



CASTLE 2 CASTLE FAQ

NEW FOR 2022

What is different about the 2022 Castle 2 Castle Run ?

The 2022 route will see a slight change in the annual route due to construction work taking place in Caerphilly Castle and restricted access to Bute Park imposed by Cardiff Council.

The new route will be 9.4 miles.

THE ROUTE

Where will the run start and finish ?

The run will start at Cwrt Rawlin Primary School, CF83 1SN.

The finish will be within sight of Cardiff Castle on the Taff Trail and will be finalised ahead of the event.

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.

Will the route be marshalled?

Marshals will be in position 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.

TIMES

What time shall I arrive for registration?

Registration will be open from 07.00 – 08.00.

We recommend you arrive in plenty of time to register yourself before 8:00am. After this, all participants will be required to take part in a short warm up and attend the safety briefing.

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 08.45.

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

What time will the event finish?

In past years the event has been completely finished by 12'clock noon.

TICKETS

How much is the event and what does my registration fee cover?

£20 plus a small booking fee. Your registration fee will secure your place in the run, a running number, a commemorative medal at the finish line & water on route.

Will I receive a pack in the post?

No, you will collect your running pack at registration on the day of the event.

Can I have a refund for the event?

This event is non refundable.

What happens to my ticket if I cannot attend?

If you are unable to make the event please make the Fundraising Team aware so we can update our health and safety information for the day.

Can my place be deferred to next year's event?

No, unfortunately this will not be an option for 2022.

Can my place be transferred to another runner?

No. Due to health and safety regulations, we have to have the information of every runner.

I've missed out on tickets, is there a waiting list? How do I join this?

We have already expanded the capacity of the event to 1000 participants and have more spaces available if needed so all runners should be able to get a space.

If you are struggling to enter, please contact the fundraising team and we will be happy to assist.

WEATHER

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.

FUNDRAISING

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

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

How can I fundraise for the event?

There are a number of ways to collect donations for this event.

- On sign up you will be sent a digital sponsor form.
- You can set up an online fundraising page such as just giving
- You can fundraise through Facebook & Instagram

OTHER

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.

Will there be a bag drop?

Yes. All bags will be transported to the finish line and stored in a secure area until collected by runners after the race.

Where can I get a Velindre Running Vest?

You can purchase an official Velindre running top at www.velindrefundraising.com/shop

Will there be any post-race activities or refreshments?

We are in the process of arranging refreshments and post-run massages. Details of these will be shared nearer to the event.

Thank You For Your Support!
The Fundraising Team

 02920316211

 info@velindrefundraising.com

