

Chestnut Tree House Littlehampton 10k 2022

Frequently Asked Questions

You should be able to find everything you need on our website, but here are some additional details for you around the event, registration, fundraising, being there on the day, and safety.

The event and registration

When is the Littlehampton 10k 2022?

On Sunday 4 September 2022, starting at 9:15am. Please note that the start is 15mins earlier than it has been in previous years.

Where does the Littlehampton 10k take place?

The run starts (and finishes) along Littlehampton promenade, at the end of Banjo Rd (BN17 5LG).

What kind of run is the Littlehampton 10k?

The Littlehampton 10k is a road and footpath-based run, that takes place on fully closed roads around residential Littlehampton and Rustington, plus stretches along Littlehampton seafront.

How do I enter?

You can register for the Littlehampton 10k by visiting www.chestnut-tree-house.org.uk/10k. If you have any problems, please do call us on 01903 871820.

How much is it to enter?

There are two options for entry, being...

- Entry Only = £25
- Entry and Parking = £27.50

Both options include chip timed entry to the run with bespoke finishers medal. 'Entry and Parking' also gives you access to official event parking. 'Entry Only' does not include event parking. You can pay for this on the day (if you're not yet sure you'll need it) for flat fee of £5.

What else is included with my entry?

Your entry fee only covers the cost of putting on the event, which includes...

- Closed roads and fully marshalled route
- Chip timing
- Water station on route
- First aid
- Free post run refreshments

When do I need to enter by?

Online registration closes on Tuesday 30 August at midday. Depending on whether we have spaces left after online registration closes, there may be capacity for limited on the day registrations.

Is there a minimum age limit?

Runners must be 16 or over at the time of the event. Do contact us if you have further questions.

Can I create a team or enter as part of a team?

Yes. When you register, you'll be given an option to create a team or join a team.

If you create a team, you will be the Team Leader and will be able to see team members in a special area after registration. Your team will then appear on the drop-down menu for others to join.

If you are joining a team, make sure that the Team Leader has set the team up. You can then pick this from the drop-down menu when prompted.

If you are not wanting to create or join an official team, but have a team name, there is a box you can fill in as you register. We'll know who you are, but the team won't appear on the drop-down menu.

Whether you are creating an official team, joining an official team, or just making a team of a couple of you, each member will need to register separately.

Can I take part in a wheel chair?

Yes. We would kindly ask you to let us know so we can organise the start accordingly and make our medical team and marshals aware.

Can I take part if I'm blind?

Yes. We would kindly ask you to let us know so we are aware of your support runner's details, can organise the start accordingly and make our medical team and marshals aware.

Can I cancel / transfer my place?

Unfortunately, all places are non-refundable, non-transferable, and non-deferrable.

What if the event gets cancelled?

Unless we really can't put on the Littlehampton 10k 2022 (for example, due to extreme weather), the run will go ahead. If this happens, we will be in contact at the earliest opportunity to let you know.

Is there a route map of the Littlehampton 10k?

We will share the route map on our website and social media platforms (including Strava) sometime in July. We'll e-mail everyone who has signed up at that time to let them know.

Will there be start waves again this year?

Yes. The rolling start waves we introduced in 2021 were welcomed by participants, so we'll be having start waves again this year. However, instead of a rolling start, there will be five set start times of 9:15, 9:20, 9:25, 9:30, and 9:35. This is to allow even better runner flow and to ensure every runner gets a proper send off and cheer at the start (plus the all-important start horn).

How will I know what start wave I am in?

Start waves will be based upon the estimated finish time you provide us during registration. We will let runners know which start wave they are in both in your race number letter (these will start being posted mid-August) and your final 'on the day' details (these will be e-mailed on 1 September).

We will do our best to keep runners from the same team in the same start wave, but we cannot guarantee this, as there is a limited number of runners per start wave.

On the day

We'll be sending you all the on the day details you need nearer race day, but here are a few key bits of information that you may find helpful now.

What time should I arrive on the day?

We would suggest aiming to arrive no later than 8:45am. The run starts at 9:15am and this would give you time to get yourself sorted and find your start pen. Whilst your start wave may be later, the roads will start to close from 9am and we don't want you to get stuck trying to get to the start.

Is there parking available?

Yes. There will be event parking on the grass area alongside Banjo Road. The car park will be open from 7:30am on the day. You can pay for event parking when you sign up for £2.50. You can pay on the day too, but please note that this will be £5.

The car park will close between 9am and 10:30am as roads near Banjo Rd will be closed for the run. The car park will then reopen with a final closing time of 1pm. At 1pm the car park will be locked. If your car is still on sight at this time, you'll need to call the council to have them come and unlock it.

Is the run chip timed?

Yes. Your chip time will be sent to you with your running number.

What if my number and chip time doesn't arrive?

If your number and chip time hasn't arrived before race day, you will be able to get a new one from the Race Desk when you arrive on the day.

Is there a bag drop?

No. You should leave valuables in your car or with a family member / friend. Any bags or valuables left around the start area, are done so at the owner's risk.

Are there toilet facilities?

Yes. There will be toilets near the start area, plus public toilets along the seafront (near East Beach café and the entrance to Mewsbrook Park) will be open from 7am.

Will there be refreshments?

We will have an event village (in the fenced off picnic area) where you'll be able to get hot drinks and snacks before and after the race. We will have a water station on route too, plus some free snacks to help with your post-run recovery.

Are friends and family able to come and watch?

Absolutely. In fact, we encourage you to bring supporters on the day. They're more than welcome to cheer you over the start and finish line (the event village will be open during the run) and of course can watch you out on route...we'll share ideas on great spots to watch you from nearer the day.

Fundraising

Please be aware that your entry fee only covers the cost of putting on the Littlehampton 10k. Every pound you raise helps local children and families create precious moments together and receive the care and support they desperately need. We're here to help you with your fundraising goal.

Is there a minimum sponsorship?

There is no minimum sponsorship for the Littlehampton 10k. We simply ask you to try and raise as much as you can to ensure local hospice care can continue – now and in the future.

I haven't fundraised before, what should I do?

A good place to start is the [Fundraising Hub](#) on our website, where you will find a host of fundraising advice and tools to download and hints on how to set up a JustGiving page – if you haven't seen it before, JustGiving is an online fundraising platform where your supporters can donate money to you.

The team are also here every step of the way and can offer lots of simple ideas on how you can get started with your fundraising and how to take it even further.

How do I set up a JustGiving page?

Go to www.justgiving.com/chestnuttreehouse and click 'Fundraise for us' in the top right corner. You can then tell it you are taking part in an event...you'll see the Littlehampton 10k 2022 listed to pick. Use the helpful downloads on our website, or get in touch if you need more help setting up a page.

Can I gift aid my donation?

Anyone who pays UK tax can add gift aid to a donation. Just tick the box on your JustGiving page or Sponsor Form (if fundraising offline). We can claim an extra 25% without it costing you a penny.

How do I send you my sponsorship money?

The easiest way to fundraise is through JustGiving, as the funds come directly to us without you needing to do a thing. See above on how to set up a JustGiving page. You can use the following methods, if you're fundraising offline, to send us your sponsorship either before or after the event:

- **Donate online:** you can quickly and easily pay in your funds directly through the 'Donate' button on the [Chestnut Tree House](#) website. Just choose the third option – 'I took part in an event and am paying in my sponsorship money' - and then complete the rest of the details.
- **Direct payment:** send a BACS payment to Sort code: 60-03-38 and Account no: 70574790. Just make it payable to Chestnut Tree House and include your name and the ref LA10k2021.
- **By cheque:** send us a cheque using the free post code: Freepost RSL-CHXE-CGZR, St Barnabas House Event Team, Titnore Lane, Worthing, West Sussex, BN12 6NZ
- **Over the phone:** Call us on 01903 871820 and donate over the phone

We strongly advise not to send cash in the post

I still have a question, what do I do?

We are sorry that your question was not answered here – please contact the Events Team by phone on **01903 871820** or by e-mail at events@chestnut-tree-house.org.uk and we'll do our best to answer your question.