



ROY CASTLE LUNG CANCER FOUNDATION PRESENTS:

THE  
**ULTIMATE  
RUNNING SERIES**  
**FAQs**

**DELAMERE FOREST - 15<sup>TH</sup> SEPT. 2024**

# THE ULTIMATE RUNNING SERIES FAQS

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# THE ULTIMATE RUNNING SERIES FAQS

## WHO ARE ROY CASTLE LUNG CANCER FOUNDATION AND WHAT DO YOU DO?

Lung cancer is a disease that affects so many people; young, old, men, women, smoker, non-smoker and never smoker, lung cancer can affect anyone.

Roy Castle Lung Cancer Foundation is the only charity in the UK solely dedicated to supporting people affected by all forms of the disease and leading the charge to improve outcomes. Our research into early detection has laid the groundwork for lung cancer screening and we are proud to be supporting NHS England on the rollout of its Targeted Lung Health Check programmes.

Early diagnosis is key, these life-saving initiatives mean more people will be able to have curative treatment. In addition to funding over £30 million into lung cancer research, Roy Castle Lung Cancer Foundation supports thousands of people living with the disease.

From online support sessions to our Ask the Nurse helpline, 24-hour forum and patient grants, our practical, emotional, and financial support have been a vital lifeline during the most anxious of times.

## WHEN AND WHERE IS THE EVENT?

DEFEAT DELAMERE takes place on Sunday 15<sup>th</sup> September 2024. The event will be held at Delamere forest. On the day, registration for the event is from 08:30 to 09:50.

The 10K run starts at 10:00 and the 5K run starts at 10:10. The event will finish approximately at 13:00.

## HOW CAN I GET THERE?

We recommend travelling by car.

Car Parking is available at Delamere Forest. There will be a small charge of £3 for those utilising the car park areas. Please ensure that you gain the exclusive event code from Roy Castle staff. Payments can be made by cash or card at the onsite pay machines. Please use the main Overflow Visitor Centre Car Park -adjacent to the central facilities. There are a number of accessible parking spaces.

## WHAT IS THE ROUTE?

Both the 5K & 10K routes are run on mixed terrains that include gravel paths with loose stones and trail paths.

Some areas of the course may become slightly muddy & sandy after trees have recently been cut down. The route will be sign posted and marshalled so all you need to do is follow the signs and enjoy all that the forest has to offer.



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## WHERE IS THE START AND FINISH LINE?

The start line is near to the café and visitor centre.. Head straight over to the event area after parking your vehicle.

Look out for any Roy Castle staff wearing blue tops, they will assist with any queries.

## HOW DO I COLLECT MY RACE NUMBER?

You can pick up your race number for DEFEAT DELAMERE on race day from the Registration desk between 08:30 – 09:50. Please ensure that you arrive on time for the event if you arrive after the allotted time frame you will be unable to take part as we are on a strict schedule and no refund will be issued.

## CAN I DEFER MY PLACE OR HAVE A REFUND?

We do offer deferrals into another race within The Ultimate Series of events. Please enquiry at: [events@roycastle.org](mailto:events@roycastle.org)

## I'VE SIGNED UP BUT I WANT TO CHANGE MY DISTANCE, CAN I DO THIS?

If you'd like to change your distance within the event then, please email us at: [events@roycastle.org](mailto:events@roycastle.org)

## CAN I REGISTER ON THE DAY?

Yes. Entries on the day are available at the set price of £25-£30 and can be purchased from the Registration desk, this is subject to availability and the capacity of the event.

## CAN I BRING AN ANIMAL WITH ME ON THE DAY?

We do allow dogs on the DEFEAT DELAMERE course however, they must wear a lead at all times.

## IS THERE A BAGGAGE DROP?

There is a baggage drop located near the Registration desk, the location will be signposted when you arrive on site.

## IS THERE MEDICAL AID AT THE EVENT?

There will be medical aid available to all runners, this will be provided by Urgent Care Northwest.

## WHERE ARE THE TOILETS LOCATED?

The toilets are located near the Visitor Centre and café. The toilets will be clearly sign posted.

## WHERE WILL THE EVENT PHOTOS BE POSTED?

We will post our race photos to our DEFEAT DELAMERE Event page shortly after the event has concluded.



# THE ULTIMATE RUNNING SERIES FAQS

## WHERE DO I FIND MY RACE RESULTS?

Results will be provided by Nifty Events and will be available to view on their website: [niftyentries.com](http://niftyentries.com)

More information will be included in the event email sent one week prior to the event.

## HOW WILL I BE KEPT UP TO DATE ON IMPORTANT INFORMATION?

We will keep in contact with you through email. You will receive an event email approximately one week prior to the event with all the important information you'll need for event day.

## HOW DO I CHANGE MY PERSONAL INFORMATION?

If you need to update any of your information, please just email us at: [events@roycastle.org](mailto:events@roycastle.org) as soon as possible so we can update it for you.

## SPECTATOR INFORMATION

Please encourage friends and family to cheer you on at the start & finish line, as well as out on course.

## CAN I VOLUNTEER ON THE DAY?

We would love to have you volunteer with us! We have a range of different volunteering opportunities at DEFEAT DELAMERE including; Marshalling, working on the water station and event site volunteering, handing out medals and t-shirts at the finish line.

If you are interested in volunteering, please email us at: [polly.george@roycastle.org](mailto:polly.george@roycastle.org)

## JUSTGIVING

Setting up a fundraising page is a quick and easy way to raise money and awareness for Roy Castle Lung Cancer Foundation. We have created a JustGiving campaign for the DEFEAT DELAMERE to group together all of our fantastic fundraising pages.

Please follow this link: [justgiving.com/campaign/DefeatDelamere](http://justgiving.com/campaign/DefeatDelamere)

Fundraising Tips: [justgiving.com/fundraising/tips/top-10-fundraising-tips](http://justgiving.com/fundraising/tips/top-10-fundraising-tips)

For further information, please contact the team at:

[events@roycastle.org](mailto:events@roycastle.org)

**WE LOOK FORWARD TO SEEING YOU THERE!  
GOOD LUCK FROM ALL OF US AT  
ROY CASTLE LUNG CANCER FOUNDATION!**

