



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!
- Will there be parking onsite?
 - 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.
- How can I Fundraise?
 - The Ashdown Inter-School Mud Run is open to all, however the core vision is to raise money for your school. Raise money through sponsorship - ask friends and family to support you and your family as you take on this muddy challenge. Download a sponsorship form from the website, or contact your school PTA to find out how you can set up an online giving page. Please ensure any funds raised are collected and handed to your school PTA treasurer by Friday 26th May.
- How old do I need to be to take part?
 - The 6km mud run has a minimum age limit of 9, the minimum age limit for the 1km fun run is age 4 i.e. school age. There will be games and activities for those under 4.
- Who is the fun run for?
 - The fun run is designed for children only.