



Frequently Asked Questions

- Q. Is there an age limit for running in the race?**
- A.** There is no upper age limit for the race however all applicants must be 15 or over on the day of the race.
- Q. I want to raise money for a charity or cause which isn't listed is that possible?**
- A.** Yes you can run for any charity or cause you choose. The profits from the initial registration fee, after race expenses are covered, will go to Jane's Appeal but you can raise sponsorship for any charity or cause which is close to your heart if you prefer. Many larger charities will be able to provide you with their own sponsorship forms but if not we can provide with something appropriate. To request a sponsorship form please email us at info@runforall.com.
- Q. I sent my application by post but have not received any confirmation of a place. Should I be worried?**
- A.** The cashing of cheques is recognised as an indication that your entry has been received. Providing your profile fits our criteria (e.g. minimum 15 years old on race day and no illness which would preclude taking part) your entry will be accepted. Please note that given the volume of entries it may take up to two weeks to process your cheques. Fundraising packs which have been requested will be issued as soon as possible but please note you can print sponsorship forms from the website if you wish. Approximately 1 month before the event we will be looking to issue batches of race numbers, timing chips and race day instructions.
- Q. I have registered but I am now unable to take part in the race will I get a refund?**
- If for any reason you cannot take part in the event no refund will be available. You will, however, be given a guaranteed priority entry for the 2011 event through the deferment policy, as detailed in the Conditions of Entry. However, should you be able to provide a medical certificate to indicate you were unable to take part then consideration will be given to allowing a complimentary entry into the event for the following year?
- Q. Can a friend/relative run in my place instead?**
- All places within the race are non-transferable – as stated in the conditions of entry, which are accepted upon registration. It is essential that we hold the correct personal information for each entrant should there be a medical emergency on the day of the event.
- Q. Cancellation policy**
- A.** See above for our cancellation policy.



Q. Is the course flat?

A. Whilst there are a few modest inclines and downhill stretches the course is relatively flat.

Q. When will I receive a fundraising Pack?

A. You should receive your fundraising pack by the end of February or within 4 few weeks if you register after the end of February. You will understand that some delays in processing entries results from our desire to keep operating costs as low as possible so that the charities benefit even more.

Q. Will I receive a T-shirt?

A. You will receive a T-shirt as a memento when you finish the race. T-shirts may also be included within some of the fundraising packs, although this is dependent on the charity you are running for.

Q. Is it OK for me to walk round the course?

A. Jane wanted the event to be a 'Run For All' so we encourage people of all abilities to take part. We do ask that you provide us with a predicted time when you apply so that we can make suitable arrangements to manage the event as effectively as possible.

Q. I am a wheelchair user but have not taken part in such an event. Can I take part?

A. Jane wanted the event to be a 'Run For All' so we encourage people of all abilities to take part. We do ask that you let us know that you are a wheelchair user when you apply so that we can make suitable arrangements.

Q. Can I take part in fancy dress?

A. Yes the day is all about having fun and raising money for charity. We are looking for a carnival atmosphere

Q. Some friends and I would like to run as a team is this possible?

A. Yes it is possible to run as a team of 5 or more people. To register as a team please contact us at info@runforall.com and we will send you some more information and an application form.