



## Colchester Stampede FAQs

### When is Colchester Stampede 10k in 2023?

The event is being held on Sunday 14<sup>th</sup> May 2023, 9am

### How do I sign up to enter the event?

To be part of the Mid and North East Essex Mind team and to take advantage of our special registration fee of £15, register now on the link below.

<https://runforcharity.com/mid-and-north-east-essex-mind/colchester-stampede-10k--may/799356>

Should you decide not to run for Mid and North East Essex Mind and wish to register yourself please visit the Colchester Stampede website to register. Please note payment will be taken by GW Events.

### What is the minimum age to enter the event?

15 years

### How much does it cost to register?

As the headline charity partner for this event you can register to run for Mid and North East Essex Mind at a special rate of £15 per person compared to £34 per person standard registration fee.

### When is the final deadline for registration?

Entries will close the Friday before the race. If the event reaches our max capacity, entries will close early. We recommend entering early to avoid disappointment.

### Is there an online booking fee?

There is a 60p booking fee to cover administration costs that will be charged for registrations made as a Mid and North East Essex Mind. If you book your own place direct on the Colchester Zoo Stampede the registration fee is £34 per person + £1.70 booking fee.

### **Do I need to fundraise if I register for the event?**

We are asking for supporters who choose to run for Mid and North East Essex Mind to aim to raise at least £250 in sponsorship monies. We totally understand that money is tight for some at the moment however we know that mental health is one of the causes that engages many to want to support where they possibly can. Our fundraising team will be there to support you every step of the way and there is no penalty should you not reach this target. A great way to increase sponsorship is to ask your employer to “match fund” any monies you raise which will double any monies you raise.

### **How do I fundraise for the event?**

Just Giving is the simplest way of raising funds for Colchester Stampede 10k. You can set-up your fundraising page at <https://www.justgiving.com/campaign/colchesterstampede2023>. Once you are registered our team will be sharing fundraising tips to support you reach your target.

### **Are Mid and North East Essex Mind the only charity partner for the Colchester Zoo Stampede?**

We are the only headline charity partner for this event. You may see reference for Action for the Wild on the event website. This is the charity arm of Colchester Zoo where the event is being held however they are not an official partner.

### **Why should I run for Mid and North East Essex Mind?**

We believe no one should have to face a mental health problem alone. That’s why we are here for you. Whether you’re stressed, depressed or in crisis, we’ll listen, give you support, and advice and we’ll push for a better deal and respect for everyone experiencing a mental health problem.

We work with children from the age of 5 and adults of all ages, which of our services you can access will depend on where you live. Some people use our services for only a little while and others might need help for longer.

Mid and North East Essex Mind (Registered Charity Number 1064309) is a local, independent charity connected to the national charity Mind. There are 130 local Minds across England and Wales. We all have to raise our own money to run our services so we each have our own board of trustees who are responsible for how we are run. Our work takes place across the Braintree, Chelmsford, Colchester, Maldon and Tendring districts. Because we are local, we understand our community, therefore our services fit what people need most.

### **What is the event course?**

The whole route is run on closed roads, for this reason you will need to complete the course in 90 minutes.

With one of the most unique start lines in the UK, the race both starts and finishes within

the Zoo itself. The first and last kilometres are within the grounds of Colchester zoo, with the route navigating you past Elephants, Tigers and Hyenas to name a few. The remainder of the course is made up of fully closed country roads which offer a picturesque run through the Essex countryside. The course is undulating with the main hills appearing at 0.8km, 1.8km and 8.8km. Despite the hills there is plenty of flat with some brilliant downhill sections too, all in all a course that's worth giving a go!

### **Can friends and family attend the event to support me and will they be able to gain access to the Zoo?**

As a registered runner for the event, you will receive complimentary access to Colchester Zoo on the day of the event worth £21.99. There is a special spectator's rate available for the event, your supporters will receive 20% off the usual entry price for Zoo Tickets and these are to be brought in advance of the event.

### **Can I bring my dog?**

Sadly dogs are not permitted in the zoo or the event village, this applies to both spectators and runners alike.

### **When will I receive my event information pack?**

Run Through Charity, the event organisers, will send full details to all runners in advance of the event.

### **How do I secure a bespoke Mid and North East Essex Mind Colchester Zoo Stampede running vest?**

If you choose to run for us we will provide an exclusive running vest, these are free of charge to anyone purchasing their place through Mid and North East Essex Mind. If you have purchased your own place and choose to raise funds for us you will be eligible for your complimentary vest upon raising £50. This will be provided in advance of the event to enable you to wear this on the day.

### **How do I get support with my training for this event?**

There are training plans available at <https://www.colchesterstampede.com/>

### **Are there any pre or post-race meet ups for those running for Mid and North East Essex Mind?**

Our fundraising team will be on site on Raceday, you will see our gazebo at the start/finish point. Please feel free to come along and say hello, collect your goody bag and meet our team and others running for us.

### **Can I wear earphones?**

The race organisers strongly advise against wearing headphones. If you do choose to wear headphones we recommend keeping the volume low and 1 ear out so you can hear instructions from our marshals.

If you choose to wear headphones then please ensure you are fully aware of the course details to avoid confusion at specific points.

### **Are refreshments available on route?**

Yes, there will be bottled water every 5k and at the finish line, please help yourself to this as you pass the water station.

### **Are their toilets on route?**

There are toilets at the start and finish point.

### **Is there bag storage on site?**

There will be an informal baggage drop for this event. Please limit the number of belongings you bring to the event and if possible leave anything in a car. Your baggage tag is attached to your race number, you simply tear it off and attach this to your bag. To collect, show your number to the baggage marshals and they will help you find your bag.

### **Is there car parking on site?**

The postcode for the main car park is CO3 0SL. Car parking is free and disabled car parking spaces are available close to the zoo entrance. NB Blue badges must be displayed to use the disabled parking area.

### **Travelling by public transport**

Cyclists:

Please note that there are cycle racks provided at the top of the car parks, close to the Zoo entrance.

Train:

Colchester Main Train Station can be reached from Liverpool Street services from London within in an hour or is easily reached along the Lowestoft or Norwich networks to Ipswich and then on to Colchester. Colchester Zoo is just 10 minutes by taxi or can be reached by bus.

After alighting from the Train, leave via the exit on platform 4, turn left and walk to the main road at the bottom. On your right are some traffic lights, which you should use to cross to the layby bus stop on the opposite side of the road. Use service numbers 63 or 84 and alight

in the main bus station (approx 10 minute journey), ask the driver if you are unsure, you will then need to catch the number 75 bus service to Colchester Zoo. You can also travel to the town centre via other services such as the number 8 or 61, you will then have a short walk to the bus station to travel on to Colchester Zoo on the number 75.

Bus:

Main Bus Services

All bus services to Colchester Bus Station regularly connect with the number 75 for Maldon or Tiptree and Colchester Zoo.

**I can no longer attend the event, will I get a refund?**

Unfortunately, we operate a no refunds policy. Where possible we'd be more than happy to transfer your entry to Colchester Zoo Stampede in May 2024.