

Honour Run

Frequently asked questions

Has the course been officially marked out?

The course will be as close to 5k and 10k as possible. The organisers have used a Garmin device to mark out the route.

What are the two routes?

To look at the route in more detail visit:

5km <https://www.gpsies.com/map.do?fileId=dqInuyikwpzudclb>

10km <https://www.gpsies.com/map.do?fileId=rzqmtqefkqatwtzn>

Will the race be timed?

The race will not be timed by the organisers. Feel free to use your own devices to record your time.

Can I run with a buggy?

Yes you can. It is off road and mixed terrain of sand, mud, gravel and some branches.

Do I get a medal?

All participants who complete the 5k and 10k will receive a finishers medal.

Is there food available?

All finishers will receive a bottle of water at the finish. There is a catering van on site, Bear Grills, where you will be able to purchase food and drink before during (spectators) and after the race.

Is there storage for bags?

There are no lockers or bag storage area.

Is there parking?

There is free parking available that will be sign posted as you arrive on site. This will be on the MOD Woodbridge Airfield which is approximately a 15minute walk to the start area. There is paid parking available by the start/finish area with a charge of £4 for all day.

Can I enter on the day?

There is a limit to how many people can take part in the runs, once we have reached this the race will be closed. To avoid disappointment it is recommended to book in advance.

Can my entry be transferred?

Yes your entry can be transferred. Please contact activecommunities@eastsoffolk.gov.uk if you need to transfer

Can I swap which distance I do?

No, unfortunately we are limited to the number of people taking part in each distance.