

Honour Run

Frequently asked questions

Has the course been officially marked out?

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

What are the three routes?

To look at the route in more detail visit:

Half Marathon Route www.alltrails.com/explore/map/map-february-2-2022-9-09-am-1d64082?u=m

10km Route www.alltrails.com/explore/map/map-february-2-2022-9-01-am-97275a2?u=m

5km Fun Run www.alltrails.com/explore/map/5km-honour-mod-woodbridge-8e2c381?u=m

What is the minimum age to run the routes?

You will need to be 17 years old and over to run the Half Marathon Route, 12 years old and over to run the 10km route and there is no minimum age for the 5km fun run.

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 grass, long grass, gravel and some branches.

Can I run with a dog?

Yes you can, but the dog must be on a lead at all times and you must be able to control the dog.

Do I get a medal?

All participants who complete the course 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 and Combat 2 Coffee, 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

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 leisure@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.