

Frequently Asked Questions

Event Cost & Dates

Name of event? Hospice of the Valleys Six Mile Race

When is it taking place? Sunday 14th April 2019

Where is it taking place? Parc Bryn Bach, Tredegar. NP22 3AY.

How much are tickets?

<i>We ask each participant to raise sponsorship for the Hospice of the Valleys as the entry fee covers the cost of hosting the event. Every penny raised will be spent on patient and family care and support services. A target has been set of £20.00 per participant.</i>	Returners from 2018 with discount code* Affiliated / Non Affiliated		Early Bird Affiliated / Non Affiliated		Standard Affiliated / Non Affiliated		On the Day Affiliated / Non Affiliated	
	<u>November 5th – November 30th 2018</u>		<u>5th November 2018 – 31st January 2019</u>		<u>1st February – 7th April 2019</u>		<u>14.04.19</u>	
		*contact the office for discount code						
Senior (17 years plus)	£10.00	£12.00	£12.00	£14.00	£14.00	£16.00	£16.00	£18.00
Junior (8 -16 years)	£3.00		£3.00		£4.00		£5.00	
Junior; accompanying adult	Free		Free		Free		Free	

What's included with the registration fee?

Senior; Entry into the event, on completion of the event, each runner will receive a finishers technical t-shirt, bottle of water and snack. First, second and third prize for male and female together with age category winner male and female prize. There will be an incentive prize for highest sponsorship raised. Junior; Entry into the race, on completion of the race, each runner will receive a medal, bottle of water and snack.

How can i register? Via on-line sign up, through the Hospice Website / Contact the office for over the phone sign up and payment / call into the office / via the Hospice Shops / if available, on the day sign up.

Where do I register/check in on the day? Visit the Hospice Registration gazebo outside the Visitors Centre. You will be given your race packs. You will need to complete the emergency and medical information on the reverse before starting. Anyone with a medical condition must put a red cross on the runner number.

Make sure you sign the disclaimer. A copy of the Terms and Conditions is available on the website and will be available to view on the day.

How do I pay in my sponsorship? You can pay your sponsorship monies in at the Hospice table on the day / Call into the office and pay in / Contact office to find out how to pay into the bank.

Can I raise money for another charity? This event is a Hospice of the Valleys organised event therefore we ask you only raise sponsorship for us as we have to pay for the cost of running the event.

Can children take part? Yes absolutely! We have introduced a junior race this year, aged 8-16 years. All children under the age of 13 must be accompanied by an adult. One adult is permitted free of charge to run with one paying child.

Can I enter as a team/ family? Single entry for adult and single entry for child is available but you can run together on the day no problem. Please see point above.

What's the refund policy? This event is non-refundable & non-transferrable. In the event of the organiser cancelling/postponing the event, the organisers reserve the right to offer a next available date and the entry fee will be transferred to this date.

Course info

What distance is the course?

Senior; The course distance is 6 miles.

Junior; The course distance is approximately 1km, around the lake.

What's the terrain like? The course will follow the tarmac path around the golf course, lap the lake and a second loop of the golf course before heading back towards the Visitors Centre and Campsite for the finish. There are ascends and descends and some areas are undulating.

Junior Race? Will take place prior to the senior race. Starting from the car park on the opposite side of the lake to the Visitors Centre, following the tarmac path around the lake. The finish line will be located in the campsite.

Marshal points? There will be marshals located around the course for your safety, please speak to them if you need assistance.

Venue Info

What are my parking options at the event? There will be FREE parking on the day at the venue. Over flow car parking will be available in and around Tafarnaubach Industrial Site, opposite Parc Bryn Bach.

What facilities are on site? There will be catering facilities with hot and cold drinks and snacks, toilets, changing and showering facilities and plenty of music.

Are spectators welcome? Yes of course, the more the merrier!

Are pets welcome? They're allowed on site but not around the course.

On the day Info

What time shall I arrive? On the day registration and check in will be available from 8.30am. The junior race will start at 9.45am, followed by the senior race at 10.30am. Registration will close at 9.15a, for juniors and 10.00am for seniors.

Please allow sufficient time to register/check in, familiarise yourself with the venue and any pit stops. Junior runners and accompanying adults will need to make their way to the far side of the lake for 9.30am for mass warm up and race safety brief. Senior runners will need to make their way to the campsite for 10.15am for mass warm up and race safety brief.

Where can I leave my things? A bag drop off will be available on the day for a donation. Please note that items are left at the owners risk and the organisers take no responsibilities for these. A cloakroom ticket system will be in operation. Please only bring and store what you need, space is limited.

What do we get upon completing the event? Senior; On completion of the event, each runner will receive a finishers technical t-shirt, bottle of water and snack. First, second and third prize for male and female together with age category winner male and female prize. There will be an incentive prize for highest sponsorship raised.

Junior; On completion of the race, each junior runner will receive a medal, bottle of water and snack. First male and female prize.

Health & Safety info

What shall I wear? We recommend you wear sports clothing and trainers. Organisers have the right to ask you to remove anything deemed inappropriate before you start the course.

Is there first aid available on site? Yes, we will have fully trained first aiders on site and marshals located around the course for your safety.

Am I allowed to bring or use alcohol at the event? Alcohol must not be consumed before or during the event. Anyone under the influence of alcohol will be withdrawn from the event and no refund given.

Can I participate if I am pregnant or have any health issues? If you are pregnant or have any health issues, we recommend you consult your doctor before taking part. Although we try and make the event as safe as possible there is always the possibility of unforeseeable incidents such as bumping into others or falling.

In what circumstances will the event get cancelled?

In the event of bad weather or extreme circumstances the event may get cancelled. If the event gets cancelled we will try our very best to reschedule the event, if we are unable to rearrange the date attendees will be offered to carry their entry to another event of an equal or lower ticket value within the following calendar year. No refunds will be issued.

How will I be informed if the event gets cancelled?

Participants will be informed via email or phone. Our social media pages will also provide updates.