

# Frequently Asked Questions

## Stubbington 10K

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## Introduction

The Stubbington 10K Frequently Asked Questions contains a list of the questions and answers which will hopefully answer everything you want to know about the race.

### 1. Where and when is the race?

The race will start at 10am on Sunday 15th January 2017.

### 2. Can I register on the day?

No. You must enter online before the 1<sup>st</sup> December or before our capacity for the race is met (whichever happens first).

### 3. Do you have a map of the route / course profile?

Yes. Please find more details on [www.stubbingtongreenrunners.net](http://www.stubbingtongreenrunners.net) under the Stubbington 10K menu there is a link to route and profile.

### 4. Will the course be marshaled?

Yes, marshals will be stationed throughout the race route to ensure your safety. Please adhere to their instructions.

### 5. How old do I need to be to run?

In accordance with UKA Rules you must be aged 15 or more on the day of the race.

### 6. Will there be prizes?

There will be prizes for various age groups for male and female competitors. There will also be spot prizes for some lucky people chosen at random.

### 7. Is the race suitable for wheelchair athletes?

No, unfortunately not, due to the terrain.

### 8. Where do I get the results?

Race results will be available after the race on [www.stubbingtongreenrunners.net](http://www.stubbingtongreenrunners.net)

### 9. How do I get my race pack?

Race number and timing chip will be available for collection on the weekend of the race. Evidence of entry may be required to collect them so that we can ensure that the correct number and chip are collected. Further information will be provided on the club website and in the Race Details email which will be sent to all entrants prior to the race.

You are responsible for arriving in adequate time for parking, walking to the start and collecting your race number and timing chip from Race HQ and completing the contact details and medical information (if applicable) on the reverse of the race number before racing.

### **10. I have entered now I cannot run, what is your refund policy?**

As with the vast majority of races, we do not offer refunds or deferrals. However, you can transfer your entry to another runner.

### **11. Can I transfer my race entry?**

Race numbers are strictly non-transferable between competitors of different sexes. Same sex transfers are acceptable and remains the responsibility of the entrant to transfer the entry via functionality available on the Full on Sport website. Failure to follow the transfer process may result in disqualification and refusal into any future SGR 10k races.

### **12. How long do I have to register for the race?**

The final closing date for acceptance of entries will be the earlier to occur of (a) the race entry limit of 1900 is reached or (b) 1 December 2015.

### **13. What is the race cut off time?**

A rolling road closure will be in place on the course and every effort will be made to accommodate all runners to complete. In order to maintain the goodwill of the local residents, race officials and marshals a time limit of 100 minutes is deemed reasonable for the completion of the race

### **14. What if I am ill before the race?**

Running a 10K is a strenuous activity, and running if you are ill could risk your health. We recommend that you do not run if you feel ill on race day. If in doubt, consult your doctor.

### **15. Can I wear a fancy dress?**

If you wish to wear fancy dress then please do so. How about covering yourself head to toe in green?

We do ask that you are considerate to your fellow runners, and do not wear a costume that might be obstructive or dangerous to others.

Can I wear an iPod or music player during the race?

Unfortunately headphones are not permitted during this race for the safety of the competitor.

### **16. Will there be road closures?**

8KM of the 10KM course will be subject to road closures on the day of the race. Road closures will take place from 08:30 with Marshals blocking off roads with barriers and signs provided by Chevron.

<b>Road to be Closed</b>	<b>From location:</b>	<b>To location:</b>	<b>From Time:</b>	<b>To Time:</b>
Stubbington Square	Shop access at Park Lane	Red Lion Roundabout	08:30	13:00
B3334 Titchfield Road	Mays Lane Roundabout	Titchfield Hill – The Avenue A27	09:30	10:25
Bridge Street – Coach Hill	Common Lane	St Margarets Lane	09:45	10:40
Posbrook Lane	Coach Hill	Meon Shore Beach	09:50	11:15
Meon Road – Cliff Road	Meon Road – Posbrook (Beach End)	Old Street	10:00	11:30
Stubbington Lane	JCT Bells Lane	Red Lion Roundabout JCT Gosport Road	09:30	11:30