



# TOUGH SWAMPY

## 5k Family Fun Run

Saturday 11th May 2024

Thompson House Equestrian Centre, Off Pepper Lane, Standish, WN6 0PP

### **WHAT IS TOUGH SWAMPY?**

Tough Swampy is an approximately 5 kilometer (3 mile) mud fun run. The course will start at end at My Life, Thompson House Equestrian Centre, Off Pepper Lane, Standish, WN6 0PP and will cover public footpaths, wooded areas and.. a swamp! The race is predominantly a run, however there may be obstacles along the way you will have to navigate such as: crawling under cargo nets, trudging through mud, walking in streams and more!

### **HOW DO I REGISTER?**

You should have already done so if you are reading this! If not follow the link to our Events Page on the My-Life website.

### **WHERE IS IT?**

The course will start and end at My Life, Thompson House Equestrian Centre, Off Pepper Lane, Standish, WN6 0PP and venture into the surrounding areas of the site.

### **WHAT TIME DO I NEED TO ARRIVE AND WHAT TIME DOES THE RACE START?**

You will be sent a time of arrival on your e-mail. We are staggering arrivals for every 15 minutes so please pay attention to the time you receive in the e-mail instructions.

### **HOW MUCH IS IT?**

The cost is £20 for adults and £10 for children (children are classed as 8-16 years old) all monies will go to us as a charity!

### **IS THERE AN AGE LIMIT?**

Yes, due to the nature of the course and the difficulty of obstacles, we will not allow anyone under the age of 8 to participate in the race.

### **WHAT DO I NEED TO DO WHEN I ARRIVE?**

When you arrive you will be directed where to park your car, there is a large car park on-site. Then you need to come down to our registration tent and check in. You will then receive your wristband with your runners number on it and be directed to the start point. There will be music playing and warm up exercises on the go while you wait for the race to begin. There will be signposts, tape and marshals along the course that will guide you on the route. The finish line will be back at the place you start.

### **HOW LONG IS THE COURSE?**

The course is approx. 5 kilometers long (3 miles). The length of time to complete this depends entirely on your own personal fitness and speed. There will be a time limit of 3 hours in place to complete the course, however on the test route the team walked around the track in an hour and a half so this should be plenty of time for everyone.

### **CAN PEOPLE WITH DISABILITIES TAKE PART?**

We welcome people with disabilities and support needs to participate, however individuals must bring their own support as required. The course is over rough terrain and through deep mud. There is always the option to do part of the course and miss out some of the more difficult obstacles. Everyone is welcome! If you don't want to join in it will be just as much fun watching!

### **WHAT SHOULD I WEAR?**

We advise that you wear for this race: running shoes, shorts and a t shirt however, as this is a mud and swamp-based event it is highly likely that anything you wear will be ruined. Therefore, we advise wearing items that you do not mind throwing away after the event. Fancy dress is welcomed but remember it will get ruined!

### **WILL THERE BE PARKING?**

Yes. We have a decent sized car park that should be able to accommodate all vehicles, this is free of charge.

### **WHERE CAN I STORE MY VALUABLES DURING THE EVENT?**

As all our staff will be busy with the running of the event, we will not be able to take any responsibility for looking after valuables. We advise that you leave them at home or lock them in your car during the event

### **WILL THERE BE SHOWERS FOR AFTERWARDS?**

No.

### **HOW WILL MY FINISHING TIME BE RECORDED?**

Tough Swampy is intended to be more about completing the course than completing it in a certain time. However we understand that some people will be keen to push themselves or compare times so we advise anyone keen on recording their time to wear a waterproof watch or similar.

### **CAN I BRING MY DOG?**

No animals whatsoever will be allowed on the race.

### **CAN I BRING SPECTATORS?**

Spectators will be allowed at the event, but only at the start and finish line. We will not allow people who are not participating in the race to stand around the track.

### **I AM WORRIED I AM NOT FIT ENOUGH TO PARTICIPATE?**

Tough Swampy is intended to be a fun run to raise money for charity and have an enjoyable experience. There is no pressure on any participant to complete the track in a hasty manner. If you so wish you may walk the entire route of the track and skip any obstacle you do not feel comfortable with. The time limit to complete the course is 3 hours, however when the team in charge of this event walked around the track to measure the distance it took them an hour and a half, so you should have plenty of time.

### **WHAT HAPPENS IF THERE IS INCLEMENT WEATHER?**

Tough Swampy is a come-rain-or-shine event, if its sunny we will be running, if it's raining cats and dogs.. we will be running.

### **I AM RUNNING AS PART OF A GROUP OR TEAM, CAN WE ALL RUN TOGETHER?**

Yes, we understand that groups want to run together to support each other or groups with younger children will require that they stay together. We only ask that large groups be considerate of other runners and not block paths or obstacles so they can pass.

### **WHEN IS THE CUT OFF POINT FOR REGISTRATION?**

The limit for participants in this race is 1000. Once this number is filled, registration will be closed and we will not accept any on-the-day runners.

### **WILL THERE BE FOOD AND DRINKS?**

There will be a free water station at the halfway point of the course and the Stable Door Café will be open selling tea, coffee, and a hot & cold food at the end of the track for participants and spectators to purchase.