



Ashdown Inter-Schools Mud Run FAQ

- What time is the Kids 1km Mud Fun Run?
 - The 1km fun run will take place throughout the morning. Children entering the fun run will have the opportunity to run the 1km circuit as many times as they would like. Race participants can accompany their children through the course following the main race or spectators can supervise their children on the course while the main race takes place. We advise parents to use their own discretion as to whether their child should be supervised over the 1km course.
- What sort of obstacles will there be?
 - Many obstacles will use the natural terrain, expect tyres, cargo nets, climbing walls and of course mud! You will be able to bypass any obstacles you don't like the look of!
- Is there parking on site?
 - Yes - We provide parking onsite for all runners and spectators. Parking costs £5 per vehicle. There is easy access from the A22, 1 mile north of Nutley and 3 miles south of Forest Row, 35 miles south of central London.