



Active Sunderland BIG 3K Run - FAQs

Sunday 12th May 2019, Keel Square, Sunderland

Runs commences 9:00am

What is the BIG 3K Run?

The Active Sunderland BIG 3K Run is a great opportunity to take part in a running event on the same day as the Siglion Sunderland City 10K and Siglion Sunderland City Half Marathon.

With a focus on fun, the Active Sunderland BIG 3K Run offers a 3K route on closed roads around Sunderland City Centre, suitable for people aged 5 years plus.

The 3K Run is not a race - you can walk, jog, skip or run, you could even do it in fancy dress! Prior to the run, all participants will receive a t-shirt and a medal and a goody bag afterwards .

When does it start?

The 3K run will start at approximately **9am** from Keel Square.

Who can take part?

The 3K run is designed for participants aged 5 years plus, please note that children under 8 must be accompanied by an adult.

Is there an upper age limit?

No. All that we ask is that any participant unsure of their physical ability to take part should seek medical advice from a general practitioner prior to the event.

I haven't run in an organised run before? Can I still enter?

Absolutely! This event is just for you. It may be advisable to try a few shorter runs before the event, it's not a race against the clock but a fun and safe way for you to find out how enjoyable running is and to hopefully start you running regularly.

Is there a charge?

Yes. The cost is £11.00 per person when entering online.

Can I enter as part of a group?

Yes. A group discount is available for 20 or more people. If you would like to enter as a group please email ashley.tuck@sunderland.gov.uk or andrea.baldwin@sunderland.gov.uk

Is this a charity fund raising event?

No. It is a mass participation event and any income generated is used to stage the 3K run and to support future events. However, if you wish to do the run in aid of a chosen charity you can do so.

How do I enter the event?

Entry is available online only at www.sunderland.gov.uk/big3k2019

Entries are open until midnight **5th May 2019**, or when sold out .

Why can't I enter by post?

Entries to the BIG Events programme are via an online system only. This ensures a much quicker and more efficient entry process. In addition participants can be sent acknowledgements and event information much more efficiently and without delay.

What is the route?

The route is on closed roads and footpaths around the city centre . The route will be fully signed and branded on the day, in addition marshals will be located at key points to guide runners.

Will I receive confirmation of my entry?

Yes. Confirmation will be sent via email, upon receipt and processing of your entry form. If you do not have access to email, confirmation will be sent by post. Additional information will follow in the weeks before the event. Please also check your spam folder just in case your confirmation email ends up there.

Will I get my running time?

No as this is a participation run and not a race event, you will not receive your individual time.

My son / daughter is running independently, where will be the best place to meet them at the end of the run?

After receiving their medal and goody bag independent runners will be released to their parents or guardians approximately 100 metres from the finish line, at the entrance to the Livingstone Road car park, the area will be signposted and clearly marked.

You will not be able collect your children from the north side of the Finish line, or any other point other than the designated collection point, as this will be a secure fenced-off area. This is for the safety of all runners. Please familiarise yourself and the participants with the collection area prior to the run.

What do I need to wear?

You will need to wear supportive training shoes and comfortable clothing which allows you to move freely. Please pay attention to the weather forecast for the day of the event and tailor your outfit accordingly.

Are changing rooms available?

No. There are no facilities of this type please arrive changed and ready to start.

Do I need to have any previous running experience to take part?

No. The Sunderland BIG 3K Run is a fun event for all that you can walk, jog, skip or run!

If I have a disability, will I be able to participate?

Yes – but if you need any extra support or assistance please contact us before the event on **0191 561 4572**.

Can I volunteer for the Event ?

Yes. We're looking for a large team of volunteers to help us with the delivery of the event. Please register your interest by e-mailing Laura.Bartlett@sunderland.gov.uk or call 0191 561 4693

How soon before the event need I arrive?

The Active Sunderland registration will be located in Keel Square within sight of the Magistrates Court and will open at 7:45am closing at 8.45am

Roughly how long will it take complete the course?

We would expect the majority of runners to complete the 3K course between 15 – 35 minutes

Is there somewhere that I can park my car?

Full car parking details will be updated nearer the event, there will be limited specific parking sign posted as EVENT CAR PARKING location TBC.

There are additional car parks within a mile of the start that will be open for runners; the Civic Centre Car Park (accessible from Cowan Terrace and open specifically for the event), Sunnyside Car Park and the Bridges Car Park

Please note St Mary's Car Park and Livingstone Road Car Park will not be accessible on day of the event.

Please see below link to a full city centre parking map and charges .

<http://www.sunderland.gov.uk/article/12213/Parking-facilities-and-services>

There is a good public transport service operating within a few minutes walk of the start. Metro trains will be running to Sunderland and St Peter's stations.

Parking in the city is limited, so we're encouraging as many people as possible to use public transport

Is the event easily accessible via public transport?

Yes. There are numerous bus services from all over the city and wider region that stop within the city centre. In addition there is a frequent metro service in the city centre. The closest stops to Keel Square are Park Lane Interchange and Sunderland Station.

For further information log on to www.nexus.org.uk or call Traveline on

08712 002233

What happens if it rains?

Some of the most successful events have happened in the rain. Our events will only be cancelled if there are severe weather conditions. Make sure you are suitably dressed for the event. If it is drizzling or cold in the morning bring additional clothing.

Are refreshments available at the event?

Yes. There will be a number of catering units situated in Keel Square, in addition there are numerous catering outlets within the nearby city centre. Also please note bottled water will be given to all participants at the end.

Will there be a first aid presence at the event?

Yes. There will be several qualified first aid members of staff within the park so in the unlikely event that you sustain an injury please let a member of staff know. Marshals are at regular intervals who can offer assistance to participants should it be required.

Where can I find further information about this and other events?

Information about all Active Sunderland BIG events in 2019 can be found at www.sunderland.gov.uk/big or find us on Facebook and keep up to date with all the latest information.