

Sunderland City 10K

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Frequently Asked Questions

Preparing for the Day

Q. I want to enter the 10K Run with a team of friends and our sons who are aged 16 and 17 can we enter?

A. Yes. The minimum age limit for participants entering the 10K is 16 years old on the day of the event.

Q. Can I bring my children?

A. We cannot accept entries from children under the age of 16 due to health and safety and legal reasons as well as UKA rules.

Q. Is there an upper age limit?

A. No. All that we ask is that any participant unsure of their physical ability to take part should seek medical advice from a general practitioner prior to the event.

Q. I don't drive – can I get to the venue by public transport?

A. Yes, nearest Metro Stations are Stadium of Light and St. Peter's and there are various bus services running close to the start/finish of the event. Please check the Nexus Bus website for your local route www.nexus.org.uk

Q. I haven't run in a proper race before? Can I still enter?

A. Absolutely! This event is just for you. It may be advisable to try a few shorter runs before the event; it's not a race against the clock but a fun and safe way for you to find out how enjoyable running is and to hopefully start you running regularly.

Q. Can my dog run alongside me?

A. For health and safety reasons we cannot allow any pets to participate in the 10K Run.

Q. Will you send me information in advance?

A. Once you have entered we will send you by post (no later than 2 weeks before the event) your race number, timing chip and Cramalert ID security band for you to wear on the day. All other communication will be forwarded to you by email where possible.

Q. What do I do if I lose my runner number?

A. If you realise prior to the event, let us know via email or telephone and we can arrange for another number to be sent to you in advance. If you can't find your number on the day, the information point at the venue will check your entry and issue you will an alternative number.

Charities and Fundraising

Q. If I'm running for one of the official charities, do I have to collect sponsorship? Is there a minimum I must collect?

A. If you would like to run for one of our chosen charities, Sunderland FC Foundation or the Mayor's charity, we will send your details to them and you'll be contacted with fundraising advice, but no minimum raise will be requested. Please indicate on your entry form you are interested in running for them. Alternatively you're more than welcome to enter and run for any charity or cause you would like.

Q. Can I take part in the event but donate my sponsorship to an alternative charity?

A. Yes. Every runner is free to make their own choice if they would like to run for a personal charity close to them. Where you decide to donate is up to you.

Q. Where does my sponsorship and entry fee money go?

A. All monies raised for your chosen charity should be sent direct to that charity. See below under General "why do I pay an entry fee?"

On the Day

Q. Is there somewhere that I can park my car?

A. Yes, you will be directed to a designated, free of charge car parking area on site in and around the Stadium of Light. Metro services run to both Stadium of Light and St Peter's stations and event organisers recommend this as our preferred option of travel to the event.

Q. Can I enter on the day?

A. There is no entry on the day. We recommend that you enter as soon as possible before the event, so that you can guarantee your place and start your training and preparing for the race.

Q. If I have been sent my runner number, do I need to register on the day?

A. No, just turn up prior to the start time wearing your race number, chip and Cramalert ID band and join the crowds by the start line.

Q. Roughly how long will it take to complete the course?

A. We would expect the majority of runners to complete the 10K within 2 hours, with the average finishing time being around 55–60 mins. Remember – it's not a race – you can take your time.

Q. Does the course go on any public roads with traffic?

A. Yes the course does take you along public roads, but they will all be closed to traffic for the duration of the race

Q. How will I know which way to go?

A. There will be course signage and marshals at all key junctions to ensure you don't get lost.

Q. Will there be any other activities available?

A. Yes there will be a range of activities available including physio's, massage, refreshments and music along the route and at the start and finish!

Q. Will there be any refreshments?

A. Water and isotonic drink stations will be available on the route for all competitors and each runner will be provided with water on completion of the course.

Q. What happens if it rains?

A. Some of the most successful events have happened in the rain and Sunderland City 10K will only be cancelled if there are severe weather conditions. Make sure you are suitably dressed for the event.

Q. How difficult will the course be?

A. Take a look at the event information on the website which has a stylised map of the route and a course description. The route is predominantly flat and perfect for any first time 10K runners.

Q. Do I have to run the course?

A. We advise participants to run or jog because of the length of time it would take to walk the course. However, there is no restriction at all if you would like to enter and walk. Please make sure you mention this on your entry form or contact the event team. You'll be positioned accordingly on the start line.

Q. What facilities will be available?

A. Toilets will be provided at each of the venues along with parking, first aid facilities and a water station on the course.

Refreshments will also be available in the start/finish area at a cost. Left luggage will also be available for all runners. Unfortunately we are unable to provide showers or changing facilities.

Q. Will Sunderland City 10K provide me with my running time?

A. Yes, all runners will be provided with a timing chip to wear on your ankle, which will give you an accurate start and finish time, so there's no rush to be first over the start line when the gun goes!

Q. What is included in my entry pack?

A. You will receive the following items:

- Race number
- Event Information booklet
- Timing Chip to wear on your ankle on race day
- Cramalert emergency ID band to wear on your wrist.

General

Q. Can I be a volunteer?

A. Yes. We're looking for a team of volunteers to help us with the delivery of the event. Please register your interest by e-mailing info@sunderlandcity10k.com or call 0191 525 5747 (service provided by Gentoo Group)

Q. Why is there an entry fee?

A. The entry fee covers all the unavoidable administrative and organisational costs that make sure the Sunderland City 10K event is safe and enjoyable.

Q. Can I have a refund?

A. The £19.00 entry fee is non-transferable and non-refundable. If your entry pack doesn't reach you before your event day you're entitled to a refund as long as your entry was received 20 days prior to that date.

Q. Why haven't I received my entry pack?

A. If you haven't received your entry pack within 7 days of your event please call us on 0191 5255747 (service provided by Gentoo Group) or email info@sunderlandcity10k.com

Q. Can someone take my place?

A. Unfortunately not. For health and safety reasons we need to ensure that the event organisers have all the details of the runners on the day in case of a medical incident.

Q. How secure is the event website?

A. This website is on a secure server. All the transactional areas of the website including entering events, paying in sponsorship and donating use industry standard 1024 bit SSL encryption.

Q. How can I get in touch if I have further questions?

A. You can email your questions to info@sunderlandcity10k.com or call 0191 525 5747 (service provided by Gentoo Group).

Other Queries

If you were not able to find the answer to your query here, please call 0191 525 5747 (service provided by Gentoo Group).