONDITIONS OF ENTRY

By registering for the Tidworth 10k & 3k Fun Run you agree to accept the following:

1) I understand that if I am in doubt about my health, or have a medical condition that could be affected by exercise, that I should obtain my doctor's approval before participating in this event as it involves strenuous exercise.

2) I understand that participants aged under 16 may not participate in the 10k race and that all participants aged under 18 should be accompanied by a responsible adult who has also registered for the event.

3) I understand that I take part in this event entirely at my own risk.

4) I understand that this is a fundraising event and pledge to raise sponsorship money in addition to my entry fee.

5) By taking part, all participants confirm that they are happy for their names and any footage or photographs taken during their participation in this event to be used to publicise the Tidworth 10k and the Stars Appeal generally, including television broadcasts.