

Spooky Sprint

9am, Norton Parish Hall, Sunday 27th October



St Richard's
Hospice
Caring for life

Frequently Asked Questions

What time does the race start?

10am at Norton Village Hall. Registration from 9am–9.45am. Please ensure you arrive within this time to take part in the event.

What is the terrain?

The 10k and 5k run/walk starts from the Norton Village Hall field and are mainly through country lanes and roads, with paths in some places. Please note, we do have rolling road closures so there will be some cars passing while running so please take extra care and ensure children are supervised throughout.

What are my parking options at the event?

Free parking at Norton Parish Hall (Wadborough Rd, Norton, Littleworth, Worcester WR5 2QB). Please follow the marshal instructions when parking. We encourage people to car share where possible.

Is the race timed?

Yes, we have professional race timings. These will be available live on the day and the results will be posted here following the event:

<https://racesplitter.com/results>.

Can I walk the route?

Yes, if you are walking, please only opt for the 5k. You cannot walk the 10k route due to time limitations on the road closures.

What are the facilities onsite?

The event will start and finish at Norton Village Hall:

www.nortonparishhall.co.uk. The coffee shop on-site will be open to purchase refreshments. Disabled parking and toilets are available as well as on-site as well as baby changing facilities.

Do I have to raise sponsorship money?

We suggest a fundraising target of £50. The ticket price only covers the cost of the event, so it is through sponsorship that you can make a real difference to the lives of those we support each year. To set up a page or make a donation visit: www.justgiving.com/campaign/spookysprint.

Who can take part in the event?

We welcome all abilities from regular race runners, walkers and families!

Is there first aid available on site?

Yes, we will have fully trained first aiders on site and marshals at various points throughout the route.

What shall I wear?

We recommend you wear sports clothing and running trainers (no fashion trainers). You can buy a St Richard's Hospice t-shirt at the time of booking or online by [clicking here](#).

Are spectators welcome?

Yes of course!

Is this event suitable for wheelchair users and pushchairs?

The event starts and finishes in an area with grass, however the terrain is flat and mostly on a tarmac surface so would be suitable for wheelchair users and pushchairs, please do note than the route follows country lanes where there is no pavement and some cars passing. Please also note only choose the 10k route if you are running.

What do I need to take with me on the day?

Please bring your confirmation email/ticket on a phone (or printed) and a bottle of water (you will be able to fill up at the hall).

What do we get upon completing the race?

You will receive a unique Spooky Sprint medal, professional race timings and a yummy Halloween treat (Vegan and gluten free options available). There will also be awards for the race winners!

Are dogs welcome?

Yes, dogs are welcome to run/walk with you (on a short lead).

Do I have to dress up?

No, you don't have to dress up if you would rather not. However, it is encouraged as there are prizes for the best dressed as well as the race winners.

This event is kindly sponsored by Marshalls Transport Evesham Ltd

MARSHALL'S
STORAGE & DISTRIBUTION IN THE UK

and supported by Pluse Events.



St Richard's
Hospice
Caring for life