

Muddy Mayhem

Before the race

Can I view the course

The route map will be available on our website www.durham.gov.uk/muddymayhem closer to the event date. The 5km is once around the course, 10km is twice. We may alter or omit some obstacles on the day.

Are my details correct?

It is essential that you check your confirmation email and make sure that your details are correct. This includes your contact details, emergency contact details, medical information etc. This is particularly important in case of an emergency.

How do you know if I have a medical condition?

You must be fit and healthy enough to do a run of this type, you know your body best. Any medical conditions should be written onto the back of your race number plus details of any current medication and medication allergies. This data is held by yourself and will only be used by Muddy Mayhem staff and volunteers in the event of an emergency. After the event it is your responsibility to dispose of this personal information securely.

Are my credit/debit card details safe?

Yes, this is why we chose to use the Active Network for the registration process. They are a world leading event registration company with maximum security ratings.

Can I run for charity?

After all the training and preparation you've put in, we'd love it if you did. It would be great to see many of you running for a charity close to your hearts, it also helps spur you on to the end especially those who are braving the 10k.

Can I get a refund if I decide not to enter or if I am injured?

Refunds are only given if you can provide a doctor's note. You can email us for assistance with this at MuddyMayhemenquiries@durham.gov.uk No refunds or transfers will be given after the closing date.

Can I give my place to a friend?

No. You can cancel your place by emailing us at MuddyMayhemenquiries@durham.gov.uk your place will then be offered to the next person on the waiting list. Please don't try to bypass the queue; it's not fair on people who are waiting.

You'll be checked in on the day, if you're not the person registered you won't be allowed to run.

Will I receive my race number or any printed information via the post?

No, you will collect your race number (and safety pins) when you register on the day at the event village. All necessary documents will be emailed to you so make sure your email address is correct on your registration form.

Do I need to print out the entire Participant Information Pack?

No. But you must print out and sign the disclaimer (at the back) and bring this with you to the event along with your registration confirmation email and photographic ID.

When is the closing date?

Final registrations can be made up until Wednesday 19 September. After this date, no registrations or changes can be made. So make sure you don't miss out.



Muddy Mayhem

 Hardwick
Park

Race day



Where do I park?

Runners and spectators must use the event car park, which is directly opposite the main entrance to Hardwick Park, in the field off the mini-roundabout. It will be signposted on the day. It's free of charge and opens from 9am. Normal parking charges will apply in Hardwick Park's main car park.

Is there a key drop?

Yes, a key drop will be available on the day. Full details will be included in your Participant Information Pack.

What should I wear?

Running gear that you don't mind getting wrecked! Several layers of clothing are recommended in a fabric (not cotton) that will not weigh you down when wet – remember wet = cold! Trail/fell running shoes are strongly advised and we recommend you tape them onto your feet. We also recommend you wear gloves.

What should I bring on the day?

- Your signed and completed disclaimer.
- Your registration confirmation email.
- A towel and a change of warm, dry clothes (including underwear and shoes).
- A bin bag to take your stinky clothes home ready for the bin.
- Money to buy food or drink (there's no cash machine here).
- A form of photographic ID.

What if I forget my disclaimer?

You won't be allowed to run without signing a hard copy of the disclaimer (found at the back of the Participant Information Pack) – so don't forget it.

Where do I wear my number?

Put it on your front so that the photographer can identify you.

Can I skip the warm up and safety briefing?

No – but you knew that already!

Can I change my wave time?

No. You must start in the wave you signed up to. If you are late, you will not be able to run in a later wave so give yourself plenty of time to get here and get registered.

Why do we start in waves?

If we started everyone at the same time, there would be major bottlenecks. We wouldn't want to give you time to get your breath back!

The last 10k wave will set off at 12noon and the last 5k wave of the day will set off at 2pm. The course closes at 5pm. If you are still on the course after this time, you will be asked to leave the course.

Will I be in water?

Yes. There are a number of lake/water crossings of varying depths and you may become fully submerged (so don't let go!). If you have any cuts, cover them with a waterproof plaster before you arrive.

What if I can't complete an obstacle?

Hopefully, another runner will give you a helping hand. If you don't feel comfortable completing an obstacle, DO NOT attempt it, just move onto the next obstacle.

What if I find I'm really struggling?

If you really can't complete an obstacle one of our Mayhem Maker marshals will try and assist you and determine if you are able to carry on. If the marshal decides you are unfit to continue you must abide by their decision.

If you want to drop out of the run, let a marshal know and they will direct you back to the event village or call for assistance.

Is there first aid?

Yes - in the event village and at points around the course. If you need help, or see someone who does, tell the nearest marshal.

Is there a time limit?

Only on the last wave. All participants must be back at the event village no later than 5pm. If you are still out on the course at this time, you will be asked to stop. Other than this, marshals will judge throughout the day if you are struggling and are fit to continue.

Can I bring my dog?

Not if you're running – you may head home without your best friend!

Spectators can bring dog/s but they must be kept on a short lead at all times. Please clean up after your dog.

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After the run

Will the results be posted online?

Yes, full details will be given nearer the event. It won't matter what wave you set off in, you'll be ranked by finish time.

Are there showers?

No, so don't forget your towel and a change of clothes you can use until you get home for a hot shower.

There will be hand wash facilities available for use before eating or drinking as we can't guarantee the quality of our mud!

Are there changing tents?

Heated male and female changing tents will be available in the event village.

Will there be food and drink?

Yes, food stalls and a bar will be located in the event village. The Tower café will also be open throughout the day. Please bring cash as there are no cash points.

Can I swap the size of my t-shirt?

No, you must take the size you requested on your registration form.

Register at www.durham.gov.uk/muddymayhem

Hardwick Park Visitor Centre, Sedgfield, County Durham TS21 2DN

Email: MuddyMayhemenquiries@durham.gov.uk

Join the conversation #MuddyMayhem

 /HardwickParkDurham

