NEWSTEAD ABBEY DASH 5K FREQUENTLY ASKED QUESTIONS?

 Is this event chip timed?

Yes, this event is chip timed and accurately measured.

What is the minimum age to enter an event?

11 years old for a 5k inline with England Athletics rules.

When do entries close before an event? Can I enter on the day?

Entries close at midday, No enters on the day.

I can't make the event; can I have a refund?

Sorry, we don’t offer refunds. You can transfer your race number see below.

Can I transfer my race entry to someone else?

Yes, you can transfer your number till midnight Sunday 23rd July 2023,

See our website for instructions.

NO TRANFERS AFTER THIS DATE WILL BE ACCEPT

When will I receive more information about the event?

You will receive all race information, via email, in the week leading up to the event. You can also find information on our website [www.redhillroadrunners.com/our-races](http://www.redhillroadrunners.com/our-races)

Information will be sent to the email address supplied when you enter the race.

Do we collect our Timing Chip and Race Number on the day of the event?

Yes, that is correct. Please make sure you arrive at least 45 minutes before the race start so you have plenty of time to collect them and get to the start.

Are there water stations?

There will be no water stations on the course, there will be a water station at the finish aera for after the race.

Do you have a baggage drop? Do you charge for it?

Runners are encouraged to leave bags and personal items securely locked in their cars, for any runners arriving by foot or bike, we have a small baggage tent, The baggage storage is provided out of goodwill for runners and the organisers do not accept responsibility for any damaged or lost items

What do I get at the end of the race?

You can help yourself to water and snacks when you finish. To enable us to keep this race cheap we do not give out medals or t-shirts at the end.

Where can I find my results after the event?

Results will be post on our website and Facebook as soon as possible after the race.

Am I allowed to wear headphones?

We’d strongly advise against it – the nature of the events means that you need to be aware of your surroundings and be able to hear marshals’ instructions. SEE EVENT GUIDE.

Are your events official running events?

Our races are licensed by Run Britain. License number: 2023-45392, The courses have been officially measured by the Association of UK Course Measurers and a copy of the measurement certificate and race license will be on display at the information desk and our website.