

Event FAQs

Event information

Set in the beautiful historic location of **Eridge Park**, the route comprises some of the very best views of the oldest deer park in the UK and it's surrounding hills. The Tommy 10K offers runners the unique opportunity to race through the heart of this usually private estate.

The atmosphere will be electric from start to finish!

Date: Sunday 16th October 2022

Time: Parking from 8:00am, race starts at 10:00am.

Venue: Eridge Park, Eridge, Tunbridge Wells, Kent, TN3 9JT

Distance: Upon entry you can select from **either a 5 kilometre or 10-kilometre distance**. If you have already entered and would like to change your distance, please email the events team. It may not be possible to change your entry if race numbers have already been allocated.

Entry

Online entries are now open

rbli.co.uk/rbli-events/tommy-10k

The cost of entry is £25.00 per person and we ask that you pledge to raise £150 sponsorship to support our Armed Forces community.

Entrants must be 15 years or over on event day. Those under 18 will need to be accompanied by a guardian over 18.

How to contact the fundraising events team

Email: fundraising@rbli.co.uk

Phone: 01622 795900

Address: Fundraising & Events Team, RBLI, RBLI Village, Hall Road, Aylesford, Kent, ME20 7NL

What's included?

- Fundraising pack and support
- Quality tech T-shirt
- Chip timing & race number
- Finisher's medal
- A fantastic experience!

When should I receive my fundraising pack, and race number?

Your race number will be posted to the address that you entered when you registered for the event. Race numbers will start to be posted to your registered address from around 4 weeks prior to the event. If you have changed your address, please let the Fundraising Events team know by email as soon as possible. If you register on event week, then you will need to collect your race number from our race office on event weekend. When you receive your race packs, please take a couple of minutes to fill out the brief runner information form which can be found printed on the back of your bib. This will help us greatly in case of an emergency!

Your race number & chip

Your timing chip is affixed to your race number, do not attempt to remove or fold the chip. Do not pierce the chip with safety pins. Wear your chipped bib number on your chest on the outer layer of clothing e.g. if a running jacket is worn, wear your number on top of this. Do not obscure or cover your bib number + chip with a bum bag or running belt. Race numbers are not interchangeable, and entries cannot be assigned, transferred, sold or gifted to any third party. Do not under any circumstances allow anybody else to run with your race number. Amongst other issues, this can create major problems for the medical team should they need to treat unknown runners.

Event timings

08.00 Car Park, Toilets & Race Desk open

09.40 Warm up

10.00 Race start

10.35 First finishers expected

12.15 All runners to complete the course

Please arrive 30 to 45mins before the start time so that you are prepared and ready to go on time.

Late arrivals may not be accommodated.



Facilities

Race desk: The race desk is open on Sunday morning from 8am.

Water Stations: You will find water stations at 3.5k and 6k along the route, as well as at the finish. Please consider the environment and bring a reusable drinks container.

First aid: Should you find you require medical assistance, personnel will be on hand to help with fixed first aid stations located near to the water stations. In addition, there will be a first aid unit and recovery area located near to the finish.

Food and Drink: Local food and drink outlets will offer a range of refreshments at the event.

Baggage Storage: Please note that there will not be a bag drop facility. Any items of discarded in the start area will be recycled or repurposed. We recommend using a running belt, a mobile phone arm holder, a pocket within an item of clothing etc. for any valuable items such as phone, key or money.

Toilets: There will be toilets available near the event village for you to use which will be signposted.

Headphones

We ask that you don't use headphones, except in the case of bone conduction technology, in order to remain aware of your surroundings at all times and hear any marshal instructions during the race.

Accessibility

For participants who are aided around the course by a guide runner, the guide runner must also be a registered participant in the event. Please contact the events teams by email when entering and a free entry place will be provided to the guide runner.

Regrettably this event is not suited to wheelchair users due to the potential difficulty of the course but participants wishing to compete with specialised equipment are asked to contact us by email at fundraising@rbli.co.uk before entering to ensure we can accommodate any additional requirements.

Supporter / spectator access

We are delighted to welcome spectators so please do bring your family and friends along to cheer you on and support you on the day. We need an army of cheerers to make this event special. If running is not your thing or you have any family and friends who'd like to come and support you on the day, we'd love them to join our volunteer team. Email the Fundraising Events Team to register your interest.

Animals are not permitted at this event except for guide dogs.

Getting there

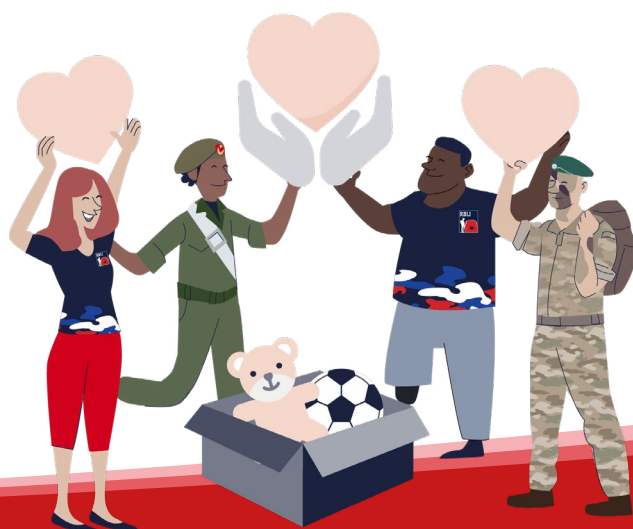
Car: A free car park is available on site. Use postcode TN3 9HS and then stop following Sat Nav once you pick up the event signage at the estate entrance.

Train: Tunbridge Wells Train station is the nearest large station. Trains run regularly to this station and then it's just taxi ride to the site. Tunbridge Wells railway station operates services to various London main line stations (London Bridge, Cannon Street, Waterloo East, Charing Cross) and in the other direction, to Hastings.

Eridge Station is a smaller local station, so please note that you may struggle to find a taxi to the event from this station.

For the latest updates and live train times please check www.nationalrail.co.uk before travel

Taxi: There is a taxi rank outside Tunbridge Wells Station, use postcode TN3 9HS.



Fundraising FAQs

How do I set up an online fundraising page?

Setting up an online fundraising page is a great place to start.

Set up a Just Giving page here:

justgiving.com/campaign/tommy10k2022

Set up a Facebook Fundraising page here:

givepanel.me/fb/orTWvkCB

Supporters who use these sites often raise more money than people fundraising offline.

When you select RBLI as your chosen charity, all income is transferred directly to us. So all you have to do is share your page on social media or by email to get the word out to all your friends and family.

Can I fundraise as part of a team?

Yes you can! Spread the word to family, friends and co-workers to join you. Here's how to set up a team fundraising page on Just Giving:

justgiving.com/fundraise/how-to-fundraise/fundraise-with-friends

Set up a Just Giving page here:

justgiving.com/campaign/tommy10k2022

Where can I get things like posters and sponsorship forms to help me promote my fundraising?

We've got loads of professionally designed posters, flyers, and social media templates on rbli.co.uk/tommy10k-downloads to support you fundraising.

Simply follow the link and click on the items you want to view, download and maybe even print. The best thing is, they're all completely free.

How can I boost my fundraising?

If you're stuck for ideas on how to boost your sponsorship, there are lots of fundraising activities you can do to help you meet and exceed your target. We have some pages to help here: rbli.co.uk/tommy10k-downloads

What if I don't reach the fundraising target of £150?

We ask everyone taking part to try to raise a minimum of £150. The money you raise helps us deliver the vital

services to vulnerable veterans that might be experiencing homelessness or battling conditions like PTSD.

If you're worried you won't reach your fundraising target, please get in touch with us as soon as possible. We can give you lots of tips and ideas to help.

If you don't make the target though, you won't be made to make up the difference. All we ask is you try your best!

I have some fundraising done offline, how do I pay it in?

Cheque: Made payable to ROYAL BRITISH LEGION INDUSTRIES (please don't forget the 'Industries' - otherwise we can't cash them!) and sent to: Fundraising, RBLI, Hall Road, Aylesford, Kent, ME20 7NL

Direct into our bank with a bank transfer to:

Barclays Bank Plc,

Sort code: 20-54-29

Account Number: 20914436

Reference: Your name followed by Tommy 10K

With a debit card online: rbli.co.uk/donate

Please do not send cash in the post! If you have cash to donate, it's a great idea to bank that cash yourself and then transfer it to us by any of the above methods!

How does my fundraising help?

Here's just a small example of where the money you raise goes:

£5 could buy a toiletries set for a veteran in our emergency housing.

£25 could buy fresh bedding for someone entering assisted living.

£50 could buy a therapy session for someone battling PTSD.

£100 could buy a full day support and training for employment workshop.

£150 could buy a dementia memory box for an elderly veteran.



How do I claim gift aid on the money I raise?

Once you've sent your donations to us, just pop your sponsorship form in the post to the address at the top of the form and we will be able to claim the Gift Aid. If the donors are UK taxpayers we can claim an extra 25p from HMRC for every pound that they donate to RBLI, please remind them to tick the box and complete their details.

How do I organise matched giving from my employer?

In many companies, a matched giving scheme is in operation whereby the employer will match your fundraising income pound for pound. Check whether your employer operates a matched giving scheme - either your HR or finance department should know. If your employer or a local business has made a generous donation to support you, please email us all the details and we can write them a letter of thanks!

What is the difference between RBLI and the British Legion?

RBLI is a separate charity, both in governance and finance, from the Royal British Legion. We receive no funds from the annual poppy appeal and fundraise ourselves with events like the Tommy 10k to deliver our own unique and wide ranging services for veterans and their families.

If your question hasn't been answered here, please email us at fundraising@rbli.co.uk

Good Luck!



Royal British Legion Industries (RBLI) Charity No. 210063. RBLI, Hall Road, Aylesford, ME20 7NL, Kent

 rbli.co.uk

 fundraising@rbli.co.uk

 [@RoyalBritishLegionIndustries](https://www.facebook.com/RoyalBritishLegionIndustries)

 [@RBLICharity](https://www.instagram.com/RBLICharity)

RBLI is completely separate to The Royal British Legion and receives no financial support from the annual poppy appeal. The charity must raise its own funds to deliver care and employability support, and build more homes