



# CASTLE 2 CASTLE FAQ

## Is the event still going ahead?

We plan for the event to take place on Sunday 12th September as advertised.

The event will be held in accordance to the latest government guidelines and abiding to all safety measures.

## I am unable to make the event.

If you are unable to make the event you have the option to defer your space to the 2022 Castle2Castle run (2022 date TBC).

Alternatively, we can release your place to a runner on our reserve list.

Please let us know if you are unable to attend by Wednesday 1st September. Any requests later than this date unfortunately cannot be accommodated.

## What does my registration fee cover?

Your registration fee will secure your place in the run, a running number, a commemorative medal at the finish line, water on route and post race refreshments at The Angel Hotel.

## Will I receive a running pack in the post ?

No you will collect your running number on registration at Caerphilly Castle.

## How far is the route?

The route is an 11 mile (17km) Fun Run.

## What type of route can I expect?

Mainly off road but predominately on the Taff Trail/cycle routes with a couple of minor climbs before the majority of the run being downhill to Cardiff.

## Where does the route start and finish?

The run will start from within the historic grounds of Caerphilly Castle and finish at the iconic Cardiff Castle.

## What time should I arrive?

Registration will be open from 07.00 – 08.30.

We recommend you arrive in plenty of time to register yourself before 8:30am. After this, all participants will be required to take part in a short warm up and attend the safety briefing.

### What time will the run start?

The first wave of runners will leave at 09.00.

### Will there be staggered starts?

Yes. Due to health and safety regulations and to be in line with requirements from Caerphilly Council and the Government we will have 3 staggered starts.

Runners will be asked to go into the three wave groups listed below depending on your average running time. Wave 1 (Sub 1.5hrs) will depart first with waves 2 and 3 departing 5 and 10 minutes later. All runners will be en-route to Cardiff Castle by 09.10.

- Wave 3 - Sub 2.5 hrs plus
- Wave 2 - Sub 2 hrs
- Wave 1 - Sub 1.5 hrs

### Will the route be marshalled?

Marshals will be in positions to assist on certain junctions of road sections and key turning points. Some turning points will have signage with the Castle 2 Castle Logo instead.

Cycle marshals will be front and back marking the run as well as intermediate sections.

### Will there be water stops?

There will be two water stops on the route – one at Tongwynlais and the other at Hailey Park. These water stops are complimentary to all participants.

### Will there be toilet facilities?

There will be a small number of toilets available at registration.

### Is there anywhere I can securely leave my belongings?

Unfortunately, due to current Covid restrictions around handling items, we have had to make the difficult decision of removing the bag drop facility. We will be unable to transport any bags from Caerphilly to Cardiff as we have done in previous years. We recommend runners planning ahead to make arrangements for belongings or bringing a small camelbak or running vest to keep these with you throughout the run.

If this changes, we will contact all runners prior to the event.

### Will there be any post run sports massage facilities or refreshments available?

Yes there will be post-race massage and refreshments available at the Angel Hotel opposite Cardiff Castle. Runners are asked to adhere to the safety measures set out by the team delivering the sports massage on the day.

### Am I expected to do any Fundraising?

This event is organised by Velindre Cancer Centre Charity to raise vital funds to ensure that patients and their families at Velindre receive the best possible care treatment and support and would be grateful if you could raise as much money as possible.

The last Castle 2 Castle run in 2019 raised over £40,000 and we are hoping to raise even more this year.

Due to the devastating effects of the pandemic, Velindre need fundraising support now more than ever so we are encouraging all runners to raise as much sponsorship as they possibly can.

If you have not set up an online fundraising page yet, there is still time. [www.justgiving.com](http://www.justgiving.com)

We have a dedicated team of Fundraisers who are on hand if you have any fundraising related questions. Please call us on [02920316211](tel:02920316211) or email [info@velindrefundraising.com](mailto:info@velindrefundraising.com)

### Will there be car parking facilities?

Nearest car parking in Caerphilly can be found on Crescent Road, Crescent Road car park and Morgan Jones car park. These car parks are for public use and will not be run by Velindre Fundraising.

### What happens if it rains?

This event is planned to continue come rain or shine. 24 hours before the event we will review weather forecasts to ensure the event is able to continue safely. IF, for some unfortunate reason the weather causes a postponement of the event, you will be notified 24 hours before the start time. If you do not hear from Velindre the day before the event, please attend the event as planned. It is highly unlikely weather will cause a postponement of this event.

### Additional notes

Event staff and volunteers will be wearing face coverings when close to others to help keep themselves and participants safe (unless exempt).

Those attending will be encouraged to use hand sanitiser at the points provided, wear a face covering when assembling in crowded areas or indoors at registration and be respectful of those around them – keeping space between themselves and people they do not know.

Runners will be asked to limit the number of spectators they bring to the event and take personal responsibility for their own health – only attending if they do not pose a risk to the health of others and only attending if they have no symptoms of COVID-19.

On registration, participants will be required to go through our quick triage which will include a temperature check. If you experience ANY symptoms ahead of the event PLEASE DO NOT ATTEND.

We hope that you have found this document useful but should you have any further questions please don't hesitate to let us know.



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Thank You For Your Support!  
The Fundraising Team

