



## Frequently Asked Questions

### When is the Littlehampton 10k?

On Sunday 10 September 2023, starting at 9:15am.

### Where does the Littlehampton 10k take place?

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

### What kind of run is the Littlehampton 10k?

A road and footpath-based run, that takes place on fully closed roads around residential Littlehampton and Rustington and stretches along Littlehampton seafront.

### How do I enter?

You can register for the Littlehampton 10k by visiting <https://www.littlehampton10k.co.uk/>  
If you have any problems, please call 01903 871820.

### How much is registration?

There are two options for entry

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

### What is included with my entry?

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

- Staggered start waves
- Closed road fully marshalled route
- Chip timing and results
- Bespoke medal
- Event village
- Chance to support your local hospice

### When does registration close?

Online registration closes on Friday 25 August at midday.

### Can I sign up on the day?

Yes, the cost will be £30 for on the day registration. However, if the event reaches capacity before 10 September then unfortunately we will not be able to take on the day registrations.

### How do I sign up on the day?

Make your way to the event village to the registration desk where the team will get you registered to take part and give you a runner number. Please be aware that on the day registration will close at 8:45am. After this we cannot accept entries.

### Is there a minimum age limit?

Runners must be 16 or over at the time of the event.

### **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.

### **Can I take part in a wheelchair?**

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, 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?**

All event information will be communicated to you and there will be updates on the website and social media. You will be given all the information that you need and the option to transfer over to a new date.

### **What happens if it's raining?**

We are reliant on the great British Summer! If it is raining the run will still continue.

### **Is there a route map of the Littlehampton 10k?**

Yes, it will be available to download when available.

### **Will there be start waves?**

Yes. There will be three set start times of 9:15am, 9:20am and 9:25am.

### **How will I know what start wave I am in?**

Start waves will be based upon the estimated finish time you provide during registration. You will be told which start wave you are in, both in your race pack, which contains your runner number (these will be 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.

### **How do I know where to run?**

The route is fully signed and supported by a team of volunteer marshals. For your safety there is a lead cyclist in place at the start of the race and an end cyclist at the rear of the pack.

## **On the day**

You will receive 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. Please be aware road closures will be in place from 9am.

### **Do I have to register when I arrive?**

No. If you have already received your runner number then you do not need to register.

### **What roads will be closed?**

All roads within the event footprint will be closed to traffic from 9am to 11:30am approximately and includes: B2140 Sea Road / B2140 South Terrace / St Catherine's Road / Beach Road / Fitzalan Road / Maltravers Way / St Winefrides Road / St Augustine Road / Irvine Road / Selbourne Road / Granville Road / Hendon Avenue / Harsford Road / Holmes Lane / B2140 Sea Lane

### **Is there parking available?**

Yes. There will be event parking open from 7:30am and will close at 9am. The car park will reopen at 10:30am and will close at 1pm. At this time, it will be locked, and you will be unable to access your vehicle. If your car is still on site at 1pm you will need to call the council to come and let you out.

If you have paid for parking, you will be sent a ticket which **must** be displayed in your windscreen.

Parking can be paid for on the day at a cost of £5 per car.

Why not try and car share if you can?

### **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 in time?**

You will be able to get a new one from the Race Desk located in the event village when you arrive on the day.

### **Is there a bag drop?**

No. Any valuables should be left with your spectators.

Any bags or valuables left in the event village or in your car, are done so at the owner's risk.

### **Are there toilet facilities?**

Yes. Port-a-loos will be located at Banjo Road car park.

There are public toilets along the seafront, near East Beach café and by the entrance to Mewsbrook Park. These will be open from 7am.

### **Will there be refreshments?**

Yes. A number of local vendors will be on site at the event village serving hot and cold drinks and food.

There is a water stop on route and post event snacks for all runners.

### **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 and of course they can watch you out on route. Please be aware of the road closures if advising people of where to cheer you on.

### **Is there a maximum time I have to complete the 10k in?**

Yes. Road will be reopened at 11am. If you are still running, you will be advised to continue on the pavement for safety purposes. There will be an end cyclist on route to support you and we will be waiting for you with your well-deserved medal at the finish line.

### **What happens if I get an injury on route or can't carry on running?**

There is first aid on site who will be able to help you. If you have any issues at all, please speak to your nearest route marshal who will be able to get support for you.

### **Where are the water stops on route?**

There is a water stop just after the 5k mark and then another water stop at the finish line.

### **Can I carry a water bottle with me?**

Yes of course.

### **Can I run with my dog?**

Unfortunately, we cannot accommodate any animals on the run.

### **Can I run with a buggy?**

Please contact the team on 01903 871820 or 01903 254777 if you would like to run with a buggy.

### **Can I run in fancy dress?**

Yes! As long as you are comfortable, then why not have some fun.

### **What is the Sub-35 Challenge?**

If you are able complete the Littlehampton 10k under 35 minutes you will get free entry to next years event! The time will be based on your official chip timing result, not your personal activity tracker.

### **How can I celebrate my PB?**

There will be a PB Bell on site for you to ring and show off your achievement! This is the perfect opportunity to take a picture and share it on social media.

### **What is at the event village?**

There will be food and drink vendors, information and registration desks, a photo wall and other entertainment for you to enjoy post race, or for your family and friends to enjoy when you are out running.

### **I have raised over £100, where do I collect my running vest from?**

You will need to show proof of your fundraising total to get your vest. You will need to go to the enquiry desk located in the event village.

### **I can't run, but can I volunteer instead?**

Of course! We simply could not put the event on without the support of our volunteers. If you are interested in volunteering or know someone who is, why not get in touch to see how you can help?

01903 870821 | 01903 254777 | [fundraising-volunteers@stbh.org.uk](mailto:fundraising-volunteers@stbh.org.uk) | [www.chestnut-tree-house.org.uk/volunteer/2023littlehampton10k/](http://www.chestnut-tree-house.org.uk/volunteer/2023littlehampton10k/)

### **How do you promote sustainability?**

St Barnabas Hospices are trying to take responsibility for the wonderful world we live in and aim to stamp out single use plastics at our events. We are challenging our suppliers, as well as thinking about what materials we are bringing into the event, helping to make a positive change for 2023.

### **Can I speak to someone about the event?**

Yes, we would love to speak to you! We can be contacted by phone or e-mail Monday-Friday, between the hours of 9am-5pm. You are very welcome to speak to us on the phone on 01903 870821 or 01903 254777 or alternatively you can email us at [events@stbh.org.uk](mailto:events@stbh.org.uk) or [events@chestnut-tree-house.co.uk](mailto:events@chestnut-tree-house.co.uk)

# Fundraising

## Is this a charity event?

Yes. All aspects of the event are delivered by the events fundraising team at St Barnabas Hospices. This event brings in vital income through fundraising for the hospices, which continues to make a difference to your local community.

## Which charities are involved?

For the last 20 years this event has been for Chestnut Tree House, the children's hospice in Sussex. This year the event is also including St Barnabas House, the sister adult hospice to help raise funds and vital awareness of the charity.

## What happens if I can't fundraise?

We know that fundraising is tough right now. However, a donation of just £20 when you register can make a huge difference. By doing it in one go you don't have to ask anyone to sponsor you.

## 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 St Barnabas House [Fundraising Hub](#) or Chestnut Tree House [Fundraising Hub](#), 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.

## 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 the hospices without you needing to do a thing. 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 [St Barnabas House](#) or [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; Account name: St Barnabas Hospices Sussex Ltd, Sort code: 60-03-38, Account no: 70574790. Just make it payable to St Barnabas House or Chestnut Tree House and include your name and the ref L10k23.
- **By cheque:** send us a cheque making it payable to ST Barnabas House or Chestnut Tree House, using the free post code: Freepost RSL-CHXE-CGZR, Event Team, Titnore Lane, Worthing, West Sussex, BN12 6NZ
- **Over the phone:** Call us on 01903 871820 or 01903 254777 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 **01903 254777** or by e-mail at [events@stbh.org.uk](mailto:events@stbh.org.uk) or [events@chestnut-tree-house.org.uk](mailto:events@chestnut-tree-house.org.uk) and we'll do our best to answer your question.